Role model: Alex Ball

The rehabilitation medicine consultant tells Adrian O’Dowd why it’s important to help younger doctors navigate the NHS and thrive as clinicians

Adrian O’Dowd

London, UK

Alex Ball, consultant and clinical lead in rehabilitation medicine at Haywood Hospital, Stoke-on-Trent, is a passionate teacher who finds tailored solutions to patients’ problems. She finds sharing a journey with patients wonderful.

Ball is also an examiner for Keele University Medical School and for the Royal College of Physicians. “The thing I enjoy most about teaching is making things simple,” she says. “I love it when I can help students or trainees to understand things.”

In addition, Ball mentors newly qualified consultants. “I think mentoring is essential,” she says. “The NHS is a tough place to work and doctors are under unprecedented levels of pressure from all angles. You often need somebody to help you navigate the system and make wise choices. I like being able to help people see the possibilities that are open to them and give them confidence.”

Her advice to newly qualified doctors and medical students is simple. “Look after yourself,” she says. “Look at your lifestyle, keep yourself healthy, take on realistic amounts of work, and remember that you are important and that you will only be of use to your patients if you are a role model for looking after yourself.”

Nominated by Simon Exton

Dr Ball was an inspiring supervisor during my core medical training, emphasising the importance of a global, patient centred view of medicine in addition to focussing on management of the immediate clinical problem. She encourages engagement with the multidisciplinary team and also the value of innovative, tailored solutions to patients’ problems. Working in her team as a trainee was such a positive experience that I and some of her other previous trainees returned to work for her as specialty doctors.

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Simon Exton is a registrar in Immunology, working in Hull

Nominate a role model: To nominate someone who has been a role model during your medical career, send their name, job title, and the reason for your nomination to arimmer@bmj.com

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