I am currently completing GP training with Langabhat Medical practice on the Isle of Lewis. The Practice covers a large geographical area and provides primary care across 6 different rural sites (Carloway, Lochs, Borve, Pairc, Uig and Bernera). As a rural track trainee, I am passionate about medical education in rural areas and the unique opportunities and sustainability of rural practice. This year, the GP trainees on Lewis hosted the annual Rural Track workshop for rural GP trainees in Scotland.

Prior to GP training, I completed Core Medical Training in (not quite so rural) London. I also have acute medical experience from working in Western Australia.

After August, I will be continuing to work in rural general practice and will also be working in the Western Isles hospital as a GP with specialist interest in Acute Medicine. I hope this will assist in a greater understanding of the day to day issues both primary and secondary care face in rural areas.

Outside of work, I enjoy climbing the Hebridean hills and find it hard to resist a sea swim.