

General Practice Training in Victoria

Kirstin Jennings, GP Registrar

Any perceptions that general practice was a 'soft' and unfulfilling option for medicos has been well and truly put to rest as far as Kirsty Jennings is concerned. In fact, since seeing the light in regard to general practice, Kirsty says she has not looked back.

"Initially I was set on becoming an emergency doctor," Kirsty says. "I think I was a bit trapped by the hospital system and there are a lot of mistaken beliefs while you are there that GP is a 'soft' option, almost that we are not serious doctors."

"However, I was getting really frustrated by the lack of continuity in the hospital system and feeling like I was just patching people up and sending them on their way – back to their GPs."

"I went to an information session on GP training and thought that it really did sound great. I haven't looked back."

The reasons for her enjoyment are both professional and personal. Professional: "The variety of work – patients and their problems are all so different. There's continuity, I love seeing the ongoing results of my care and building relationships with patients and their families."

Personal: "Flexibility/work life balance. I wanted to be able to have a family, look after them as little babies, start and finish at a decent time to drop them off/pick them up from school, not work 15 hour days, night shifts, weekends..."

Kirsty is also has a passion for preventative health care, which she says has great potential impact for communities and is something that, as a GP, she can pursue.

In fact, she lists the ability to help educate people about their own and their children's health and seeing the impact that this has on their lives, as one of the highlights so far in her time as a GP registrar.

She also loves living and working in Melbourne and Victoria. The city offers lots of activities for Kirsty and her family, while the diverse Victorian landscape provides her holiday needs, which she describes as "beach over summer and snow over winter, and camping at Cape Conran (in Far East Gippsland) over Easter."



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