

# General Practice Training in Victoria

## Rachel Lee, GP Registrar

The joy of seeing a patient take more control of their own health is one of the professional highlights that Dr Rachel Lee enjoys in her role in General Practice. Rachel is a GP Registrar with VMA General Practice Training.

For Rachel, health is not just about providing the old style "pound of cure." Rather, she likes to encourage the "ounce of prevention."

"I chose General Practice because I wanted an area of medicine which provided a lot of variety and challenge and involved prevention and wellness as well as illness and ongoing review of patients," Rachel says.

"The highlights so far have mostly been when successfully working through particular problems with patients ... seeing it through from presentation, diagnosis and management ... or when I've seen patients turn things around for themselves by, for example, beating an addiction, losing weight or finally taking their antipsychotic medications.

"Those are the times when I really feel I'm doing important and useful work." Rachel has undertaken her rural term in Bendigo and will next work at the Fitzroy Community Health Centre, an indication of the variety available in the AGPT GP Registrar training program.

The variety and training were major influencers in her decision to choose general practice.

"I wanted a career that allowed flexibility, particularly in regards to working hours and on call," she says.

"General practice definitely provides better training than many of the other programs and so much more flexibility."

When she is not at work or studying – Rachel has only recently finished her masters of public health – she is always looking to travel.



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