

# My personal experience of PBSGL Julia Park (GP)



My name is Julia Park and I am a salaried GP in Lanarkshire. I have been qualified as a doctor for over 8 years. I trained as a PBSGL facilitator when I was a GP registrar and started a group with peers from my training group, once we had completed our GP training. We were all keen to stay in touch regularly and several of us had enjoyed studying together for the Clinical Skills Assessment (CSA) for the MRCGP. Therefore PBSGL seemed a good opportunity for us to learn in a small group. We have had several new members over the past few years who have joined our learning group.

We meet in the evenings after work, usually once a month. The location rotates between our own homes, and we feel that this makes the meetings quite relaxed. We are quite a sociable group and enjoy some pizza (usually the chosen

delicacy!) and juice, then tea and coffee during our meeting. We always agree the module in advance and usually it's chosen by someone suggesting a topic or from an unmet learning need that members have identified.

I really enjoy these meetings. I have found over the years that the benefits of attending a PBSGL group reach far beyond the module in front of us. The module acts as a focus of the meeting and we learn from the cases and information sections, but it also provides an opportunity for us to share our own cases and experiences and this generates an extra level of benefit, in that we can learn from one another. In primary care, days can be so busy that often contact with colleagues is reduced to a minimum, so having an opportunity to meet others with similar experiences and a shared understanding is in itself very therapeutic and motivational. Then there is the added benefit of PBSGL being an enjoyable form of learning that counts towards appraisal.

I have joined a second PBSGL group, this one is based in my practice". This is an inter-professional group and has been a very useful and interesting opportunity. The meetings are at lunchtime and it has been a great opportunity to learn different modules and from other professionals and clinicians with a wide variety of experience.

For me, PBSGL has been not only an opportunity to expand my own continuing professional development (CPD), but it acts as a confidence booster and a very positive experience that motivates me in my learning and also my work. I really benefit from small group learning and have found the huge variety of modules to be really useful for my own knowledge and professional development. For anyone considering joining PBSGL, I'd really recommend you get in touch with NES.