



How sleep deprivation affects GPs

'Self-care isn't a luxury – it is integral to providing our patients with high-quality care.' Consultant in sleep medicine Michael Farquhar outlines the effects that sleep deprivation has on GPs' health and performance.

[Read the blog >](#)

[Find out more about our work on fatigue >](#)

E-consulting guidance

Are you thinking of working for an online provider but don't know what the issues are? We highlight the common areas you should be aware of and the differences between major types of providers.

[Read the guidance >](#)



GPs committee elections 2018

Would you like to get involved in the work of the GPs committee? **Nominations open today.** Find out if you are eligible to take part.

[Read the blog by sessional GPs subcommittee deputy chair Krishan Aggarwal](#)

[Visit the elections webpage](#)

Alternative careers: working as a GP appraiser

‘Being an appraiser is very flexible, you can arrange your schedule to fit around other work commitments.’ Are you thinking of becoming a GP appraiser? Subcommittee chair Zoe Norris shares her experience.

[Read Zoe’s blog >](#)

What is your engagement with LMCs?

As part of our efforts to support LMCs with sessional engagement, we need your help to build a more detailed picture of what happens in different LMCs across the UK.

[Start the survey >](#)

Would you like to be a part of our UK council?

Nominations are now open for the BMA UK council elections.

[Find out more](#)

Your career



Recognising early symptoms of ovarian cancer

Learn how to identify symptoms of the early stages of ovarian cancer and know how to apply NICE guidelines on assessing patients in this free BMJ module.

[Start the module](#)

Your benefits

Free legal representation for personal injury claims

Free legal representation is available to all members with qualifying cases. Our service is offered alongside BMA counselling to ensure you're supported during potentially difficult times. [Find out more >](#)

Sessional GPs

guidance hub

Free contract

checking

How to ace your

appraisal

Advice for working

parents

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