



GP Wellness

The GP Wellness Program was established to provide GPs with support in the areas of self-care and wellness. FGPN encourages GPs to have their own GP and maintains a register of GPs willing to be doctors for their peers. A reference guide containing information on the health status of doctors as a profession, tools for the consulting GP and barriers to having your own GP. Other key topics contained within the guide include: Physical and emotional health; health maintenance behaviours; the medical culture and advantages of having your own GP. Such advantages include:

- To ensure and maintain a high standard of service delivery
- To provide opportunities for health promotion advice²⁰
- To facilitate access to the healthcare system (often difficult for doctors)²
- To establish a relationship with a trusted GP¹⁰,
- To gain further insight into the service delivery of other general practitioners²⁰

To provide an independent diagnosis as self diagnosis may fail to identify symptoms often visible in 'regular/ lay' patients²⁰

Contact

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