

Source: <https://www.linkedin.com/pulse/10-transferable-skills-doctors-dr-gyles-morrison-mbbs>

More and more doctors these days recognise they have transferable skills, allowing them to excel in a promoted position or a different industry. But what these transferable skills actually are can often escape a doctor. This is significant, because if you do not know what makes you qualified for a new role, how can you successfully claim it? By understanding these transferable skills, new opportunities for personal and professional development will become more obvious

1) Problem solving

Treating patients is in essence problem solving; a patient comes with a problem, and a doctor solves it to the best of their ability. The solution isn't always obvious, especially if you are trying to solve the wrong problem, eg "Doctor, I have chest pain" could be a heart attack, it could also be a spicy curry repeating on you.

Loads of jobs involve problem solving, most industries just call it work though. "We need a new website". "Update our gender equality policy". "Sell more tickets to our upcoming event". These are all "problems" that require a solution. Doctors are great at finding out what people are going through and then doing their best to make them feel better.

2) Team leadership

Doctors may not feel they are demonstrating team leadership skills, but whenever they are directing a ward round or setting up a treatment plan for a patient that involves 2 or more colleagues does exactly that.

3) Communication

Patients come from all walks of life. Then there are their friends and relatives, as well as a large variety of clinical and non clinical staff too. Doctors have to know to build rapport with these people quickly in order to do their job properly. This can be really hard with certain personality combinations, but clinicians are always driven to do what is best, and will resist letting a personality clash stop them from communicating well.

4) Organisational

It's not uncommon for a doctor to have a huge job list and for each job to be almost of equal importance. Yet still they prioritise and get everything done (almost every time). For example, a junior doctor could have just taken over to do the night shift on a medical ward. They may have to see three new admissions, chase the blood results of another five patients, put in a new cannula for a patient with "difficult veins" and have to rewrite a couple of drug charts. Now that's just the jobs they've been told at the start of their shift! There will be plenty more as the minutes, let alone hours go by. Solving some of the problems mentioned earlier in this article don't seem so bad after all...

5) Emotional resilience

Doctors hear and face some really difficult situations. Death is the obvious one, as well as giving bad news. But then there are all the terrible stories patients and colleagues share too. Everyone hears bad news, but doctors often have to deal with strong emotions daily. Being able to do that all the time should make you emotionally resilient if you continue working as a doctor. It's worth mentioning though that this resilience is strengthened if you don't bottle up your feelings, and instead share your stories with others.

6) Compassion

Following on from emotional resilience, compassion in doctors is really important as it is often a strong motivator to help others. If you are compassionate about people and get to help others through your profession, you are more likely to be loyal to that profession and do a great job.

7) Integrity

There are many ruthless people in business, but without integrity, it's very hard to build trust and rapport. Healthy relationships is necessary when working with others, and being known for being honest and trustworthy will ensure that happens.

8) Discipline

The art of medicine is a discipline. The degree takes at least five years of university study, for some, it can be seven. Then there are the years of service you have to go through in order to become competent. That doesn't happen overnight, but if you can be disciplined enough to get into medical school let alone through it, you can be disciplined for almost anything.

9) Focus

Employers and customers alike love it when you can do everything. Yet rarely will one forgo a focused and determined person for someone who is all over the place. Being unpredictable or worse, predictably unpredictable may be desirable in romance for some, but it's not good in the workplace or for customers. Even if you are creative, you will still have a style that defines you. Focus is good!

10) Resourceful

Generally a doctor is armed with a stethoscope when they start their shift. They find a pen, lose it, then find two more. If they can't get through to the reg on call, they'll speak to a clinical colleague they know. If they arrive in a new environment and don't know anyone, they quickly get all the information they need to be self sufficient. All this in the pursuit of doing a great job for their patients.

So remember, you are not just a doctor!

I've demonstrated problem solving, team leadership, communication and organisational skills.

I'm emotionally resilient, compassionate and have integrity.

I'm disciplined, focused, and capable of getting the job done no matter what.

I've endured what many others cannot and will not.

I'm not just a Dr

I'm > a Dr.

What are the main transferable skills?

- [communication](#)
- [team working](#)
- [management and leadership](#)
- [planning and organisation](#)
- [empathy](#)
- [time management](#)
- [taking initiative](#)
- [adaptability and flexibility](#)
- [problem solving](#)
- [networking](#)
- [research](#)

Source: <https://www.healthcareers.nhs.uk/explore-roles/doctors/medical-school/transferable-skills-whilst-medical-school>

Communication skills include self-confidence and the ability to:

- hold face-to-face and telephone conversations
- negotiate
- influence others
- listen
- speak foreign languages

Team working skills include:

- working towards a shared goal
- sharing information and pooling skills
- being flexible within a team
- supporting colleagues under pressure
- treating colleagues with respect

- developing open relationships with colleagues

Management and leadership can include:

- setting targets
- taking responsibility for other staff
- motivating people
- delegating
- training others
- making decisions

Find out more about [medical leadership](#)

Planning and organisation can include:

- setting schedules and targets
- making arrangements
- monitoring progress towards targets
- working independently

Empathy involves:

- active listening
- asking for feedback
- dealing with complaints and defusing difficult situations
- tact and diplomacy

Time management involves:

- prioritising work
- multi-tasking
- working under pressure
- meeting deadlines

Taking initiative can involve:

- coming up with ideas and solutions to problems
- coping with the unexpected
- making proposals for change
- networking

Adaptability and flexibility can include:

- welcoming change
- dealing with challenges
- altering plans or your way of working

Problem-solving can involve:

- analytical skills

- finding solutions to problems or challenges
- overcoming obstacles

Networking includes:

- liaising with people
- being proactive in situations

Research skills involve:

- planning and prioritising
 - internet research
 - reviewing literature
 - report writing
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Source: <http://medicalsucccess.net/alternative-careers/transferable-skills/>

TRANSFERABLE SKILLS

Doctors have a range of skills that can be applied to several other careers. Didn't know you were so saleable? Here are just a few of the skills relished by other industries:

- Communication skills
 - Coordinate multidisciplinary teams and tasks
 - Perceptual assessment
 - Job task analysis
 - Critical analysis
 - Utilization review
 - Problem solving and decision-making
 - Rapid, informed physical assessment
 - Critically appraise and Interpret data
 - Understanding of social, cultural and ethical health issues
 - Ability to Train and Teach
 - Work effectively under pressure
 - Cope with time constraints
 - Endure long and anti-social hours
 - Ability to work in a team and independently
 - Multitask and appropriately prioritise
 - Dealing with emotionally charged situations
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Source: <https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/medicine>

Jobs where your degree would be useful include:

- [Adult nurse](#)
 - [Children's nurse](#)
 - [Clinical scientist, genomics](#)
 - [Epidemiologist](#)
 - [Higher education lecturer](#)
 - [International aid/development worker](#)
 - [Medical sales representative](#)
 - [Medical science liaison](#)
 - [Mental health nurse](#)
 - [Midwife](#)
 - [Naturopath](#)
 - [Paramedic](#)
 - [Physician associate](#)
 - [Research scientist \(life sciences\)](#)
 - [Science writer](#)
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Source: <http://www.otheroptionsfordoctors.com/blog/transferrable-skills-clinical-creative/>

Transferable skills: From the Clinical to the Creative

Posted by Evgenia Galinskaya on 14 March, 2016



Blog by Dr. Patrice Baptiste

During the foundation programme I decided that a gap year was the next step for me; I wanted to take some time out to decide if I still wanted to work as a doctor and if so how I could further my career. I'd always wanted to be a doctor but never really knew what type of doctor I wanted to be. After working for about a year and a half I still had no idea about a suitable career path. I was always concerned with how medicine seemed to overtake my life and how I had to work exceptionally hard to maintain the few interests I had. This prompted me to look at a number of other careers to see if there would be something I could do instead of medicine or in conjunction with it.

I started writing articles throughout my second year because I always enjoyed writing, especially creatively. From a young age, writing was an outlet for me and I would write for hours, writing wherever and whatever came to my mind. Although my articles were not 'special' in any way they gave me the confidence to continue to write and I saw writing as a potential career. I currently work as a freelance medical writer and I have now written for some of the major medical organisations such as the British Medical Association (BMA), the [British Medical Journal](#) (BMJ), the [Medical Protection Society](#) (MPS) and the [Support for Doctors Network](#). I also contribute to an [online news website](#) and to the medic footprints website. I now publish content on [my own blog](#) and I am due to publish a collection of poems this spring/summer. I have realised that there are many opportunities out there for

me and for other doctors who are unsure about their career choices. I could easily pursue writing alongside or instead of medicine if I chose to; the possibilities are there.

I realised that I have a number of transferrable skills that I learnt and developed throughout my medical career which I can easily apply to a more creative, non clinical career. Whether my articles are [medically related](#) or [not](#), I need to use all those research skills I acquired throughout my training in order to produce accurate and well written content. Working for an online news website means that I have to perform under pressure, producing high quality articles in a short time. I have to work with an editor along with other writers- so I also work as part of a team.

I think it is fair to say that medicine can make you feel that it would be near impossible to change careers and embark on non-medical or even 'diversified' medical career paths. You can become institutionalised in a system you have spent years training in.

Instead of re-evaluating our choices and trying to make changes many of us continue to trudge on, dreading Monday mornings. It can be so easy to place everyone else first all the time and therefore end up neglecting our own [mental](#) and physical health, sometimes resulting in 'burn out'.

As highly skilled professionals it is crucial for us to realise that we have a multitude of transferable skills which will enable us to succeed in a number of areas outside (and even alongside) medicine.

1. Being able to work and perform under pressure:

Working in a busy, ever changing hospital environment with numerous assessments and exams (since medical school and before) means that we have developed the essential skills to not only work in these conditions but to also thrive and produce excellent results. These skills can easily be applied to any career where you need to act quickly and produce high quality results.

2. The ability to work as part of a team:

Working with various healthcare professionals means that we have developed the necessary skills to work with people across many specialist fields in order to provide the very best care for our patients. Being able to work with others is essential in any career you pursue.

3. Leadership skills:

Being able to lead teams and make important decisions daily allows you to step into a wide variety of roles where you need to be able to manage people- from large to small organisations.

4. Time management and prioritisation:

Deciding who to review first on a busy medical on call demonstrates the ability to manage your time and prioritize effectively.

This is just a small fraction of the skills we possess. With the highly demanding nature of our job we are able to transition quite easily into a wide variety of different roles. Research is crucial- you need to know what is out there and what will suit you!

There are so many areas we can transition into and we should not be afraid to change our situation, especially if our current career is not making us completely happy!