

Health declaration

A health declaration should be signed at the beginning of F1 and F2 by all doctors on a recognised foundation training programme.

NOTE: this declaration is in addition to the Declaration of Fitness to Practice, which is required by the GMC when you apply for registration.

Good Medical Practice: Managing risks posed by your health

77. You should avoid seeking medical care from a family member or anyone you work closely with. If you are registered with a general practitioner this should be someone outside your family and your workplace.

78. You should try to take care of your own health and wellbeing, recognising if you may not be fit for work. You should seek independent professional advice about your fitness for work, rather than relying on your own assessment.

79. You must consult a suitably qualified professional and follow their advice about any changes to your practice they consider necessary if:

- a. you know or suspect that you have a serious condition that you could pass on to patients
- b. your judgement or performance could be affected by a condition or its treatment.

You must not rely on your own assessment of the risk to patients.

80. You should be immunised against common serious communicable diseases (unless contraindicated).

I accept the professional obligations placed upon me in paragraphs 77 – 80 of [Good Medical Practice](#).

[Hyperlink: <https://www.gmc-uk.org/professional-standards/the-professional-standards/good-medical-practice/domain-3-colleagues-culture-and-safety#managing-risks-posed-by-your-health>]

Signed by:

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| Foundation Doctor signature: | |
| Date signed by Foundation Doctor: | |