

Monday – Clinical Day

0800 Leave home
0900 Time for admin/Troubleshoot problems with community and in patient teams
1230 Journal club/Case conference
1330 Out Patient Clinic QMC – 6-7 patients
1730 Home

Tuesday – Clinical Day

0800 Leave home
0900 Time for admin/Liaison (community and obstetric) visits/Audit
1200 Leave QMC for Mansfield
1300 Out Patient Clinic in Mansfield – 4-5 patients
1700 Home

Wednesday – Teaching Day. This day varies greatly with monthly meetings, teaching external groups, e-learning development, setting exams, teaching postgraduates, research and supervising other doctors delivering teaching.

0830 Leave home
0900 Alternate weeks – Teaching Delivery or Teaching Development
1300 Academic meeting – usually the presentation of research
1400 Alternate weeks Teaching Delivery or Teaching Development
1700 Home

Thursday—Clinical Day

0800 Leave home
0900 Allocation meeting, team meeting and team supervision in Mapperly
1400 Ward Round – Mother & Baby Unit, QMC
1800 Home

Friday – Teaching Day

0830 Leave home
0900 Teaching development and catching up on emails
1500 Time set aside for seeing undergraduate students either in a mentoring role or those who have failed an exam
1630 Quick visit to the ward to ensure that all is set for the weekend
1700 Home



Dr Ben di Mambro
—Psychiatry