

### CONCLUSION

To sum up, it's not the medicalisation that has to be prevented, but medical interventions that are likely to cause more harm than good to patients. We believe that this new definition will support understanding and awareness of quaternary prevention, and encourage clinicians and patients to keep it in mind in all aspects of health care.

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### 'JUST A GP'

*I am a member of a vast team,  
Yet I work alone.*

*I feel valued by many,  
Yet I am undervalued by a key few.*

*I own, manage and work independently,  
Yet I am accountable to everyone.*

*I must offer judgement,  
Yet I must not be judgmental.*

*I am privileged to be told,  
Yet the information can be a burden.*

*My influence is wide,  
Yet little of what I say is remembered.*

*I care for thousands,  
Yet must focus on the individual.*

*I must remain the advocate of each,  
Yet often I must say, "No".*

*I am deeply trusted,  
Yet I feel under great scrutiny.*

*I stand on a pedestal,  
Yet I am vulnerable to all.*

*I know about a great many things,  
Yet I know a fraction of all I may need.*

*I must teach them all I know,  
Yet I have to learn more.*

*I must allocate the resource,  
Yet I know there is not enough.*

*I must find evidence for it all,  
Yet I must think for myself.*

*I must be friendly,  
Yet I dare not become friends.*

*I am a Great Paradox,  
Yet I am 'Just a G.P.'*

*I am a General Practitioner,  
But I think it's more important I'm a Good Person.*

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