Metabolic Medicine

Doctors in metabolic medicine treat patients whose chemical processes do not function properly and who may have various health problems as a result.

Your patients will have a wide range of common and rare conditions, for example diabetes, kidney stones, lipid metabolism and inborn errors of metabolism such as phenylketonuria.

Life as a doctor in metabolic medicine

Metabolic medicine is a relatively new specialty (it's a sub-specialty of chemical pathology) and provides excellent opportunities for research.

You could choose to study it together with general internal medicine, but most doctors decide on chemical pathology as their specialty. The clinical work of metabolic medicine complements the laboratory work of chemical pathology. Whatever specialty you choose, you'll work closely with your hospital's biochemistry laboratory.

If you decide on chemical pathology as your specialty, you'll see patients with conditions
within specific areas of metabolic medicine, predominately as outpatients.

You’ll have the opportunity to run a hospital biochemistry laboratory where you’ll spend most of your time ensuring high quality laboratory testing, interpreting results and liaising with colleagues in primary and secondary care. Collaboration with colleagues in other specialties is a must.

In a typical week, you’ll hold up to three outpatient clinics for a range of conditions, for example diabetes, cardiovascular risk and renal stone disease

If you choose general medicine as your specialty, you’ll treat patients with inherited diseases.

Common procedures and interventions include:

- drug treatments such as insulin and lipid-regulating drugs
- enzyme replacement therapies for inherited metabolic diseases
- bariatric surgery for obesity, such as gastric bypass surgery – where metabolic medicine physicians will work closely with bariatric surgeons
- provision of nutritional support via percutaneous gastrostomies (PEG, an endoscopic procedure) or parenteral nutrition (TPN)
- cardiovascular risk testing, e.g. for patients with high cholesterol
- use of new biologic treatments for cholesterol disorders
- dynamic tests or ‘stress tests’ for a wide range of conditions

**How much can I earn?**

You’ll first earn a salary when you start your foundation training after medical school. The basic salary ranges from £29,384 to £34,012. Once you start your specialty training as a doctor in metabolic medicine employed by the NHS, you can expect to earn a salary of at least £40,257, which can increase to between £84,559 and £114,003 as a consultant.

**How about the benefits?**

- make a difference
- flexible and part-time working
- high income early in your career
- work anywhere in the world
- excellent pension scheme
- good holiday entitlement
- NHS discounts in shops and restaurants

**Must-have skills**

- excellent communication skills to manage a wide range of relationships with colleagues, and patients and their families
- emotional resilience, a calm temperament and the ability to work well under pressure
- teamwork and the capacity to lead multidisciplinary teams
- problem-solving and diagnostic skills
- outstanding organisational ability and effective decision-making skills
• first-class time and resource management for the benefit of patients

In addition, doctors in metabolic medicine need to demonstrate:

• a strong interest in biochemistry and metabolism
• a familiarity with research methods and a willingness to keep up to date with research and advances in treatment

**Entry requirements**

Your first step is medical school. Typically, you’ll need excellent GCSEs and three A or A* passes at A level including chemistry for a five-year undergraduate degree in medicine. Many medical schools also ask for biology and others may require maths or physics.

If you already have a degree, you could study for a four-year postgraduate degree in medicine.

You’ll need to pass an interview and admissions test. You’ll be asked to show how you demonstrate the NHS values such as compassion and respect.

Some medical schools look to recruit a mix of students from different backgrounds and geographical areas, so your educational and economic background and family circumstances could be considered as part of your application.

"The patient contact is the part I enjoy the most. I love my clinics. I also enjoy carrying out research as it means that you can actually drive and develop the treatments that your patients receive in clinic."

Read Jaimini’s story [7].

**What are my chances of starting a career as a doctor in metabolic medicine?**

In 2016, there were 15 consultants in metabolic medicine in the NHS in England. In 2020, there were 23 applications for 12 training places.

**How to become a doctor in metabolic medicine**

After medical school, you’ll join the paid two-year foundation programme where you’ll work in six placements in different settings.

After your foundation programme, you can apply for paid specialty training to become a doctor in metabolic medicine, which will take a minimum of seven years.
You may be able to train part time, for example for health reasons or if you have family or caring responsibilities.

**Where a career as a doctor in metabolic medicine can take you**

You could:

- specialise or conduct research
- teach medical students or postgraduate students in training
- get involved in research at universities, the NHS or private sector

**Live vacancies**

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Consultant in Movement Disorders and Metabolic Neurology

London, SW17 0QT

Salary: Negotiable
Type: Permanent
Employer: St George’s Healthcare NHS Foundation Trust
Apply now on NHS Jobs for Consultant in Movement Disorders and Metabolic Neurology job (opens in a new window)

Locum Metabolic Bone Consultant

Gillingham, ME7 5NY

Salary: £88364.00 to £119133.00
Type: Locum
Consultant Metabolic Bone Disease and Rheumatology

Stanmore OR London AND Harrow, HA7 4LP

Salary: £88364.00 to £119133.00
Type: Permanent

Medical Laboratory Assistant - Metabolic, Neuroendocrine & Nutrition

Bristol, BS2 8HW

Salary: £25147.00 to £27596.00
Type: Permanent

Emergency Medicine Doctor

London, SE5 9RS
Isleworth, TW7 6AF
Beckenham, BR3 3QL
Orpington, BR6 8ND

Salary: £105000.00 to £130000.00
Type: Permanent
Employer: Totally

Apply now on NHS Jobs for Emergency Medicine Doctor job (opens in a new window)

Medical Laboratory Assistant - Metabolic, Neuroendocrine & Nutrition

Bristol, BS2 8HW

Salary: £25147.00 to £27596.00
Type: Permanent
Employer: University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

Consultant Metabolic Bone Disease and Rheumatology

Stanmore OR London AND Harrow, HA7 4LP

Salary: £88364.00 to £119133.00
Type: Permanent
Employer: Royal National Orthopaedic Hospital NHS Trust

Apply now on NHS Jobs for Consultant Metabolic Bone Disease and Rheumatology job (opens in a new window)

Apply now on NHS Jobs for Medical Laboratory Assistant - Metabolic, Neuroendocrine & Nutrition job (opens in a new window)
Specialty Doctor in Palliative Medicine

Ashton under Lyne, OL6 6SL

Salary: £51000.00 to £80000.00
Type: Permanent
Employer: Willow Wood Hospice
Apply now on NHS Jobs for Specialty Doctor in Palliative Medicine job (opens in a new window) [15]

Speciality Doctor in Palliative Medicine

Harrow, HA1 3UJ

Salary: £50373.00 to £78759.00
Type: Fixed-Term
Employer: London North West University Healthcare NHS Trust
Apply now on NHS Jobs for Speciality Doctor in Palliative Medicine job (opens in a new window) [16]

Specialty Doctor in Respiratory Medicine

Margate, CT9 4AN

Salary: £51000.00 to £80000.00
Type: Fixed-Term
Employer: East Kent Hospitals University NHS Foundation Trust
Apply now on NHS Jobs for Specialty Doctor in Respiratory Medicine job (opens in a new window) [17]

Specialty Doctor in Geriatric Medicine

Cardiff, CF62 8YH

Salary: £51379.00 to £80331.00
Type: Permanent
Employer:
Specialty Doctor in Geriatric Medicine

Neath Port Talbot, SA12 7BX

Salary: £51765.00 to £81200.00
Type: Fixed-Term
Employer: Swansea Bay University Health Board
Apply now on NHS Jobs for Specialty Doctor in Geriatric Medicine job (opens in a new window) [18]

Specialty Doctor in Neurorehabilitation Medicine

Gateshead, NE9 6SX

Salary: £51000.00 to £80000.00
Type: Fixed-Term
Employer: Gateshead Health NHS Foundation Trust
Apply now on NHS Jobs for Specialty Doctor in Neurorehabilitation Medicine job (opens in a new window) [19]

Specialty Doctor in Emergency Medicine

Carlisle, CA2 7LL

Salary: £51000.00 to £80000.00
Type: Permanent
Employer: North Cumbria Integrated Care NHS Foundation Trust
Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [20]

Specialist Doctor in Geriatric Medicine

Stoke-on-Trent, ST6 7AG

Salary: £81500.00 to £92500.00
Type: Permanent
Employer: Midlands Partnership NHS Foundation Trust
Apply now on NHS Jobs for Specialist Doctor in Geriatric Medicine job (opens in a new window) [22]

Specialty Doctor in Stroke Medicine

Blackburn, BB2 3HH

Salary: £45124.00 to £77519.00
Type: Fixed-Term
Employer: East Lancashire Hospitals NHS Trust
Apply now on NHS Jobs for Specialty Doctor in Stroke Medicine job (opens in a new window) [23]

Specialist Doctor in Geriatric Medicine

Redhill, RH1 5RH

Salary: £81500.00 to £92500.00
Type: Fixed-Term
Employer: Surrey and Sussex Healthcare NHS Trust
Apply now on NHS Jobs for Specialist Doctor in Geriatric Medicine job (opens in a new window) [24]

Specialty Doctor in Emergency Medicine

Redhill, RH1 5RH

Salary: £51000.00 to £80000.00
Type: Permanent
Employer: Surrey and Sussex Healthcare NHS Trust
Apply now on NHS Jobs for Specialty Doctor in Emergency Medicine job (opens in a new window) [25]

Specialty Doctor in Acute Medicine
Torquay, TQ2 7AA

Salary:
£51000.00 to £80000.00

Type:
Permanent

Employer:
Torbay and South Devon NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Acute Medicine job (opens in a new window) [28]

Speciality Doctor in Emergency Medicine

Barrow-in-Furness, LA14 4LF

Salary:
£50373.00 to £78759.00

Type:
Permanent

Employer:
University Hospitals of Morecambe Bay NHS Trust

Apply now on NHS Jobs for Speciality Doctor in Emergency Medicine job (opens in a new window) [27]

Specialist Doctor in Older Persons Medicine

Portsmouth, PO6 3LY

Salary:
£80693.00 to £91584.00

Type:
Permanent

Employer:
Portsmouth Hospitals University NHS Trust

Apply now on NHS Jobs for Specialist Doctor in Older Persons Medicine job (opens in a new window) [28]

Speciality Doctor in General Medicine (COTE)

Victoria Road, Macclesfield, SK10 3BL

Salary:
£51000.00 to £80000.00

Type:
Permanent

Employer:
East Cheshire NHS Trust

Apply now on NHS Jobs for Speciality Doctor in General Medicine (COTE) job (opens in a new window) [29]
Specialty Grade Doctor in Transfusion Medicine

Leicester, LE1 5WW

Salary: £50373.00 to £78759.00
Type: Fixed-Term
Employer: University Hospitals of Leicester NHS Trust

Apply now on NHS Jobs for Specialty Grade Doctor in Transfusion Medicine job (opens in a new window) [30]

Emergency Medicine Doctor - St Mary’s UTC

London, W2 1NY

Salary: £88.87
Type: Permanent
Employer: Totally

Apply now on NHS Jobs for Emergency Medicine Doctor - St Mary's UTC job (opens in a new window) [31]

Specialist Doctor in Elderly Medicine and Orthogeriatrics

Weston-Super-Mare, BS23 4TQ

Salary: £81500.00 to £92500.00
Type: Fixed-Term
Employer: University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)

Apply now on NHS Jobs for Specialist Doctor in Elderly Medicine and Orthogeriatrics job (opens in a new window) [32]

Specialty Doctor in Palliative Medicine (Maternity Cover)

Harrow, HA3 0YG

Salary: Negotiable
Type: Fixed-Term
Employer: 
St Luke's Hospice
Apply now on NHS Jobs for Specialty Doctor in Palliative Medicine (Maternity Cover) job (opens in a new window) [33]

**Specialty Doctor in Anaesthesia & Intensive Care Medicine**

Crewe, CW1 4QJ

Salary:
- £51000.00 to £80000.00

Type:
- Permanent

Employer:
  - Mid Cheshire Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor in Anaesthesia & Intensive Care Medicine job (opens in a new window) [34]

**Specialty Doctor in General Internal Medicine (GIM)**

Redhill, RH1 5RH

Salary:
- £51000.00 to £80000.00

Type:
- Fixed-Term

Employer:
  - Surrey and Sussex Healthcare NHS Trust

Apply now on NHS Jobs for Specialty Doctor in General Internal Medicine (GIM) job (opens in a new window) [35]

**Trust Middle Grade Doctor in Neonatal medicine**

Middlesbrough, TS4 3BW

Salary:
- Negotiable

Type:
- Fixed-Term

Employer:
  - South Tees Hospitals NHS Foundation Trust

Apply now on NHS Jobs for Trust Middle Grade Doctor in Neonatal medicine job (opens in a new window) [36]

**Hospice Speciality Doctor (Palliative Medicine)**

Pontefract, WF8 4BG

Salary:
- £25800.00 to £42000.00
Type: Permanent
Employer: The Prince Of Wales Hospice
Apply now on NHS Jobs for Hospice Speciality Doctor (Palliative Medicine) job (opens in a new window) [37]

**Specialty Doctor (MC75), Adult Medicine**

Dartford, DA2 8DA

Salary: £50373.00 to £78759.00
Type: Permanent
Employer: Dartford and Gravesham NHS Trust
Apply now on NHS Jobs for Specialty Doctor (MC75), Adult Medicine job (opens in a new window) [38]

**Trust Doctor in Neonatal Medicine (ST1-2 Equivalent)**

Newcastle upon Tyne, NE1 4LP

Salary: £40257.00
Type: Fixed-Term
Employer: The Newcastle upon Tyne Hospitals NHS Foundation Trust
Apply now on NHS Jobs for Trust Doctor in Neonatal Medicine (ST1-2 Equivalent) job (opens in a new window) [39]

**Specialty Doctor in Frailty/Geriatric Emergency Medicine Service**

Weston-super-Mare, BS23 4TQ

Salary: £50373.00 to £78759.00
Type: Permanent
Employer: University Hospitals Bristol and Weston NHS Foundation Trust (UHBW)
Apply now on NHS Jobs for Specialty Doctor in Frailty/Geriatric Emergency Medicine Service job (opens in a new window) [40]

**Trust Doctor in Geriatric Medicine Specialising in Frailty (ST1)**
Margate, CT9 4AN

Salary: £40257.00
Type: Fixed-Term
Employer: East Kent Hospitals University NHS Foundation Trust
Apply now on NHS Jobs for Trust Doctor in Geriatric Medicine Specialising in Frailty (ST1) job (opens in a new window) [41]

**Specialty Doctor in Medicine with interest in Diabetes & Endocrinology**

Yeovil, BA21 4AT

Salary: £51000.00 to £80000.00
Type: Fixed-Term
Employer: Yeovil District Hospital
Apply now on NHS Jobs for Specialty Doctor in Medicine with interest in Diabetes & Endocrinology job (opens in a new window) [42]

**Junior Specialist Doctor (Standard) in Emergency Medicine**

Birmingham, B9 5SS

Salary: £40257.00
Type: Fixed-Term
Employer: University Hospitals Birmingham NHS Foundation Trust
Apply now on NHS Jobs for Junior Specialist Doctor (Standard) in Emergency Medicine job (opens in a new window) [43]

**Locally Employed Doctor (FY2 equivalent) Emergency Medicine**

Aylesbury, HP21 8AL

Salary: £34012.00
Type: Fixed-Term
Employer: Buckinghamshire Healthcare NHS Trust
Apply now on NHS Jobs for Locally Employed Doctor (FY2 equivalent) Emergency Medicine job (opens in a new window)
Specialty Doctor Emergency Medicine Fixed Term Contract

Orpington, BR6 8ND

Salary: £44555.00 to £81216.00
Type: Fixed-Term
Employer: King's College Hospital NHS Foundation Trust
Apply now on NHS Jobs for Specialty Doctor Emergency Medicine Fixed Term Contract job (opens in a new window) [45]

Trust Doctor ST4 level in Emergency Medicine

Carlisle, CA2 7HY

Salary: £51017.00 to £58398.00
Type: Fixed-Term
Employer: North Cumbria Integrated Care NHS Foundation Trust
Apply now on NHS Jobs for Trust Doctor ST4 level in Emergency Medicine job (opens in a new window) [46]

Junior Specialist Doctors (JSD) - Higher in Geriatric Medicine

Birmingham, B18 7QH

Salary: £51017.00
Type: Fixed-Term
Employer: Sandwell and West Birmingham NHS Trust
Apply now on NHS Jobs for Junior Specialist Doctors (JSD) - Higher in Geriatric Medicine job (opens in a new window) [47]

Trust Doctor (ST3+ level) in General Medicine / Respiratory

Croydon, CR7 7YE

Salary: £51017.00
Type: Fixed-Term
Employer:
Croydon University Hospital NHS Trust
Apply now on NHS Jobs for Trust Doctor (ST3+ level) in General Medicine / Respiratory job (opens in a new window)

Junior Specialist Doctor (Higher) in Emergency Medicine - HGS

Birmingham, B9 5SS
Sutton Coldfield, B75 7RR

Salary:
£51017.00
Type:
Fixed-Term
Employer:
University Hospitals Birmingham NHS Foundation Trust
Apply now on NHS Jobs for Junior Specialist Doctor (Higher) in Emergency Medicine - HGS job (opens in a new window)

Junior Specialist Doctor (Higher) in Acute Medicine - Good Hope

Sutton Coldfield, B75 7RR

Salary:
£51017.00
Type:
Fixed-Term
Employer:
University Hospitals Birmingham NHS Foundation Trust
Apply now on NHS Jobs for Junior Specialist Doctor (Higher) in Acute Medicine - Good Hope job (opens in a new window)

Trust Doctor ST4+ in Emergency Medicine with Special Interest

Carlisle, CA2 7HY

Salary:
£51017.00 to £58398.00
Type:
Fixed-Term
Employer:
North Cumbria Integrated Care NHS Foundation Trust
Apply now on NHS Jobs for Trust Doctor ST4+ in Emergency Medicine with Special Interest job (opens in a new window)

SCF, Emergency Medicine, PHEM & Community Medicine

Swansea, SA6 6NL
Salary: £35940.00 to £56510.00
Type: Fixed-Term
Employer: Swansea Bay University Health Board
Apply now on NHS Jobs for SCF, Emergency Medicine, PHEM & Community Medicine job (opens in a new window) [52]

**Locum Consultant Emergency Medicine (Paediatric Emergency Medicine)**

Romford, RM7 0AG

Salary: £88364.00 to £119133.00
Type: Fixed-Term
Employer: Barking, Havering and Redbridge University Hospitals NHS Trust
Apply now on NHS Jobs for Locum Consultant Emergency Medicine (Paediatric Emergency Medicine) job (opens in a new window) [53]

**Matron - Medicine**

Ipswich, IP4 5PD

Salary: £50952.00 to £57349.00
Type: Permanent
Employer: East Suffolk and North Essex NHS Foundation Trust
Apply now on NHS Jobs for Matron - Medicine job (opens in a new window) [54]

**Matron - Medicine**

Barrow in Furness, LA14 4LF

Salary: £50952.00 to £57349.00
Type: Fixed-Term
Employer: University Hospitals of Morecambe Bay NHS Trust
Apply now on NHS Jobs for Matron - Medicine job (opens in a new window) [55]
**Medicines Manager**

Southampton, SO19 0HS

Salary:
- Negotiable

Type:
- Permanent

Employer:
- Peartree Practice

Apply now on NHS Jobs for Medicines Manager job (opens in a new window) [56]

**Matron Medicine**

Northampton, NN1 5BD

Salary:
- £50952.00 to £57349.00

Type:
- Permanent

Employer:
- Northampton General Hospital

Apply now on NHS Jobs for Matron Medicine job (opens in a new window) [57]

**Medicine Coordinator**

Plymouth, PL2 2PQ

Salary:
- £11.02

Type:
- Permanent

Employer:
- Knowle House Surgery

Apply now on NHS Jobs for Medicine Coordinator job (opens in a new window) [58]

**Consultant in Medicine for Older People & Stroke Medicine**

London, HA1 3UJ

Salary:
- £88364.00 to £119133.00

Type:
- Permanent

Employer:
- London North West University Healthcare NHS Trust

Apply now on NHS Jobs for Consultant in Medicine for Older People & Stroke Medicine job (opens in a new window) [59]
Consultant Respiratory Medicine

York, YO31 8HE

Salary: £88364.00 to £119133.00
Type: Permanent
Employer: York and Scarborough Teaching Hospitals NHS Foundation Trust
Apply now on NHS Jobs for Consultant Respiratory Medicine job (opens in a new window) [60]

Acute Medicine Consultant

Nuneaton, CV10 7DJ

Salary: £88364.00 to £119133.00
Type: Permanent
Employer: George Eliot Hospital NHS Trust
Apply now on NHS Jobs for Acute Medicine Consultant job (opens in a new window) [61]

Ward Medicines Assistant

317 01 Freeman Hospital, NE7 7DN

Salary: £22816.00 to £24336.00
Type: Permanent
Employer: The Newcastle upon Tyne Hospitals NHS Foundation Trust
Apply now on NHS Jobs for Ward Medicines Assistant job (opens in a new window) [62]

Medicines Optimisation Technician

Middlesbrough, TS2 1RH

Salary: £28407.00 to £34581.00
Type: Permanent
Employer:
**NHS North Of England Commissioning Support Unit**  
Apply now on NHS Jobs for Medicines Optimisation Technician job (opens in a new window) [63]

- **Medicines Management Technician**
  
  Newark on Trent, NG24 4DE
  
  Salary: £28407.00 to £34581.00  
  Type: Permanent  
  Employer: Sherwood Forest Hospitals NHS Foundation Trust  
  Apply now on NHS Jobs for Medicines Management Technician job (opens in a new window) [64]

- **Medical PA - Medicine**
  
  Colchester, CO4 5JL
  
  Salary: £25147.00 to £27596.00  
  Type: Permanent  
  Employer: East Suffolk and North Essex NHS Foundation Trust  
  Apply now on NHS Jobs for Medical PA - Medicine job (opens in a new window) [65]

- **Medicines Management Technician**
  
  Oswestry, Shropshire, SY10 7AG
  
  Salary: £28407.00 to £34581.00  
  Type: Permanent  
  Employer: Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust  
  Apply now on NHS Jobs for Medicines Management Technician job (opens in a new window) [66]

- **Specialist Pharmacist - Medicine**
  
  Isleworth, TW76AF
  
  Salary: £49178.00 to £55492.00  
  Type:
Permanent
Employer:
Chelsea and Westminster Hospital NHS Foundation Trust
Apply now on NHS Jobs for Specialist Pharmacist - Medicine job (opens in a new window) [67]

Further information

These organisations have further information about being a doctor in metabolic medicine, particularly as your career progresses. Take a look.

British Inherited Metabolic Diseases Group [68]
Royal College of Pathologists [69]
Royal College of Physicians [70]
Royal College of Physicians of Edinburgh [71]
Royal College of Physicians and Surgeons of Glasgow [72]
Joint Royal College of Physicians Training Board (JRCPTB [73])
The Pathological Society of Great Britain and Ireland [74]

Other roles that may interest you

- Chemical pathology [75]
- General internal medicine [76]
- Immunology [77]
- Medical microbiology and virology (doctor) [78]

Source URL: https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/medicine/metabolic-medicine

Links
[1] https://www.healthcareers.nhs.uk/glossary#Metabolic
[3] https://www.healthcareers.nhs.uk/glossary#Cardiovascular
[5] https://www.healthcareers.nhs.uk/glossary#Parenteral_nutrition