A day in the life of a GP (Dr Nicola White)

A typical Monday - 16th June 2014

7.40am Arrive at the surgery. Quiet uninterrupted time to look at and action patients’ results and start looking at e-mails.
8.00am I'm the Duty On-call Doctor this morning. This means dealing with any emergencies, supervising the doctors in training, covering the Community Hospital, looking at the notes of our patients who have had contact with the 111/Out of Hours service to see if they need follow-up and generally being the first port of call for any queries from the practice and district nurses/receptionists/pharmacists etc. It's a tall order!
8.05am First patient - a walk-in casualty.
8.25am Meeting with the other doctors to catch up on patients and practice management.
8.40am Start phone calls (50 this morning) in between on-call duties.
10.20am A welcome cup of tea while continuing phone calls.
10.45am Emergency extra patients arrive - 19 in all this morning. The other three doctors will help with these and also the remaining phone calls.
12.28pm All the extras and phone calls at last completed.
12.30pm Meeting with the Practice Nurses, mainly to discuss the new contract changes introduced by the Government, in particular doing care plans for our most vulnerable patients. Lunch on the hoof during this meeting.
1.00pm Prescriptions to sign. Hospital letters (27 today) to be read and actioned. E-mails (12 so far today) to be looked at.
2.15pm Will have to leave paperwork as not finished and house call to do. The other doctors do house calls or see patients in Alton Community Hospital.
2.45pm Continue paperwork.
3.00pm A booked surgery. Appointments at ten minute intervals. It's very difficult to keep to time if patients have more than one problem or are complex. GPs have to deal now with conditions that would previously have been managed in hospital. During this time, there is a twenty minute break to do phone calls (66 in total this afternoon). Cup of tea while working.
5.30pm Emergency extra patients arrive (11 this evening).
6.00pm Over to the Community Hospital to clerk in a patient, admitted from the Basingstoke area.
6.30pm Back to the surgery to finish off phonecalls/paperwork.
7.30pm Home. An almost twelve hour non-stop day at a frantic pace. 216 actual patient contacts between four doctors, plus all the paperwork. No time today for the reflection we need to do for our revalidation. Worry I haven't given enough time to my patients.

Your GP Cares Campaign run by the British Medical Association

Background
The UK family doctor service is widely admired around the world for its equitable, cost effective and leading edge provision of locally accessible high quality care and doctors remain our most trusted professionals. However, the environment which GPs are striving to provide services in is increasingly challenging. An increased demand on general practice caused by demographic changes, more complex health needs, and some care moving out of hospitals is all contributing to unsustainable pressures on the service. These inter-related factors are having a worrying impact on how care is delivered to patients.
The campaign aims
The BMA campaign is calling for long-term, sustainable investment in general practice now to:

- Attract, retain and expand the number of GPs.
- Expand the number of practice staff.
- Improve premises GP services are provided from.

Issues within General Practice
NHS England estimates that some 340 million consultations are now undertaken every year, an increase of 40 million since 2008. Patients in some areas are not always able to get an appointment when they need one. In 2013, an estimated 26.2 million people waited over one week to see their GP. The needs of patients visiting their GP practice have also changed. For example, in England 15 million people live with a chronic condition. More care for patients with chronic diseases, such as diabetes and asthma, previously carried out in hospital settings, is now increasingly being provided through GP services. GPs are also facing rising patient demand from an ageing population.

That is why the BMA's General Practitioners Committee has launched a new campaign, 'Your GP Cares' to highlight some of the pressing issues facing general practice. Your GP and practice team care about the current situation and want to work with patients and Government to find solutions and provide a better service. Over the coming months, we will be encouraging debate so that politicians and policy makers understand the urgent need for long-term, sustainable investment in GP services for today and tomorrow.

The RCGP (Royal College of GPs) is running a complimentary campaign to 'Your GP Cares' on the urgent need for more resourcing in general practice. Please also support the RCGP's 'Put Patients First: Back General Practice' campaign where you can, as the louder our voices become, the clearer the message will be. Please visit their website for more information http://www.rcgp.org.uk/campaign-home.aspx and to sign their online petition or visit the surgery to sign. The campaign can also be accessed by a You- Tube video - http://www.youtube.com/watch?v=Iy4CVGJISDP8 as well as a further information link at http://bma.org.uk/working-for-change/your-gp-cares

Please support Chawton Park Surgery and other GP Practices by joining the campaigns available to help the Government understand the urgent need to improve the current situation.

And finally a warm welcome to...

Dr Lucinda Maloney who will be returning from maternity leave and will be with us until December 2015. Dr Maloney will be working Tuesday to Friday and under the supervision of Dr Nicola White.

Dr Christopher Sandford will be joining the Practice in August for a year. Dr Sandford will be under the supervision of Dr Julian Barber and will be working Monday to Friday.

Dr Katherine Collins will also be joining the Practice in August for six months. Dr Collins will be under the supervision of Dr Jackie Over and will be working Monday to Friday.

Newsletter by email

Don't forget - You can receive newsletters by email as soon as they are published. To subscribe, go to the website (www.chawtonpark.org.uk), click on the "News" button, and select "E-news".

The Doctors...

Dr Sword Dr Over Dr de Quincey Dr White Dr Bowen-Simpkins Dr Barber