



A Day in the Life of a Physician

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A day in the life of a GP

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reading (optional):

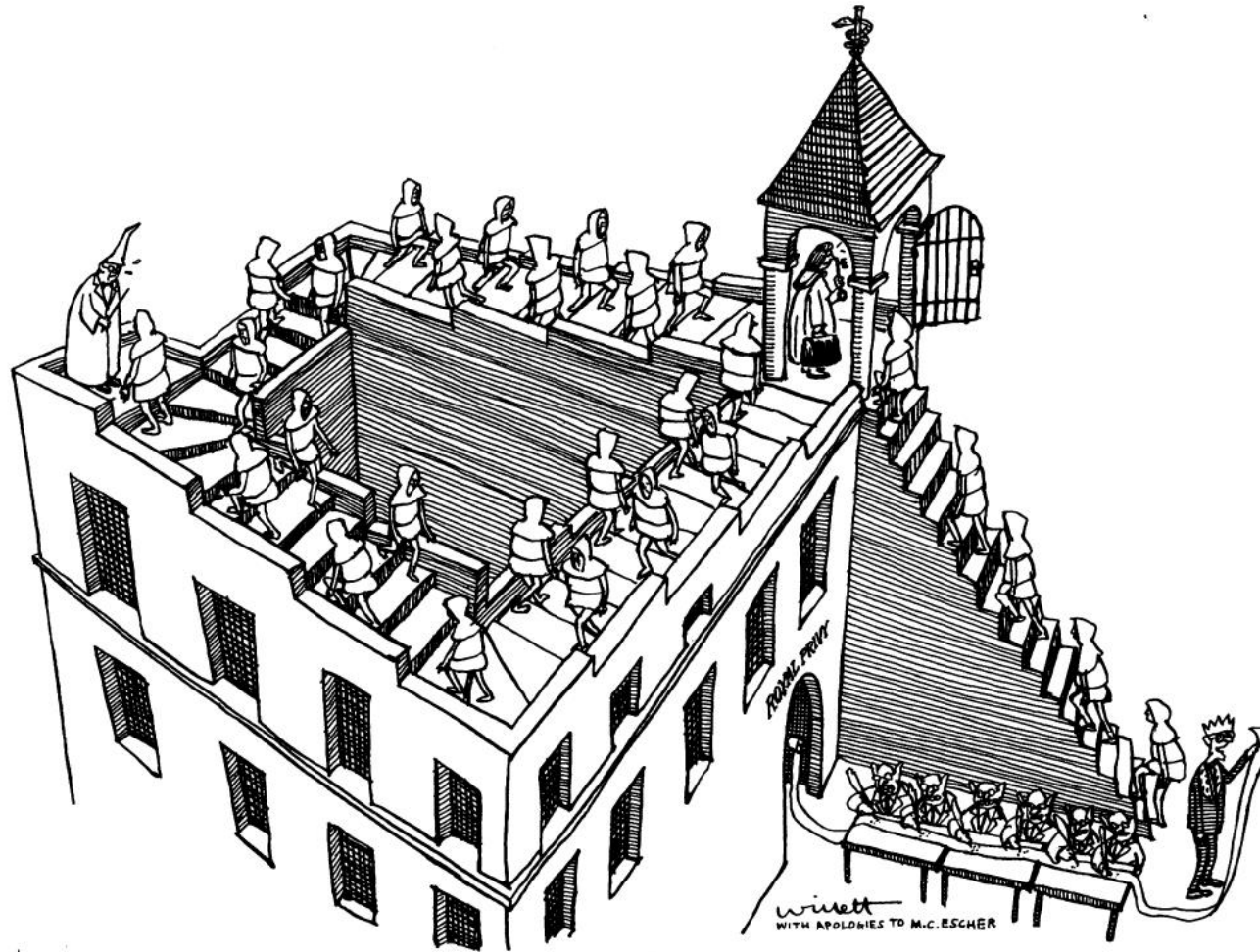
- The Wizzard & the Gatekeeper
 - 1989 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1835499/pdf/bmj00215-0046.pdf>
 - 1992 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1882328/pdf/bmj00068-0047.pdf>
 - 2010 <https://bjgp.org/content/bjgp/60/576/544.full.pdf>
 - 2021 <https://www.bmj.com/content/bmj/375/bmj.n3005.full.pdf>
- The NHS at breaking point?
 - <https://www.nejm.org/doi/pdf/10.1056/NEJMp2301257?articleTools=true>
- How the NHS compares with other countries
 - https://www.kingsfund.org.uk/sites/default/files/2023-06/How_NHS_compare_2023.pdf
- Guide to commissioning from the King's Fund
 - <https://www.kingsfund.org.uk/publications/what-commissioning-and-how-it-changing>
- A century of General Practice (UK)
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1325136/pdf/bmj33200039.pdf>

The Wizard & Gatekeeper

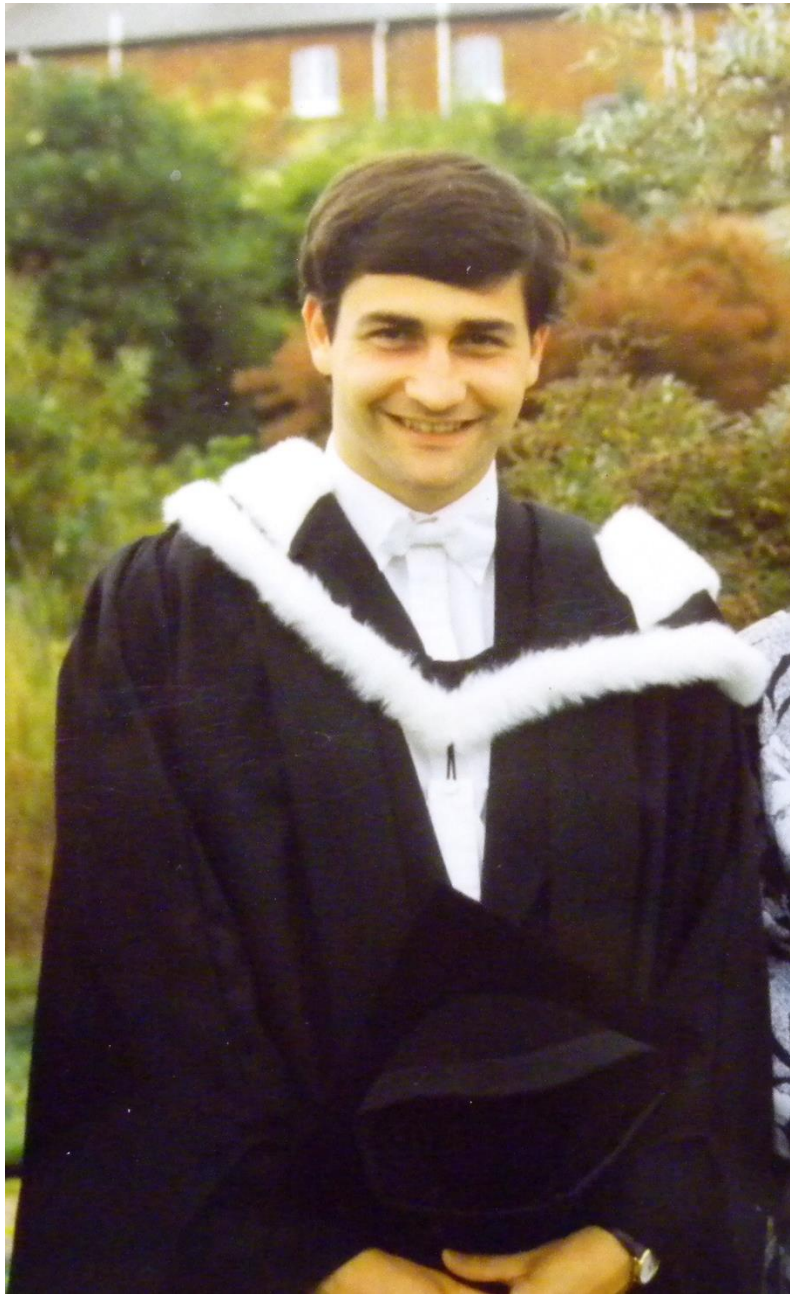
Who is who?

Laurence Leaver

David Oliver



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Year	Me/dinosaurs	Now
1	House jobs	Foundation Y1
2	SHO/GP training	Foundation Y2
3	SHO/GP training	Specialty training in GP
4	SHO/GP training	Specialty training in GP
5	GP (junior partner)	Specialty training in GP
6	GP (junior partner)	Specialty training in GP
7	GP (junior partner)	Trained GP (salaried or partner)
8	GP (parity partner)	Trained GP (salaried or partner)

My journey

- What is a *normal* GP?
- What is a *normal* practice?



Jericho Health Centre

aka The Surgery, Practice, Clinic



Jericho Health Centre

aka The Surgery, Practice, Clinic



A typical day of clinical work

Number	Activity	Hours/day
25	booked consults	6.5
10-15	phone calls or emails from patients	1.5
40	repeat prescriptions to review/issue	0.5
30	patients test results to review	0.25
30	clinical letters in	1
5	clinical referrals to write/send	1
3	other letters/reports to write	0.5
1	home visits	0.5
5	queries from colleagues	0.25
	Total	12



Nature of clinical work

- Case mix
 - Contract v reality
- Referrals
 - eRS
 - emergencies
- Relationship with secondary care
 - waiting lists
 - e-mail advice
 - (phoning the duty doctor)

Prevention



Primary

Secondary

My daily work pattern- Non-clinical work

- Medically related
 - Clinical team meetings
 - CME
 - Teaching
 - Policies
- Running the business
 - Practice meetings
 - Contracts
 - Staff
 - Premises
 - CQC



What I do not do

- Worry about patients having to pay
- See pharma reps
- 'Defensive' medicine
- ?Boundaries



"This prescription for Adderall will help you work hard enough to afford the drug you really need."

What do I like about GP

- Autonomy
- Variety
- Continuity of care

- Own team

- Generalist v specialist

What do I not like about being a GP

- Re-disorganisation (not 'reform') of NHS- every 1-2 years
- Not being able to help the patient
- Low value screening initiated in the private sector
- 'wasting' time changing prescriptions because of stock shortages
- Last minute contract changes
- 'dumping'- primary v secondary/tertiary care

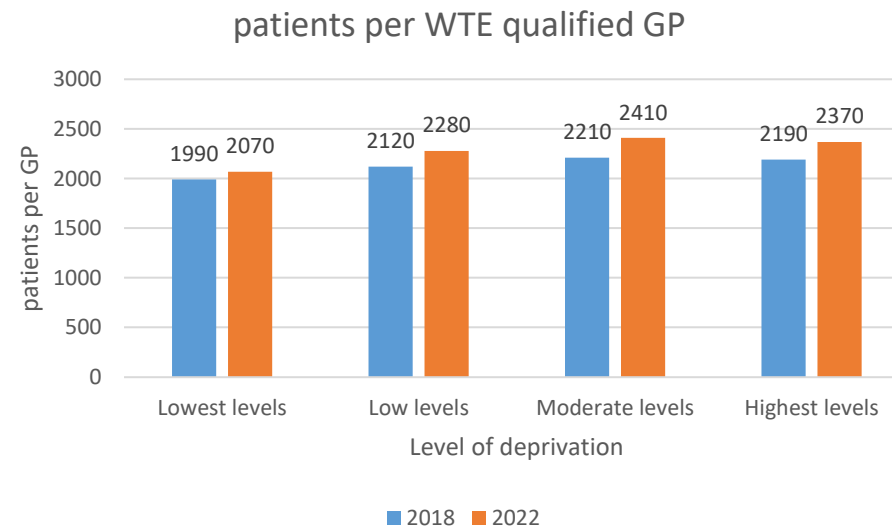


Challenges for primary care

- Partnership model
 - Predicated on good will, not business sense
 - Demographic time bomb in profession
- Work life balance
- Staff shortages, domino effect
- Skill mix
 - How to make best use of ARRS roles
- Social problems
 - inequalities

ONS data 2022- Inverse care law

- Data for England (not UK)
- 1700 patients per GP (not WTE and includes trainees)



Money

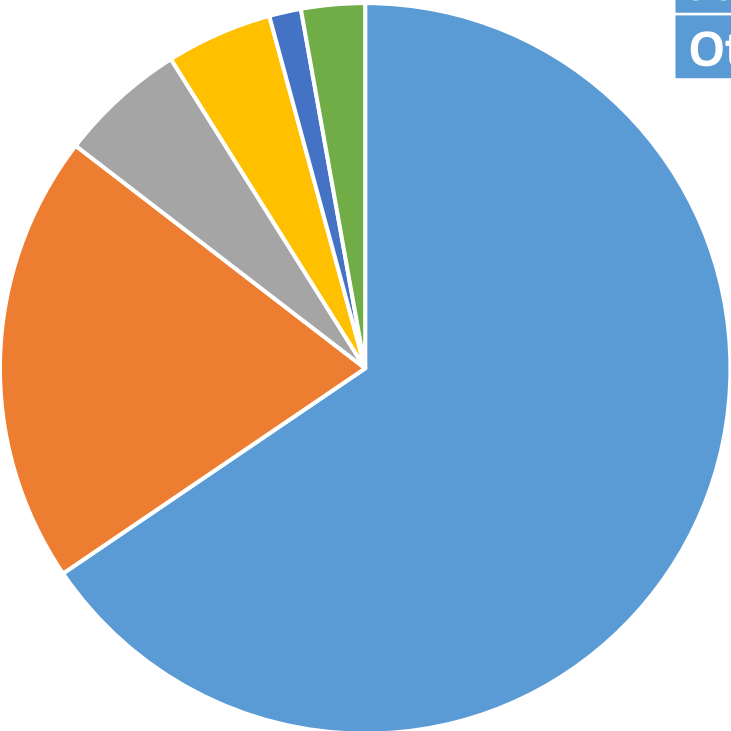
- How is a GP paid
 - Salaried
 - Partner



Practice finances (confidential)

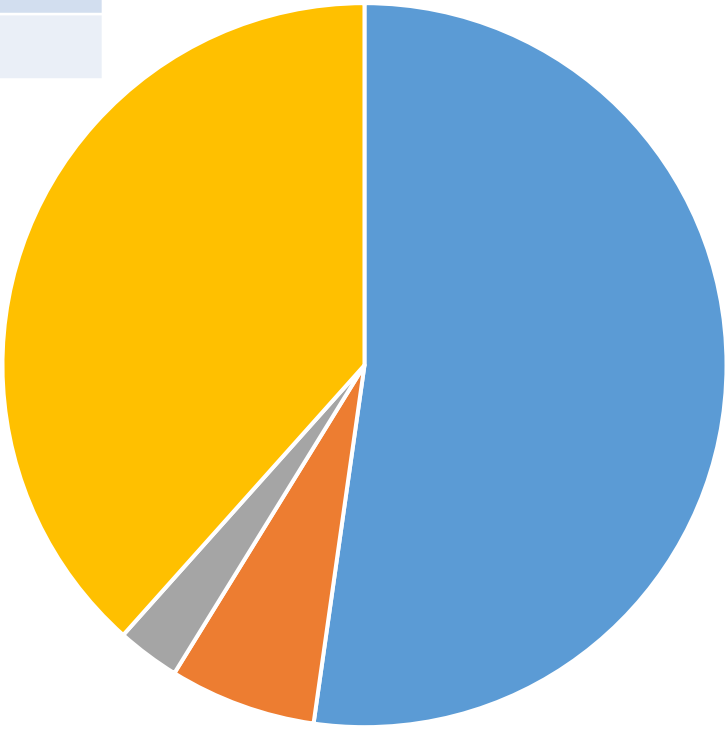
My practice	In		Out
GMS	697	Staff	558
Enhanced services	212	Premises	70
QoF	60	Admin	30
Teaching & training	50	profits for 3 partners	410
Private	15		
Other	30		

Income



■ GMS ■ Enhanced services ■ QoF ■ Teaching & training ■ Private ■ Other

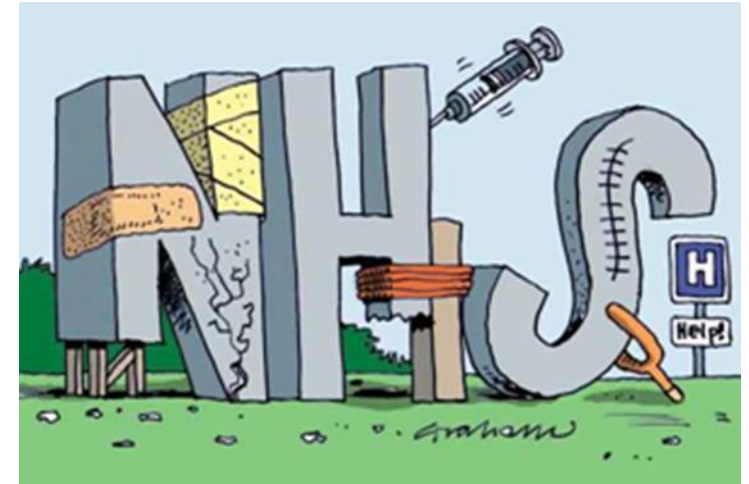
Expenditure



■ Staff ■ Premises ■ Admin ■ profits for partners

How does the NHS work?

“Free” but...
...underfunded
...but works... mostly



GPs deal with:

most problems including children, gynaecology etc.

90% of all NHS consults, 8% of funding...

diagnose and treat acute or chronic illness

refer serious illness (NB waiting lists)

monitor chronic disease e.g. diabetes

screening and prevention e.g. vaccines, cervical cytology

blood tests, injections, some minor surgery, etc.

Dentistry & Opticians different

NHS commissioning

- Health Authorities
 - GP fundholding 1990-1999
- Locality Forums (informal) 1996
- Primary Care Groups 1999
- Primary Care Trusts 2002
- New GP Contract, QoF, Carr-Hill, no OOH, 2004
- Clinical Commissioning Groups 2013
 - Health and Social Care Act 2012
- Integrated Care Systems 2022
 - Primary Care Networks
 - Health & Care Act 2022- see <https://www.legislation.gov.uk/ukpga/2022/31/contents/enacted>

Secondary Care



"I'll be performing the operation, and this is the anesthesiologist."