A Day in General Practice

Jonathan Lake
GP & Associate Dean
Jonathan.lake@ports.nhs.uk
What do GPs do all day?

• Start 0800, finish 1900
• 2 surgeries – 2-3 hrs each with up to 24 pts in each
• 1-3 visits
• Phone calls
• Teaching & research
• Administration & management
The medicine

- Acute minor and major illness.
- Chronic disease management.
- Weird & wonderful – they all have a GP.
A “typical” morning...

- Back pain & spondylolisthesis
- Whiplash27
- Pregnant & prior molar pregnancy
- Depression, suicidal ideas
- Nasal congestion, sneezing 4m? allergic
- Anal fissure
- T1DM, Addisons, IHD, Pacemaker – sob/dizzy
- Blocked ears, asthma. Long wait
- Lump on foot
- Child with cough, asthma. Impossible to examine!
- New hypertension; tennis elbow
- Unkempt, multiple cervical LNs, prev alcoholism, smoker, history of sarcoidosis
Is it:

- Orthopaedics
- Rheumatology
- Neurology
- O&G
- Paediatrics
- Psychiatry
- ENT
- Surgery
- Respiratory Medicine
- Endocrinology
- Cardiology
- Substance misuse
Or is it:

PRIMARY CARE
What’s good

- Hours
- Patients
- Colleagues
- Team
- Medicine
- £
- Premises
- Variety
- Career structure
Selection

- NRO – national process
- Written paper
- Assessment centre
  - Consultation
  - Groups
  - Written

- Wessex 2:1 applicants:places 2009
Training

• 3 years, but may extend to 4
• 18 months hospital
• 18 months GP
• 1:1 trainer – apprenticeship model

• MRCGP – AKT/WPBA/CSA
Primary care within the NHS

• Primary care is the jewel in the crown of the NHS
• Our system is widely admired
• Starfield
  – Access
  – Generalism
  – Continuity
  – Co-ordination
Be a part of the success story!