

## 5. Why can't I see my GP?

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GPs are working harder than ever, but there aren't enough of them and workload has increased to an unmanageable level, putting them under severe pressure. **Each GP in England saw an average of 8,534 patients in 2022 (up from 8,351 in 2019)**; workload has increased as the NHS shifts care responsibility from hospital to community. This results in reduced access and a loss of continuity of care (linked to worse health outcomes). Patients find it more difficult to get GP advice. But it is not GPs who are at fault: the Government must invest in more GPs and practice staff, ensuring continuity of care for all – we need 7,000 more GPs to meet current needs.

### WHAT ARE THE FACTS?

- GP funding has fallen from 10.4% of the NHS budget in 2004/5 to 8% now
- **In 2020, the Government promised 6,000 more GPs by 2025; there are now 1881 fewer full-time qualified GPs than in 2015**
- 4200 current GP shortages, expected to grow to 8,800 by 2031 – around 1 in 4 of projected GP posts
- 1 in 4 GPs know a colleague who has died by suicide; 51% have lost staff due to workload; 48% say GPs have left due to mental health or 'burnout'; 84% have felt anxiety, stress or depression in the last year; more than half of GPs and their staff (56%) have experienced mental abuse in the past year
- **GPs in the UK have some of the highest stress levels and lowest job satisfaction in a survey of 10 countries**
- Most GPs are working full time; a quarter of GPs are working 50 hours or more

### WHAT MUST HAPPEN NOW?

- Invest to restore patient access and prioritise continuity
- Reintroduce personal lists and cap sizes
- Embed health and wellbeing services in community; focus on health promotion
- Fund enough staff to keep patients safe and promote retention and returnees
- Target investment to disadvantaged/underserved areas
- Modernise IT, equipment and practice buildings
- End unfunded task shifting from hospitals
- Stop new private Alternative Provider of Medical Services (APMS) contracts and phase out existing APMS
- Invest in community nursing, social care, public health, palliative and end of life care