



GP WELLBEING SURVEY

(Bradford, Airedale, Wharfedale & Craven)

Introduction

A link to a 'Survey Monkey' online survey was originally sent out by YORLMC Ltd on 12 June 2017 to all Bradford, Airedale, Wharfedale & Craven GPs on the YORLMC database (717) with the purpose being to get a snapshot of where GPs are in terms of their emotional wellbeing. We received 90 responses with the findings as follows:

Findings

1. How many sessions do you work per week?

All respondents responded to this question. The average number of sessions stated by respondents as being worked was 7.

2. How long have you been a GP for?

	Years								
	Up to 1	1-5	6-10	11-15	16-20	21-25	26-30	Over 30	TOTAL
BAWC	2	14	3	22	18	14	14	3	90

3. Please rate your current mood levels using the scale below –

1 not at all happy, 2 not very happy, 3 neutral, 4 somewhat happy, 5 very happy

The average mood level stated by respondents was approx 2.8

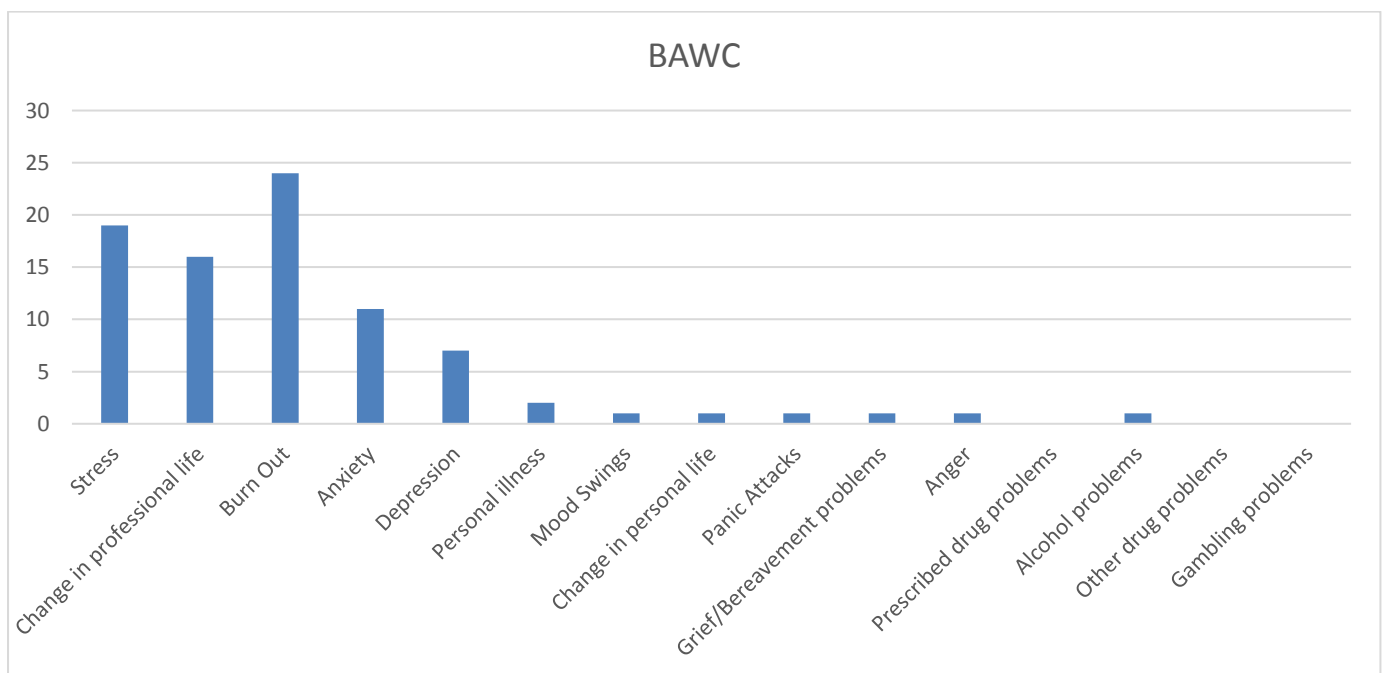
4. Please indicate the factor(s) that you feel contribute to your current mood levels:

	BAWC
Increased patient expectation	74
Increased demand for patient contacts	73
Lack of time	69
Generally overworked	67
Excessive administration	62
Risk of complaints or litigation	53
Lack of funding/resources	50
High risk nature of work of GP	41
Portrayal of GPs in the media	40
Increased regulation	38
Recruitment problems	38
Poor work/life balance	36
Issues with NHS England	20
Difficulties in practice	18
Lack of support in practice	9
Relationships/issues with the CCG	9
Personal - Financial	8
Personal - illness in the family	8
Personal - childcare issues	7
Personal - grief/bereavement	4
Personal - personal illness	4
Performance review issues	3
Personal - relationship problems	1

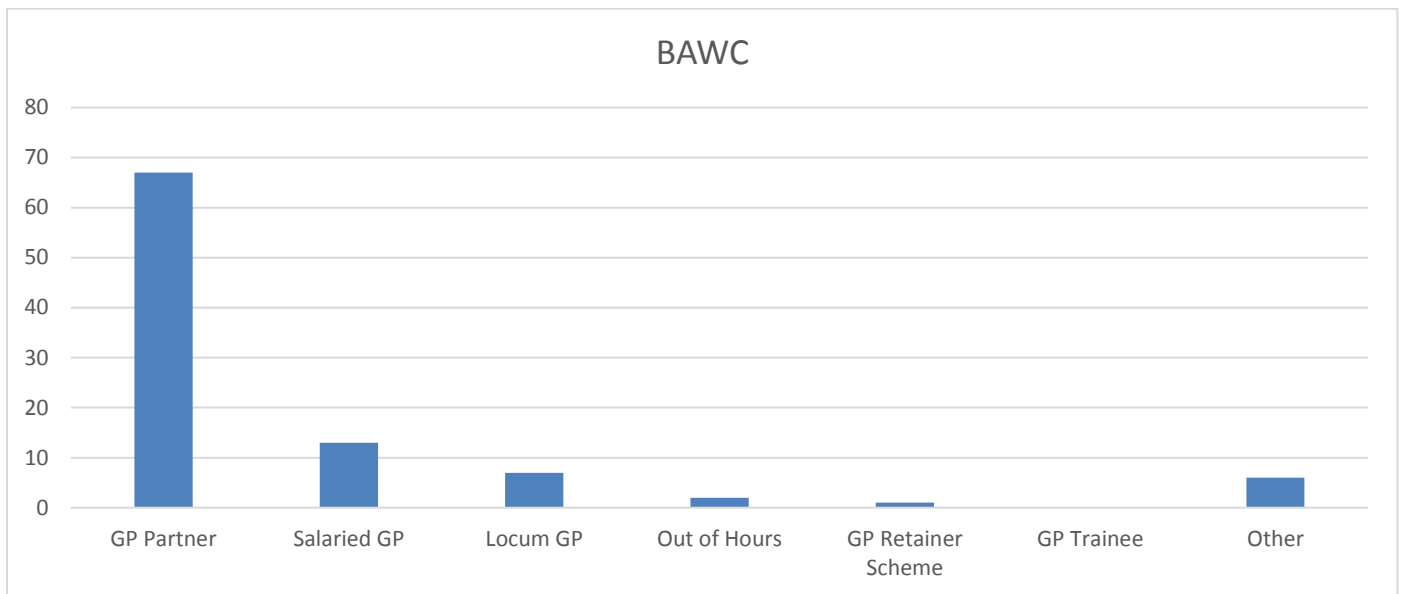
5. What support are you currently accessing and would like to have access to?

BAWC	Accessing	Would like to access
Support from your GP	11	1
Medication	12	0
Peer Support from colleagues	36	5
Support from appraiser	13	2
Support from mentor/coach	6	11
Psychological support	3	7
Self-help e.g. support websites	7	0
Support from family	51	2
Support from friends	37	1
Support from within practice	28	5
Support from other organisations	4	2
Alternative/holistic therapies	7	4

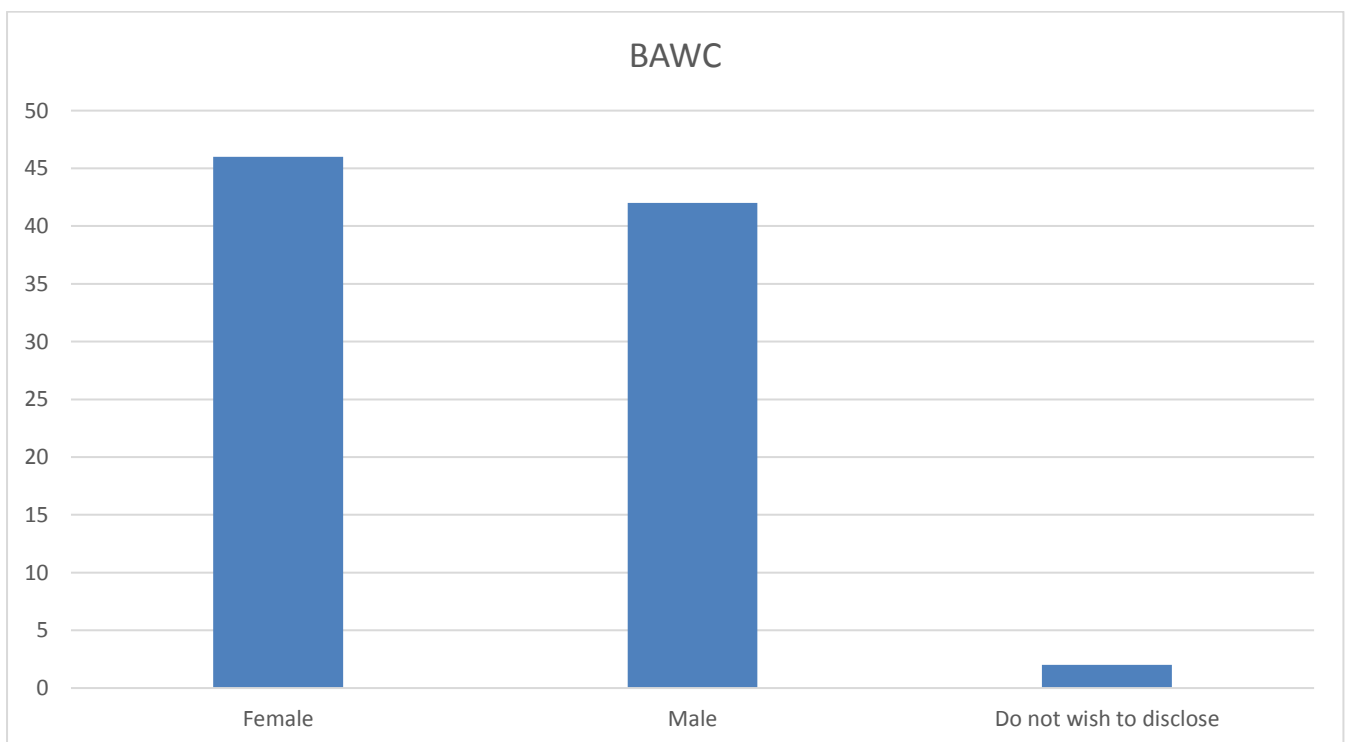
6. Are there other issues that you would like help with or are accessing support for for?



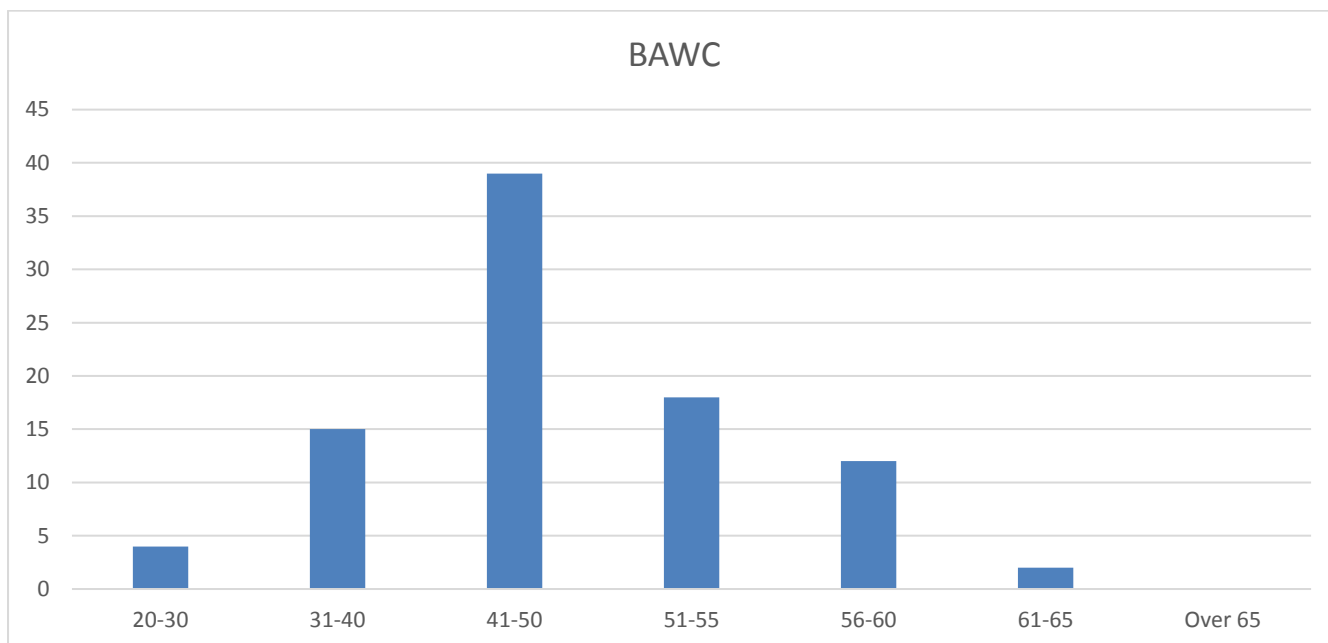
7. What is your current status?



8. What is your gender?



9. Age Group



10. Ethnicity

	BAWC
British or Mixed British	67
Indian or British Indian	2
I do not wish to disclose	6
Other Asian background	1
Other white background	2
White and Asian	0
Pakistani or British Pakistani	8
Irish	0
White and black Caribbean	0
White and black African	0
Other mixed background	3
Bangladeshi or British Bangladeshi	0
Caribbean	1
African	0
Other Black background	0

Conclusion

This survey sought to ascertain the current state of play regarding the emotional wellbeing of GPs across Bradford, Airedale, Wharfedale and Craven. Approximately 12.5% of GPs invited to take part in the survey responded and of those 69 reported that their current mood levels were scored as a 3 out of 5 or below which indicated at best neutral feelings and at worst not at all happy which was marked as 1 out of 5 by 7 GPs.

In terms of extrapolating the findings to apply to a wider number this may be difficult statistically as the GPs were self-selecting in terms of choosing whether to respond or not. A better indicator of the current mood of the GP workforce would have been all GPs responding; that said, there are some clear themes emerging:

- Some respondents noted that the focus of most support is in the form of changing one's own, whereas the real problem is that the current model of general practice is unsustainable with workloads that are unreasonably high. They feel that the aim should be to change that situation as opposed to GPs needing to seek support to deal with it.
- The 5 most commonly cited reasons for low moods were listed as being down to lack of time, increased patient expectation, increased demand, generally overworked and excess administration.
- Family, friends, the practice and peer support were listed as the main sources of support with only 13 GPs saying that they were accessing support from an appraiser and 6 from a mentor/coach
- The help stated as most-wanted was from a mentor/coach with 11 GPs stating that they would like this as against 2 stating they would like to be able to access support from an appraiser
- Other areas were identified as needing support with the most common being support to handle Burn Out (24), Stress (19), Changes in Professional life (16) and Anxiety (11),

28 July 2017