



GP WELLBEING SURVEY (North Yorkshire & York)

Introduction

A link to a 'Survey Monkey' online survey was originally sent out by YORLMC Ltd on 12 June 2017 to all North Yorkshire and York GPs on the YORLMC database (848) with the purpose being to get a snapshot of where GPs are in terms of their emotional wellbeing. We received 164 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
NY Y	2	21	19	24	29	32	31	6	164

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

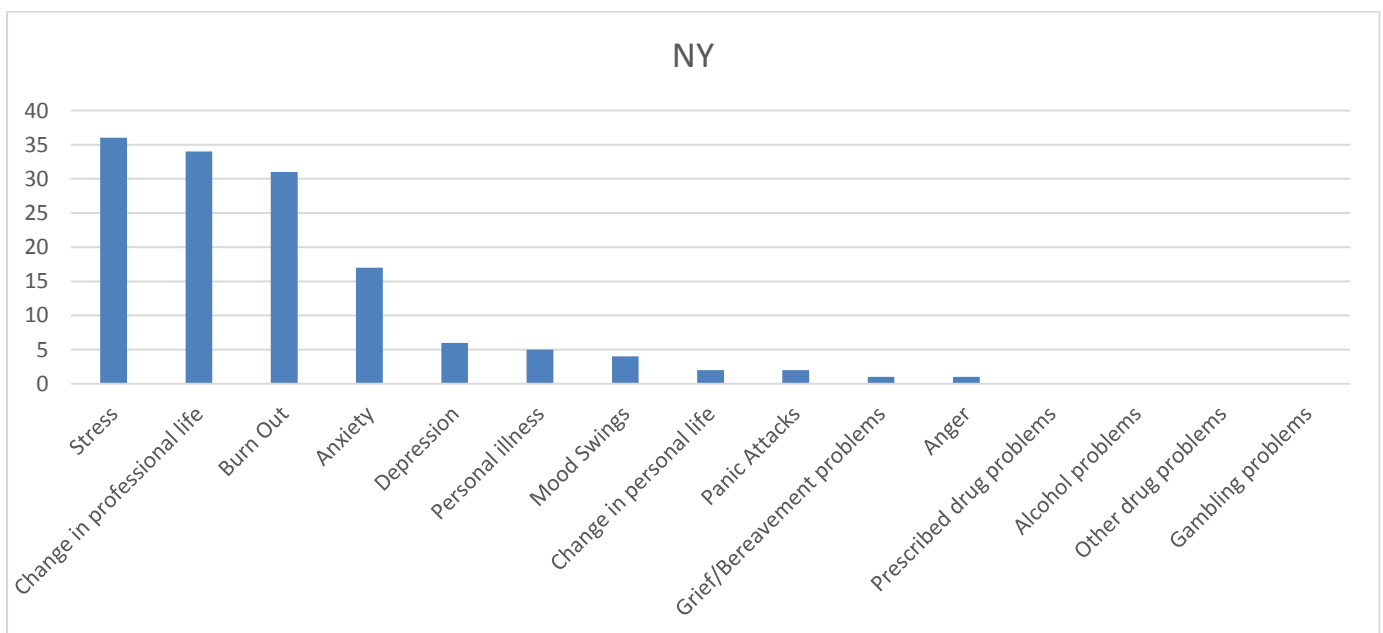
4. Please indicate the factor(s) that you feel contribute to your current mood levels:

	NYY
Lack of time	134
Increased patient expectation	127
Increased demand for patient contacts	118
Excessive administration	117
Lack of funding/resources	114
Generally overworked	106
Risk of complaints or litigation	99
Portrayal of GPs in the media	99
Increased regulation	87
High risk nature of work of GP	71
Poor work/life balance	65
Recruitment problems	49
Issues with NHS England	31
Difficulties in practice	23
Lack of support in practice	17
Personal - Financial	17
Relationships/issues with the CCG	14
Personal - personal illness	11
Personal - childcare issues	10
Personal - illness in the family	9
Personal - grief/bereavement	7
Personal - relationship problems	7
Performance review issues	5

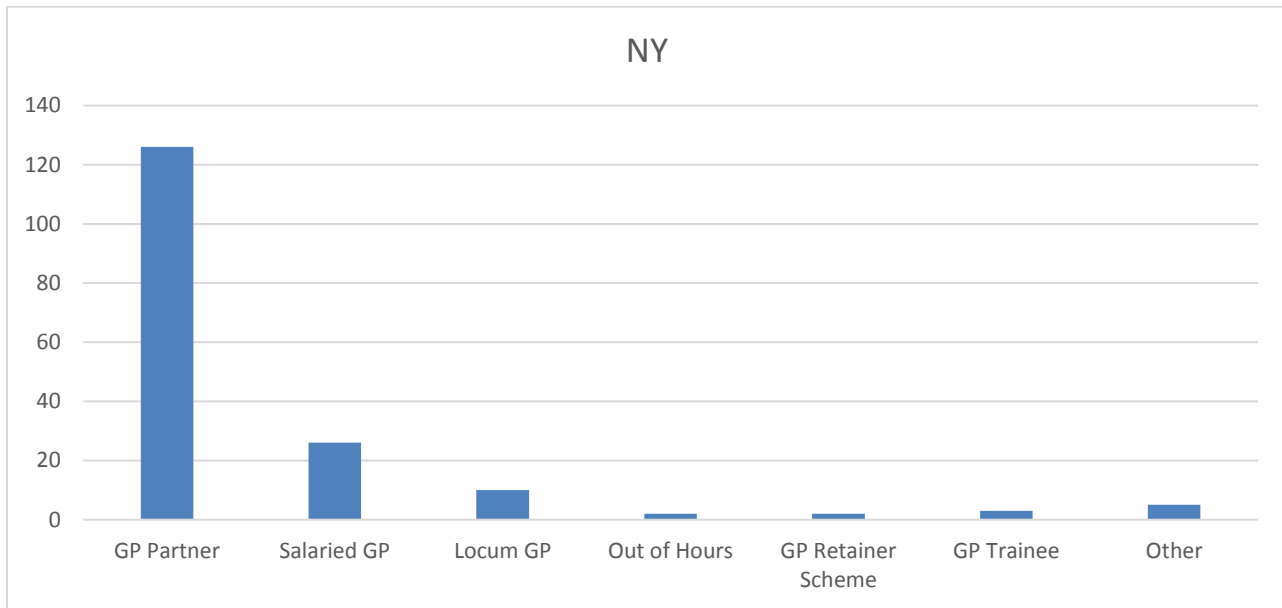
5. What support are you currently accessing and would like to have access to?

NY	Accessing	Would like to access
Support from your GP	12	1
Medication	11	2
Peer Support from colleagues	76	11
Support from appraiser	19	4
Support from mentor/coach	6	21
Psychological support	3	7
Self-help e.g. support websites	13	6
Support from family	100	2
Support from friends	76	2
Support from within practice	54	8
Support from other organisations	4	8
Alternative/holistic therapies	9	6

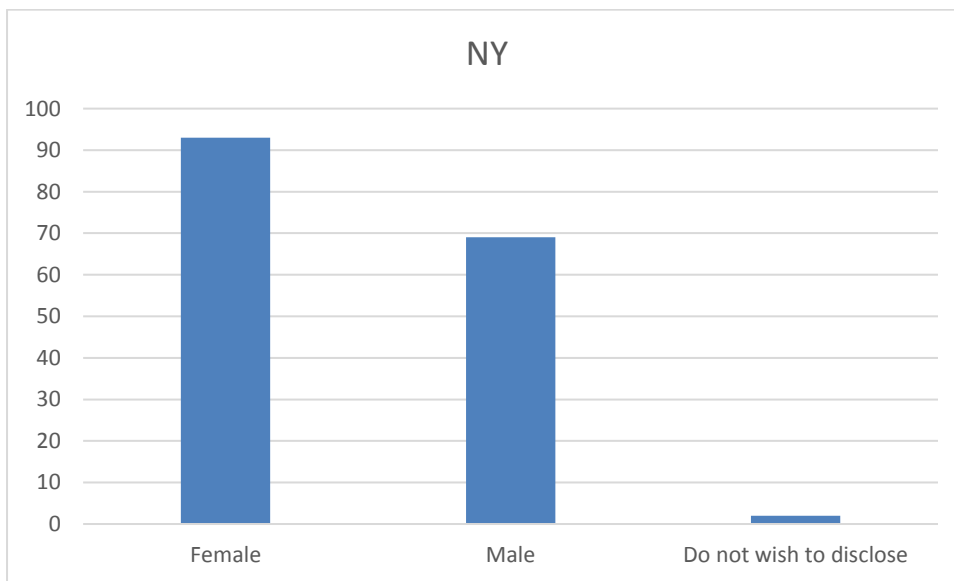
6. Are there other issues that you would like help with or are accessing support for for?



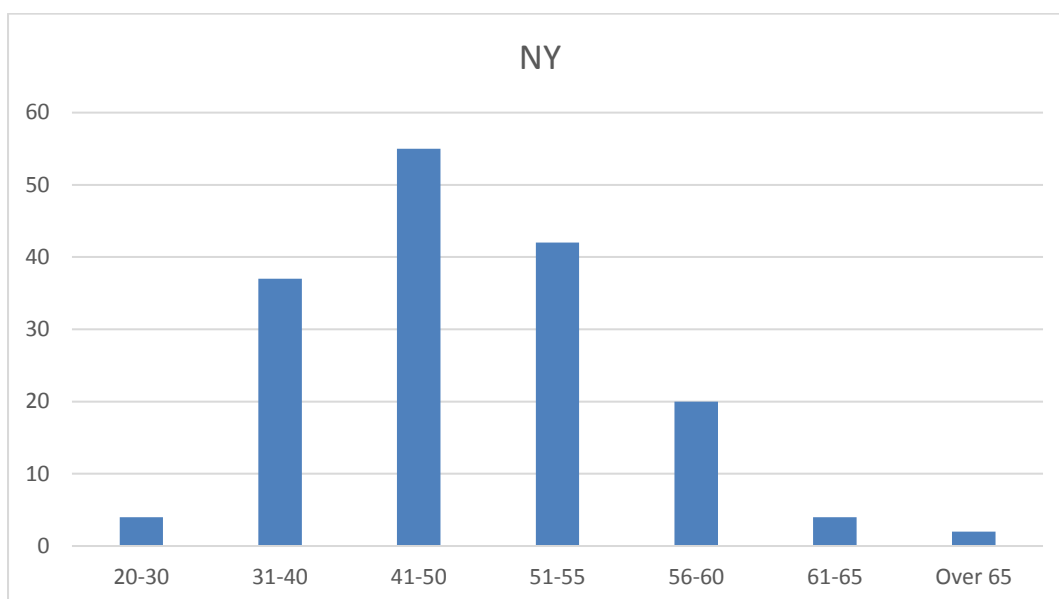
7. What is your current status?



8. What is your gender?



9. Age Group



10. Ethnicity

	NY
British or Mixed British	153
Indian or British Indian	2
I do not wish to disclose	6
Other Asian background	0
Other white background	1
White and Asian	1
Pakistani or British Pakistani	0
Irish	0
White and black Caribbean	0
White and black African	0
Other mixed background	1
Bangladeshi or British Bangladeshi	0
Caribbean	0
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, Craven, North Yorkshire & York. Over 19% of GPs invited to take part in the survey responded and of those 120 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 10 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, lack of funding/resources and excess administration.
- Family, friends, the practice and peer support were listed as the main sources of support with only 19 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 21 GPs stating that they would like this as against 4 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 Stress (36), Changes in Professional life (34), Burn Out (31) and Anxiety (17)

28 July 2017