# Former NHS GP reflects on challenges leading to her exit



A former NHS GP, Dr Emma Anders, has publicly reflected on her decision to exit the UK’s healthcare system, citing significant challenges that led her to conclude she would not return to practice as a general practitioner. The NHS, established in 1948, provides free healthcare funded by taxpayers and is regarded as the world's second-largest single-payer healthcare system, following Brazil.

In a TikTok video that garnered considerable attention, Dr Anders articulated her experiences related to the constraints of the NHS, particularly focusing on the pressure of time-limited consultations. She described the structure of her work as involving patient appointments scheduled for just 10 minutes— a timeframe that includes reading patient notes, interacting with the patient, conducting necessary examinations, and completing documentation. This intense pace, she described as “bang, bang, bang, one appointment to the next,” left little room for meaningful interaction or thorough examination of patient concerns.

Dr Anders highlighted that the limited appointment slots often lead to only about six minutes of face-to-face contact with patients. She remarked that this situation becomes even more complicated when patients arrive late due to mobility issues or the need to prepare for the consultation, such as removing a coat or settling in before potentially difficult discussions.

In her account, she referred to a training experience where her instructors emphasised the concept of 'utilising the golden minute.' This method encouraged GPs to refrain from initial pleasantries, allowing patients to speak freely, as a means of gathering relevant information quickly. Dr Anders expressed frustration with this approach, stating, "That is so angering," indicating the pressure that such practices put on the doctor-patient relationship.

Sharing further grievances, she recounted the drastic shift from “beautiful, long, 30 minute consultations” during her training to the reality of truncated appointments once she began practicing as a GP registrar. This change greatly contributed to her decision to leave the profession, which she noted had become incompatible with her expectations of patient care.

The video resonated with many viewers, prompting a barrage of comments, wherein viewers shared their personal experiences with the NHS. One commenter remarked on the overwhelming pressure faced by doctors, saying, "Drs are so stretched dunno how they cope day to day." Another individual indicated that their GP schedules double appointments to accommodate their complex health needs, while a third expressed wider concerns about staffing and funding in the healthcare system, saying, "NHS and schools are on their knees. Staff retention is really bad because the expectations are too high, pay too low and funding non-existent."

Dr Anders’ experiences have sparked conversations about the broader pressures within the NHS, shedding light on the difficulties faced by both patients and healthcare providers. The NHS did not provide a response when contacted for comment regarding these insights and experiences shared by Dr Anders.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=brxTVt9pdqY> - This video by Dr. Emma Anders discusses her decision to leave the NHS due to the challenges faced by doctors, which corroborates the article's description of her experiences and reasons for leaving.
* <https://en.wikipedia.org/wiki/National_Health_Service> - This URL provides detailed information about the NHS, its establishment in 1948, and its role as a single-payer healthcare system, supporting the background information provided in the article.
* <https://www.kingsfund.org.uk/projects/nhs-financial-management> - This resource from the King's Fund discusses financial challenges within the NHS, including issues of funding and staff retention, which aligns with the broader pressures mentioned in the article.
* <https://www.bbc.com/news/health-65317904> - BBC News articles often cover NHS-related issues, such as staffing shortages and funding constraints, which are central to the challenges discussed by Dr. Anders.
* <https://www.rcgp.org.uk> - The Royal College of General Practitioners (RCGP) website offers insights into GP training and the pressures on general practitioners, reflecting some of Dr. Anders' concerns about the shift from comprehensive training to rapid consultations.