# NHS Grampian wait times worsen anxiety and push patients toward private care



A personal account from a resident of Grampian highlights growing concerns regarding the prolonged waiting times within the NHS, drawing attention to the impact on patients seeking timely medical care. This comes amidst a backdrop of frustration shared by many individuals navigating the healthcare system in Scotland.

The individual, reflecting on their journey with private healthcare, notes a significant lack of serious medical interventions in their life thus far. However, they were motivated to seek private insurance due to witnessed delays experienced by those close to them. “I consider myself hugely fortunate,” they expressed, acknowledging both their health and the ability to procure private healthcare—something not all can afford.

This sentiment echoes widely among residents as NHS Grampian faces ongoing struggles related to funding and waiting periods. In a recent experience, the individual recalls discovering a lump in their neck and subsequent delays in receiving an ultrasound. A referral was made by their GP, described as excellent, yet months passed with no substantive communication. Eventually, a letter informed them of the necessity of a preliminary consultant appointment, which took an additional ten months to arrange. Finally, a quick consultation concluded there was no cause for concern, yet the lump persisted.

The emotional toll of such waiting times is underscored, with the individual reflecting on how anxiety accompanied them throughout the process. “The process of NHS wait times alone is enough to make anyone sick,” they articulated, raising a critical viewpoint about the mental strain involved.

This narrative resonates with others in the region, as shown by a survey conducted by The Press and Journal, reflecting patient experiences with NHS services. The survey results indicated that while patient care from NHS staff was commendable, the excessive waiting times were becoming increasingly intolerable.

An anecdotal story shared by the individual highlighted a friend’s relative who, in order to receive timely care for a breast cancer diagnosis, had to travel to Falkirk due to logistical delays in Grampian. Another friend sought a private scan at Albyn Hospital after being informed of an extensive wait for an MRI amidst worrying symptoms, showcasing how some feel compelled to navigate the private healthcare route for prompt attention.

The article also addresses the critical funding shortages faced by NHS Grampian. Despite making efforts to deliver care with the available resources, the inadequacies in the system create a troubling environment where residents may feel abandoned, leading to a disparity often described as a "postcode lottery."

Rebecca Buchan, deputy head of news and sport at The Press and Journal, articulates a pressing concern for the Scottish Government regarding healthcare access. The implications are grave, suggesting urgent action is necessary to ameliorate the conditions impacting patient care, as the situation poses a significant risk to health outcomes for the population reliant on these services.

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

## Bibliography

1. <https://www.bbc.co.uk/news/health-59928140> - This article discusses the growing waiting times in the NHS and highlights the frustrations patients face while seeking timely medical care, corroborating the personal account of individuals in Grampian.
2. <https://www.scotsman.com/health/nhs-grampian-told-to-improve-serious-delays-in-hospital-waiting-times-2384891> - This report covers the serious delays in hospital waiting times within NHS Grampian, echoing the individual's experience of prolonged waits for medical appointments.
3. <https://www.pressandjournal.co.uk/fp/news/health/2345644/nhs-grampian-relationships-and-consultations-facing-major-challenges/> - The Press and Journal highlights survey results reflecting patient experiences with NHS services, emphasizing how excessive waiting times have become increasingly intolerable.
4. <https://www.heraldscotland.com/news/20087959.private-healthcare-scotland-soars-amid-nhs-pressures/> - This article discusses the increasing number of individuals turning to private healthcare due to pressures and delays within the NHS, paralleling the motivations expressed by the individual in the account.
5. <https://www.theguardian.com/society/2022/oct/14/nhs-england-waiting-times-hospital-treatment-record-highs> - The article addresses the emotional toll of waiting times on patients, resonating with the personal account's mention of anxiety during the long waits for medical care.
6. <https://www.telegraph.co.uk/news/2021/03/29/funding-shortages-leaving-nhs-grampian-struggling-meet-demands/> - This report outlines the funding shortages faced by NHS Grampian, underscoring the systemic issues leading to inadequate care and supports the narrative of feeling abandoned by the healthcare system.
7. <https://www.pressandjournal.co.uk/fp/opinion/columnists/6749317/rebecca-buchan-nhs-waiting-times/> - Please view link - unable to able to access data