Why seeing the same GP each time matters

Imagine we had a treatment that resulted in people needing fewer visits to A&E, fewer hospital admissions, even fewer people dying. We'd all be queuing up for it, wouldn't we? The NHS would also be keen to get its hands on this treatment as it would save loads of money.

We have this treatment, and it's in your hands to use it!
It's not a pill – it is very simple: **seeing the same GP each time you need care.**

So now, when you contact the practice to ask for a GP appointment, we will ask you



and we will try to book you in with that doctor.

Now we won't always achieve it – none of us work every day, and even doctors go on holiday! And occasionally you need to be seen that day and your usual doctor isn't there. And of course, sometimes the right person to see is the nurse, phlebotomist (blood taker) or clinical pharmacist. But when you need to see a GP, **we want to try to offer you appointments with the same GP most of the time.**

That sometimes might mean there might be a bit of wait for the appointment – but it's usually better to wait and see the right person, than get a quicker appointment with someone you don't know.

If you don't come that often, or have seen lots of GPs, we would still encourage you to see the same GP as often as you can – and if you are not sure who is your usual GP, we can help you with that – just ask at reception.

So, listen out for the question



and be ready with your answer. **Because you will get better care.**

Want to read more? The research has been published in the British Journal of General Practice 2025; 75 (757): e518-e525

From your usual doctor!

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