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**Reflecting on UK primary care: what can be learned from our international neighbours?**

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**Background:** General Practice in the United Kingdom (UK) is faced with mounting challenges comprising funding cuts, an ever-increasing workload, high levels of bureaucracy and General Practitioner (GP) burnout. Given these pressures, it can prove difficult to reflect on our working practices. Exchanges with primary care physicians across Europe and beyond provide an opportunity for fresh perspectives by exploring how General Practice functions in another country. Our aim was to obtain insights from conference exchange participants on how our systems compared.

**Methods:** We carried out a workshop on 1st October 2015 at RCGP Annual Conference exchange, Glasgow and asked 16 European and 3 Japanese exchange participants (GPs and GP trainees) to discuss:

- One positive feature learned from the UK health system they would like to introduce to their own country
- One positive feature from their country which they felt UK primary care could benefit from Participants were asked to vote on the most popular feature.

**Results:** The most popular aspect of UK General Practice was GP career flexibility, with the option to develop a portfolio career- a rare prospect in many European Countries. Other popular facets included free prescriptions in Scotland, the telephone triage system and our patient centred approach. Features suggested by our international colleagues which may benefit UK General practice included a slick electronic prescribing system in Spain, direct availability of specialists in the primary care centre such as paediatricians and gynaecologists in Spain and the favourite feature was the robust GP/Patient continuity which exists in Spain and Portugal.

**Conclusions:** The workshop forum provided an excellent opportunity for GPs and trainees to reflect on our primary care systems. In times of increasing workload and GP burnout, perhaps we should look to our European and international neighbours to develop new innovations to improve general practice in the UK.