

e-Conference Plus January 2010

Being a Happy GP is Good for your Patients

14th International Conference of the Israel National Institute for Health Policy January 2010

Learning Point:

This could be the most important research for GPs and PCTs:

An Israeli study of 188 family doctors found that GPs in a gloomy mood give far poorer care than when they're happy. They spend less time speaking to patients, write more prescriptions, order more tests and issue more referrals, than when their mood is positive.

On good days, doctors reported that they spoke more to patients, wrote fewer prescriptions, ordered fewer tests and issued fewer referrals. The opposite was true when doctors felt anxious or under stress. The study also finds that the more a physician feels exhausted or upset, the more that mood impacts professional behaviour.

Suggestions for Impact in Practice:

Being a happy contented GP has implications for cost-effective care and this is a strong argument for making sure that your PDP includes ways to help you relax and be positive.