

Worksheet 6.4: Making the most of the GP appointment

Carers often complain that GPs are slow to make a referral despite the fact that early intervention is recommended. GPs are often frustrated by long waiting lists or simply don't have the expertise to ask the right questions to maximise the chances of a successful referral. Carers can help by providing any relevant information at an early stage.

In pairs or as a group discuss these questions:

- a) What information might be useful when preparing for a GP appointment.

- b) How best to present that information to the GP.

- c) What to do if Edi refuses to go to the appointment.

- d) What to do if the GP thinks a referral is necessary.

- e) What to do if the GP doesn't think a referral is necessary.

Tip: Write everything down and take a copy to give to the GP. In addition take a copy of the Beat GP leaflet, which is based on the 2017 NICE guidelines, and give it to the GP in the appointment: www.beateatingdisorders.org.uk/uploads/documents/2017/10/gp-leaflet-website.pdf

Awareness of the key relevant issues, and proper planning for the GP appointment can significantly increase the likelihood of a speedy referral to specialist services, as well as alerting the GP to the medical tests that he should be undertaking on a regular basis. The GP is a stepping-stone and a safety valve within the herd of elephants metaphor.