



North & South Essex
Local Medical Committees

**Essex LMC
General Practice
Appointments Overview:
February 2026**



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Essex GP Practice Appointments: February 2026 Snapshot

This data provides a comprehensive look at activity across 204 Essex GP practices serving over 2 million patients, balancing service delivery success with the operational challenge of missed appointments.

SERVICE DELIVERY & ACCESS



944,897

Total Appointments Offered

This includes both GP and non-GP staff appointments across all Essex practices.



45%

Same-Day Appointments

Nearly half of all patients who contacted their practice were seen the same day.



634,168

Face-to-Face Appointments

The majority of patient interactions in February were conducted in person.

GP-Specific Appointments: 394,936

Online Consultations: 359,618

Appointments within 14 Days: 495,056

THE IMPACT OF MISSED APPOINTMENTS



30,104

"Did Not Attend" (DNA) Appointments

Thousands of scheduled slots were missed by patients without prior cancellation.



2,007

Hours Wasted

This lost time is based on the impact of 15-minute appointment slots.



1 in 3.24

Patients Saw a GP Face-to-Face

A significant portion of the 2 million registered patients had direct GP contact.





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Essex LMC General Practice Appointments Overview: February 2026 Analysis

Executive Summary

The primary data for February 2026 indicates that Essex GP practices managed a significant volume of patient interactions, totalling 944,897 appointments across all practice staff. Despite a general decrease in total appointment volume and online consultations compared to January 2026, healthcare delivery remains robust with 634,168 face-to-face appointments conducted. A notable 45% of patients who contacted their practice received same-day appointments. However, operational efficiency continues to be hindered by "Did Not Attend" (DNA) occurrences, with 30,104 missed appointments resulting in 2,007 wasted clinical hours.

Patient Population and Practice Landscape

As of **February 28, 2026**, the healthcare landscape in Essex comprised the following demographics and institutional structures:

- **Registered Patients: 2,015,386.** This reflects a slight decline of 1,407 patients compared to January 2026.
 - **GP Practices: 204 active practices. This is the same number of practices as in January 2026.**
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Appointment Delivery and Access

The data highlights a multi-channel approach to patient care, utilizing both General Practitioners and wider clinical staff.

Appointment Volume and Trends

The following table compares appointment metrics between **January and February 2026:**



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Aggregate Appointment Data

<u>Metric</u>	<u>January 2026 Total</u>	<u>February 2026 Total</u>	<u>Trend</u>
Total appointments (GP & Non-GP)	1,001,106	944,897	Decrease
GP-specific appointments	418,651	394,936	Decrease
Total same day appointments	453,003	418,390	Decrease
Appointments per 1,000 patients (Total)	511	482	Decrease
Appointments per 1,000 patients (GP)	211	200	Decrease

Access and Timelines and Methods

- **Face-to-Face Engagement:** 634,168 appointments were conducted in person. Statistically, 1 in 3.24 registered patients saw their GP face-to-face during this period.
- **Same-Day Access:** 42.5% of all appointments were held on the same day they were requested. Among those specifically contacting their practice, 45% secured same-day appointments.
- **Two-Week Window:** 54.3% of appointments occurred within 14 days of booking, a marginal percentage increase from the 54.0% recorded in January 2026.

Online Consultations

Digital access remains a significant component of the Essex primary care model, though usage saw a month-over-month decline in February.

- **Total Online Consultations:** 359,618 (Down from 392,783 in January).
- **Rate per 1,000 Patients:** 169.98 (Down from 186.66 in January).
- **Historical Context:** Long-term data from January 2025 to February 2026 shows a steady growth in online consultations, peaking in January 2026 before the February dip.



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Operational Challenges: Missed Appointments

A critical area of concern for practice efficiency is the volume of "Did Not Attend" (DNA) appointments.

- **Total DNA Count:** 30,104 appointments.
- **Resource Impact:** These missed sessions resulted in 2,007 clinical hours wasted, based on standard 15-minute appointment allocations.

Alternative Care Pathways

Practices continue to emphasise that "Our trained clinical staff can treat a range of conditions," suggesting that a GP is not always the necessary point of contact. Patients are encouraged to be "kind, patient and responsible" when accessing services.

Recommended Alternative Resources

Before contacting a GP practice, the following resources are recommended for patient use:

- **Digital Self-Service:**
 - NHS Website: General health information www.nhs.uk
 - NHS 111 Online for urgent medical advice: 111.nhs.uk
- **Specialised Support:**
 - Mental Health Support: "Every Mind Matters": www.nhs.uk/every-mind-matters
 - Parental Advice (Children & Young People): healthiertogether.nhs.uk
- **Community Services:**
 - Pharmacy Services: Local pharmacy search for minor ailments: www.nhs.uk/service-search/pharmacy/find-a-pharmacy
- **Healthier Together:**
 - Specific advice for parents of children and young people: www.healthiertogether.nhs.uk

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