



North & South Essex
Local Medical Committees

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



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August 2026: The State of Essex General Practice

This data highlights the performance and utilization of GP practices in Essex during August 2026. It tracks the volume of care provided through various channels while identifying significant resource losses caused by missed appointments.

Service Delivery & Patient Access

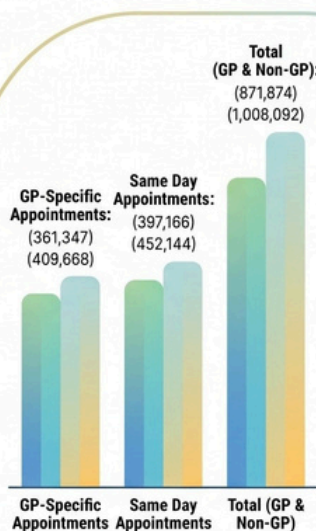


1 in 3.54
Patients Seen
In-Person

A total of 575,568 appointments were delivered through face-to-face consultations.

871,674
Total Appointments
Offered

Total volume of clinical sessions provided across all Essex GP practice staff.



Comparison of August 2026 performance against July 2026 benchmarks.



46%
Same-Day
Appointment Rate

Nearly half of all patients who contacted their practice received a same-day appointment.

Resource Impact & System Pressure



1,863
Hours of
Care Wasted

Clinical time lost due to patients failing to attend scheduled appointments.



27,946
'Did Not Attend'
Instances

The total count of missed appointments that could have been offered to other patients.



73.2%
Urgent Care Response

The percentage of patients with urgent needs seen on the same day as booking.



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Essex LMC General Practice Appointments Overview: August 2026 Analysis

Executive Summary

As of August 31, 2026, Essex general practices managed a total registered patient population of 2,009,408. During this month, the healthcare system delivered 871,674 total appointments across all practice staff, reflecting a significant volume of activity despite a general downward trend in appointment numbers compared to July 2026.

Critical insights include a high rate of same-day access, with 46% of patients who contacted their practice being seen on the same day. However, the system faces significant pressure from "Did Not Attend" (DNA) appointments, which resulted in 27,946 missed slots and 1,863 wasted clinical hours. The data underscores a strategic shift toward utilizing a broader range of clinical staff beyond GPs and encouraging patients to use alternative digital and community-based health resources.



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Patient Registration and Population Trends

The total number of registered patients with an Essex GP practice stood at 2,009,408 at the end of August 2026. This represents a modest decrease of 3,322 patients from the July 2026 figures.

Appointment Volume and Delivery Modes

The following table provides a comparative analysis of appointment volumes and delivery metrics between July and August 2026, highlighting a decrease across all primary categories:

<u>Category</u>	<u>August 2026</u>	<u>July 2026</u>	<u>Trend</u>
Total Appointments (GP & Non-GP)	871,674	1,006,092	↓ Decrease
GP-Specific Appointments	361,347	409,668	↓ Decrease
Same-Day Appointments	397,196	452,144	↓ Decrease
GP Appointments per 1,000 Patients	186.4	211.5	↓ Decrease
Total Appointments per 1,000 Patients	448.8	515.5	↓ Decrease
Same-Day Appointments per 1,000 Patients	209.8	236.3	↓ Decrease



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Face-to-Face Interaction

A substantial portion of care continues to be delivered in person.

- **Total Face-to-Face Appointments:** 575,568
- **Proportional Access:** Approximately 1 in every 3.54 registered patients had a face-to-face appointment during August.

Urgent Care and Accessibility

Accessibility remains a priority for Essex practices, particularly regarding urgent needs.

- **Same-Day Access:** 46% of patients who contacted their practice received a same-day appointment.
- **Urgent Care Performance:** 73.2% of urgent patients were seen on the same day as booking.

Clinical Resource Optimisation

This documentation emphasises that patients "may not always need to see a GP." The workforce model relies on a diverse team of trained clinical staff capable of treating a range of conditions. Patients are encouraged to be "kind, patient and responsible" when accessing these services to ensure the sustainability of the practice support model.

The Impact of "Did Not Attend" (DNA) Appointments

The efficiency of the healthcare system is notably hampered by missed appointments.

- **Total DNA Appointments:** 27,946
- **Wasted Clinical Time:** 1,863 hours (calculated based on standard 15-minute appointment slots).



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Alternative Healthcare Channels

To alleviate pressure on general practices, the health system promotes several alternative options for patient support and advice:

- **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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