

Talking to my GP

I have complained a lot about my GP on here I think, about my stresses with her, lack of care plan etc. then I realised I had 2 options - to either find a new one (which I really did not want to do) or get her to do her job.

So at my last appointment with her (this was midst a series of bad days when I was riddled with pain and my nerves were smashed in all my limbs), I was adamant we would reach some mutual understanding. I told her how my pain had been and the symptoms I was experiencing. I told her my concerns with my nerves and asked her to explain why she didn't share the same ones (after all she is the one with the medical knowledge).

She explained to me why everything seems too much worse than it actually is (medically), this time she made me understand her point of view and I got it - it helped and in return just being reassured she was taking me seriously was a relief in itself. The doom from the irrationality faded a little by knowing other options would be available if and when needed but we were going to try from the beginning.

In her defense, she had referred me for physiotherapy months back, she hadn't realised it would take so long to be seen by them and was actually shocked I wasn't already receiving treatment.

She prescribed me a whole new load of painkillers and NSAIDs, told me to trial out the physiotherapy and said that we would take it from there. I realised she wasn't psychic and there was parts of information she wasn't getting, I talked to her, told her these and I got a satisfactory response. I could have easily given up on her, but that would have been beneficial to neither of us, so the bottom line is - I am very glad I talked to her, and that I gave her the opportunity to justify her side.

It is easy to forget doctors are just normal people at the end of the day upon whom we place great expectations to sometimes work miracles. I do sympathise with them occasionally because I know I wouldn't want me as a patient - somebody I cannot cure but can only help.