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One Problem Per Consultation

At East Fife Medical, we operate a One Problem Per Consultation policy and kindly ask patients to support this wherever possible. This policy is in place to help ensure that every patient receives safe, thorough, and effective care.

We understand that arranging an appointment can sometimes be challenging, and we appreciate that patients may wish to discuss several concerns when they are finally seen. However, consultation times are limited, and even addressing a single issue properly often requires the clinician to take a detailed history, carry out an examination, discuss treatment options, provide advice, and arrange any necessary follow-up care.

In addition to the consultation itself, clinicians must complete clinical notes, process prescriptions, arrange referrals, review test results, and liaise with colleagues where appropriate. These essential tasks help ensure the continuity and quality of your care.

When multiple unrelated concerns are raised during a single appointment, there is a greater risk that important details may be overlooked or that insufficient time is available to assess each issue fully. One of the key roles of primary care is the early identification of serious illness, and this is best achieved when each concern can be given the time and attention it deserves.

We are committed to providing safe, high quality care to all our patients. By focusing on one problem per consultation, clinicians can assess your concerns more thoroughly and manage their workload safely and effectively.

GP appointments are a valuable and limited resource. We therefore ask that they are used thoughtfully and with consideration for other patients who are also waiting to be seen.

For this reason, please do not be offended if your clinician asks you to book a further appointment to discuss additional concerns. This approach is intended to ensure that each issue receives the appropriate level of attention and that we continue to provide the safest possible care for all our patients.

Thank you for your understanding and cooperation.