

A huge thank you to my guest [Adam Kay](#) for coming on the show to talk about his experience being a junior doctor in the NHS. I highly recommend reading his breakout novel, [This is Going to Hurt: Secret Diaries of a Junior Doctor](#). It paints a vivid picture of life on the frontline of the NHS.

If you're curious about some of the historical and financial information we discussed, here are some of the sources that I used to prep for this show:

- For the NHS origin story you can browse the national archives for a look back through the 1942 [Beveridge report](#), which recommended the creation of the National Health Service.
- The [King's Fund](#) data gives a nice snapshot of the NHS in numbers, and breaks down what you get for every £1bn.
- I also looked at the ONS [Annual Survey of Hours and Earnings](#) data and the NHS [Agenda for Change](#) pay rates to get some comparative earnings data and insight into how well the NHS pays as an employer.