

General Medical Council

Sarah HOWARD-KNIGHT

Doctor

GMC reference number: 7151571



Registered with a licence to practise



This registrant has been given a **warning**. [View details...](#)

GP

This doctor is on the GP Register

From 02 Dec 2016

SR

This doctor is not on the Specialist Register

This doctor is subject to revalidation;

Designated body NHS England North East and Yorkshire
Commissioning Region

Responsible officer Yasmin Khan

Profession

Doctor

Registered qualification MB BS 2011 The University of Hull and the
University of York

Provisional registration date 01 Aug 2011

Full registration date 01 Aug 2012

Gender Female

General information

Substantive, honorary and fixed term consultants working in the NHS are required to be on the Specialist Register, however there are exemptions. Please refer to the National Health Service (Appointment of Consultants) Regulations 1996, as amended.

Doctors working in general practice in the UK health service are required to be on the General Practitioner Register. Please refer to the relevant NHS performers lists regulations.

[More information about employment check requirements](#)

Annual retention fee due date: 01 Aug 2026

Registrant history

Fitness to practise history (Since 20 October 2005)

From	To	Status	Details
29 Oct 2025	29 Oct 2026	This registrant has been given a warning - view	

Warnings on the registrant's registration

Warnings are issued to indicate when a registrant's behaviour or performance is significantly below the standards expected, but when restricting a registrant's practice is not necessary. [See more on warnings.](#)

From 29 Oct 2025 to 29 Oct 2026

On two occasions, in October 2023 and August 2024, Dr Howard-Knight prescribed various medications for herself. On four occasions between 14 July 2023 and 18 November 2024 she prescribed medications for a person with whom she held a close personal relationship. This behaviour does not meet with the standards required of a doctor. It risks bringing the profession into disrepute and it must not be repeated. The required standards are set out in Good medical practice and associated guidance. In this case, paragraph 97 of Good medical practice is particularly relevant: 97 You must, wherever possible, avoid providing medical care to yourself or anyone with whom you have a close personal relationship. You must follow our more detailed guidance on Good practice in proposing, prescribing, providing and managing medicines and devices. and with the guidance provided in Good practice in proposing, prescribing, providing and managing medicines and devices (2021) paragraphs 66, 67, and 68: 66 Wherever possible, you must avoid prescribing for yourself or anyone you have a close personal relationship with. 67 If you prescribe any medicine for yourself or someone close to you, you must: a. make a clear record at the same time or as soon as possible afterwards; the record should include your relationship to the patient, where relevant, and the reason it was necessary for you to prescribe b. follow the advice on information sharing and safe prescribing in paragraphs 26 to 32 and 52 to 57. 68 You must not prescribe controlled drugs for yourself or someone close to you unless: a. no other person with the legal right to prescribe is available to assess and prescribe without a delay b. emergency treatment is immediately necessary to avoid serious deterioration in health or serious harm. Whilst this failing in itself is not so serious as to require any restriction on Dr Howard-Knight's registration, it is necessary in response to issue this formal warning.

This warning will be published on the medical register in line with our publication and disclosure policy, which can be found at www.gmc-uk.org/disclosure-policy.

Registration and licensing history (Since 20 October 2005)

From	To	Status
01 Aug 2012	Present	Registered with a licence to practise
01 Aug 2011	01 Aug 2012	Provisionally registered with a licence to practise

Please note:

All doctors who were registered before 20 October 2005 have their registration 'From' date set to 20 October 2005.

This is the date when the register went online.

If you need to know whether the doctor was registered before 20 October 2005 please [contact us](#).

Results of search on: 13 Jun 2026 at 12:07 BST

The details shown are valid at the date and time of the search only.