

Primary Care Multi-Disciplinary Team



Newsletter Issue 2—October 2020

First Contact Physiotherapy Service in Primary Care Multidisciplinary Teams

Newry and District GP Federation is working in partnership with the Southern Trust to roll out the Primary Care Multi-Disciplinary Teams (MDT) initiative which aims to promote the physical, mental and social wellbeing of local communities.

First Contact Consultant Physiotherapist Appointed

Denise Hall has been appointed as the first Consultant Physiotherapist in the Primary Care Multidisciplinary Team for the Newry & District GP Federation. Denise, who brings over 25 years Physiotherapy experience to the team will lead the development of the First Contact Physiotherapy Service within GP Practices.

"This is an exciting opportunity for Physiotherapy to support co-ordinated holistic, multidisciplinary care for Patients in their own GP Practice. Having the Musculoskeletal expertise of First Contact Physiotherapy (FCP) Practitioners at the earliest point in the Patient's journey with Musculoskeletal conditions (MSK), ensures a more person centred approach for the Patient and improves their longer term outcomes. We also aim to promote the benefits of Physical Activity for Patients and staff alike!"

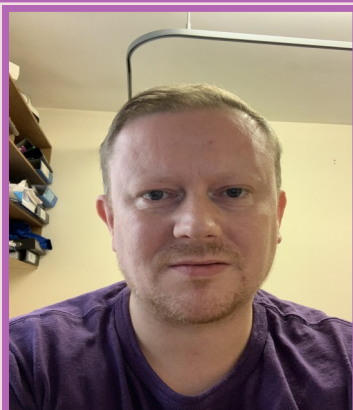


Denise Hall
MDT First Contact Consultant
Physiotherapy Lead

First Contact Physiotherapy GP Lead

Dr Craig Hampshire, full time partner GP Meadowlands Surgery Newry.

'I am proud to help lead implementation of the physiotherapy aspect of the MDT. As a pilot practice my patients have been able to self refer to our Physiotherapist for a variety of MSK complaints. These highly skilled professionals can assess and treat with a combination of exercises, prescribe medications and where appropriate perform injections. We have already received very positive feedback from our patients and are excited to further expand this service to other practices. By assessing and treating early, we aim to reduce dependency on medications and promote healing, rehabilitation and self management.'



Dr Craig Hampshire
MDT Physiotherapy GP

What is a First Contact Physiotherapy Practitioner?

First Contact Physiotherapists are advanced practitioners working within primary care with extensive expertise in the clinical assessment, diagnosis and management of musculoskeletal conditions.

First Contact Physiotherapy Practitioners see patients with (suspected or diagnosed) MSK conditions as the first point of contact, instead of a GP, and can be accessed directly by contacting the practice's reception.



#MDT #DeliveringTogether

How could a First Contact Physiotherapy Practitioner Help Me?

First Contact Physiotherapy Practitioners support patients with musculoskeletal conditions such as back, neck, shoulder, knee or hip pain, strains and sprains, sports injuries or work related pain.

The staff have advanced practice skills to ensure complex patient management with other members of the team and refer to hospital services if required. The staff are focused on early identification and intervention of MSK conditions to improve Patients outcomes.

What Practices have First Contact Physiotherapy Service?

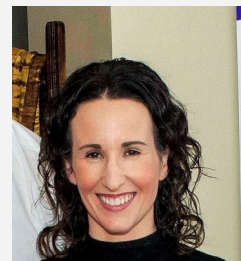
First Contact Physiotherapist Practitioners have now joined MDT colleagues in:

- **Meadowlands GP Practice**
- **Clanyre Surgery GP Practice**
- **Dr McNiff & Partners, Banbridge**
- **Summer Hill GP Practice**
- **Clanrye Medical GP Practice**

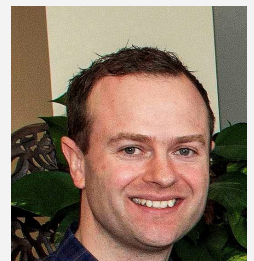
Meet the MDT First Contact Physiotherapy Practitioners



Donal Ferris



Gemma O'Donnell



Martin O'Hanlon

What do First Contact Physiotherapy Practitioner do During an Appointment?

A typical appointment involves assessment, diagnosis and first-line management. The Practitioners can also refer patients for a course of physiotherapy treatment, order investigations, prescribe medication, provide injection therapy or make referrals into secondary care services using the same pathways as GPs. As a person-centred service, most appointments include self-management advice, social prescribing and discussions about physical activity and fitness for work.

How Can I Book an Appointment?

Patients can book an appointment directly with the First Contact Physiotherapist via the GP Practice Reception. Alternatively you may be offered an appointment based on your symptoms when you call.



Teresa Ross Head of Physiotherapy, Southern Trust is delighted to welcome First Contact Physiotherapy Practitioners to the MDT.

"These staff will support the delivery of safe, effective, person centred services in Primary Care. By making it easier for patients to access First Contact Physiotherapy, patients will receive quicker diagnosis and treatment, with bespoke advice helping them to manage their conditions more effectively and recover faster, so they can get back to their normal lives and prevent future episodes."

For further Information contact:

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