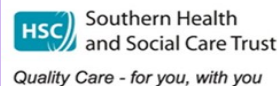


Primary Care Multi-Disciplinary Team



Newsletter Issue 5 - February 2021



Christmas Food Bank Collection

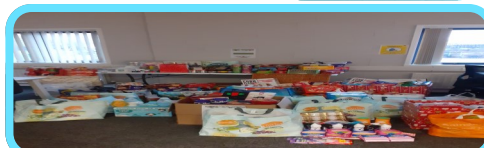
The Southern GP Federation Support Unit, Newry & District Federation Primary Care Multidisciplinary Teams and GP Practice colleagues have organised donations for local food banks.

Staff were very aware that the impact of the COVID-19 has placed an even higher demand for support from food banks for families in need.

Thank you to everyone who so generously donated.

Donations were distributed to food banks which supported families across Newry, South Down and South Armagh, Banbridge, Annalong and Kilkeel.

Thank you!



Social Work Community Development Projects

Community development projects have enabled partnerships to be made alongside the local foodbanks in Newry and the surrounding areas. This enables the social work team to provide practical support by making referrals to the foodbank when deemed necessary. Each referral is screened by the team within the 'Larder' foodbank to ensure all the necessary help and support is being provided. Recognising that Christmas 2020 was going to be a somewhat challenging for families and individuals who may live alone and who felt isolated due to the Covid19 pandemic. The social work team in Meadowlands GP practice began liaising with one of the local foodbanks 'The Larder'. After meeting with the foodbank in December Martina and Rachel were able to identify along with the volunteers of the foodbank that further toy donations were required. The team managed to secure a generous toy donation from a local toy shop which was delivered the same week to the foodbank premises.

The Primary Care Social Work team also wants to say a big thank you to Tony and Lisa from Kings Toys who very kindly donated a substantial amount of toys for children this Christmas.



Mr Damian Fearon, Practice Manager, Summer Hill Surgery

At Summer Hill Surgery we have had the benefit of a Mental Health Practitioner (2 sessions a week) from Feb 20, and a Physiotherapist (4 sessions a week) from May 20. Time was needed in the beginning for all clinical and non clinical staff to understand their roles, but we quickly saw the benefits as did our patients. A significant challenge for the past 12 months has been the need for increased sessions, which highlighted to us the importance of MDTs, and we are delighted our allocation is now increasing to 8 sessions per week for each of these positions.



Damian Fearon
Practice Manager
Summer Hill Surgery

As the Mental Health & Physiotherapist roles have developed and become imbedded in normal practice, the importance of regular communication with the MDT staff has become increasingly clear. We now recognise that we also need to change the way we work and are currently reviewing our working patterns. As part of these changes we aim to incorporate protected time for our GPs and staff to communicate with the MDT team. Our overarching goal is to create a more controlled working environment for our clinical and non clinical staff with better experiences and outcomes for our patients.



#MDT #DeliveringTogether

Towards Zero Suicide

The Primary Care Mental Health Team is working in partnership with the Southern Trust Towards Zero Suicide (TZS) Local Implementation Group in developing a collaborative approach across organisations to improve suicide prevention and patient safety. General Practice is often the first point of contact for those experiencing suicidal ideation and a whole system approach is essential to improving practice in relation to suicide prevention. The TZS work in primary care involves a focus on staff training, suicide specific interventions and review of care pathways and is based on the principle that **Suicide is Preventable**.

The Mental Health Practitioners (MHPs) are a specialist expert resource within the General Practice Team and will facilitate mental health education and learning activities. So far over 60 General Practice staff have attended practice based learning events where they have completed the Zero Suicide Alliance Suicide Awareness Training. Safety Planning is also being developed for use in general practice to support those with suicidal thoughts or behaviour to have a plan for when they are in crisis. Safety plans are best created when a person is not in crisis and MHPs in primary care are ideally placed to support patients develop an individual plan to support, guide and keep them safe when experiencing thoughts of suicide.



First Contact Physiotherapist Practitioners join the Primary Care Multidisciplinary Team



Patrick Rafferty

Summerhill Surgery/ Old Forge Surgery Annalong.



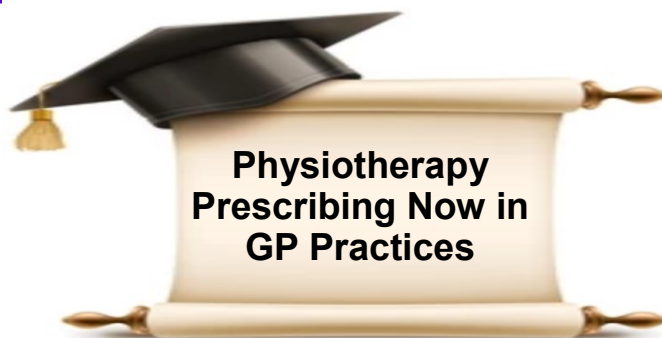
Shauna Corbett

Dr McCandless & Partners
Banbridge Group Surgery



Ailis Doyle

Dr McNiff & Partners Dr
McCandless & Partners
Banbridge Group Surgery



First Contact Physiotherapists, based in local GP practices can now prescribe medication. Donal Ferris, based in Clanrye Medical and Clanrye Surgery Practices, Gemma O'Donnell, from Dr McNiff & Partners Practice and Martin O'Hanlon who works at Meadowlands and Clanrye Surgery Practices, have qualified as Independent and Supplementary Prescribers through Ulster University. A total of six First Contact Physiotherapy Practitioners are based in GP practices in Newry and District Federation through the new Primary Care Multi-Disciplinary Teams initiative. The rest of the Physiotherapists within the team are currently completing their prescribing training.



Primary Care MDT Project Manager

Jacqueline Morton, Project Manager is responsible for the overall coordination of the implementation of the Primary Care Multidisciplinary Team across the Newry and District Federation area.



Jacqueline Morton
MDT Project Lead

Connecting People

One of the most important aspects of the Project Manager's role is the active engagement of patients and the Community and Voluntary sectors partners to inform the design and delivery of local services. The pandemic has had a significant impact on traditional methods of engagement with patients and the Community Voluntary Sector however, we have been able to reach out to and listen to a number of our key stakeholders and learn from their experience.

Getting Started

In 2021 the Primary Care Multidisciplinary Team is looking forward to working collaboratively with our Community and Voluntary sector colleagues to improve the lives of people living in our local community. We now have the full team of First Contact Physiotherapists, Senior Mental Health and Social Work Practitioners working in 13% of GP Practices across the Newry and District Federation area. To date our staff have supported food distribution, connecting vulnerable and isolated patients and are currently exploring how the use of technology could support small group conversations and connecting families.

Our Ambition

"Primary Care Multidisciplinary Teams have been warmly received by patients and existing GP Teams. Our strategic partners in the Community and Voluntary sector have welcomed the opportunity to work collaboratively. Our ambition in 2021, is to test a variety of small step change projects to improve the lives of those living within our local community. We look forward to sharing the impact of these in future editions of our newsletter.



Heather Guiney
MDT Project Support

Primary Care MDT Project Support

Heather Guiney was appointed MDT Project Support in February 2020, as part of a secondment opportunity.

"This is an exciting opportunity to support the MDT Leads in implementing multidisciplinary care teams into GP Practices and work collaboratively with both internal and external stakeholders in order to achieve this."

If you require any further Information please contact:

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