

Social Prescribing

A Primary Care Perspective

hello my name is...


Susan

Susan Murphy
Primary Care Lead Waterford

Summary

- What is Primary Care?
- Primary Care in Waterford – progress and challenges
- Issues presented to Primary Care
- What Social Prescribing can bring to Primary Care

HSE Transformation Programme(2001)

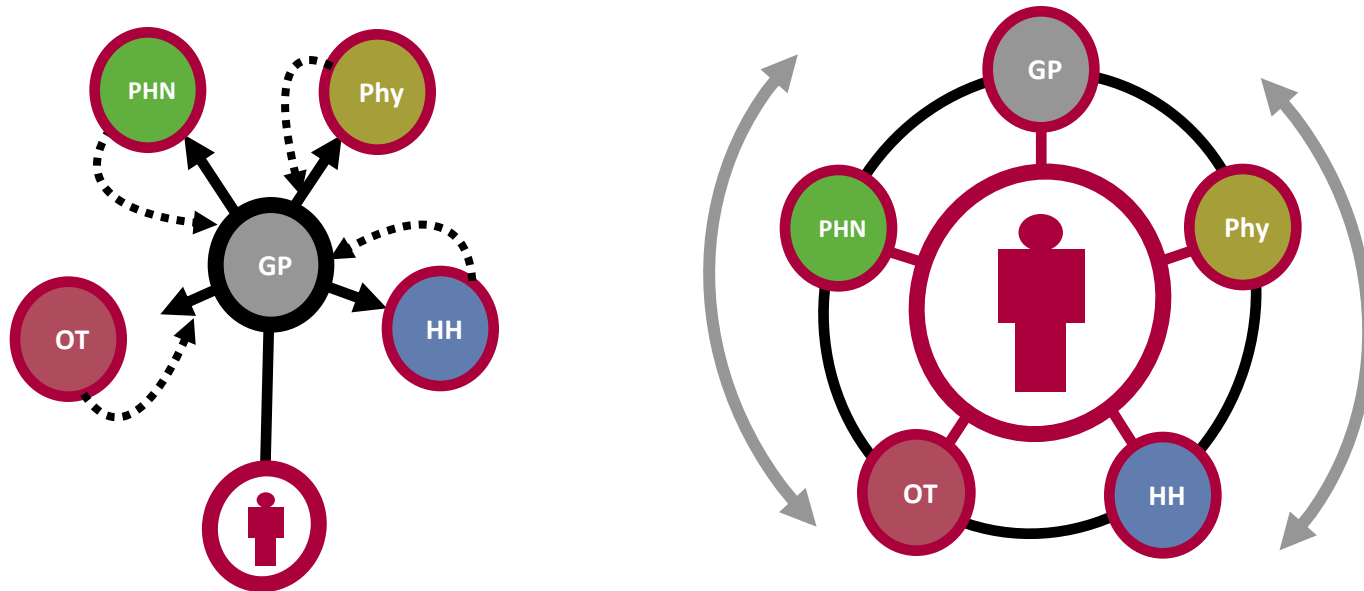
Primary Care Strategy

- Building towards an integrated health and social model of service delivery.
 - Shift towards prevention and better self care
 - Right balance between Primary Care/Community based care, Daycare and Inpatient care
 - Improved patient outcomes – chronic disease strategies
 - Quality and Risk is involved
 - Simplified care pathways
 - Team working
 - Efficiency and Value for Money

Primary Care

- Primary Care services mean all of the health or social care services that you can find in your community, outside of the hospital setting.
- The services have a strong emphasis on working with communities and individuals to improve their health and social well-being.
- Primary Care is the appropriate setting to meet 90-95 per cent of all health and personal social service needs.

Where We Were: Info & Service Flows Bottlenecks



Primary Care Team



The team's aim is to provide accessible, integrated, quality primary care services that meet the needs of the local population

Primary Care Teams and Social Care Networks

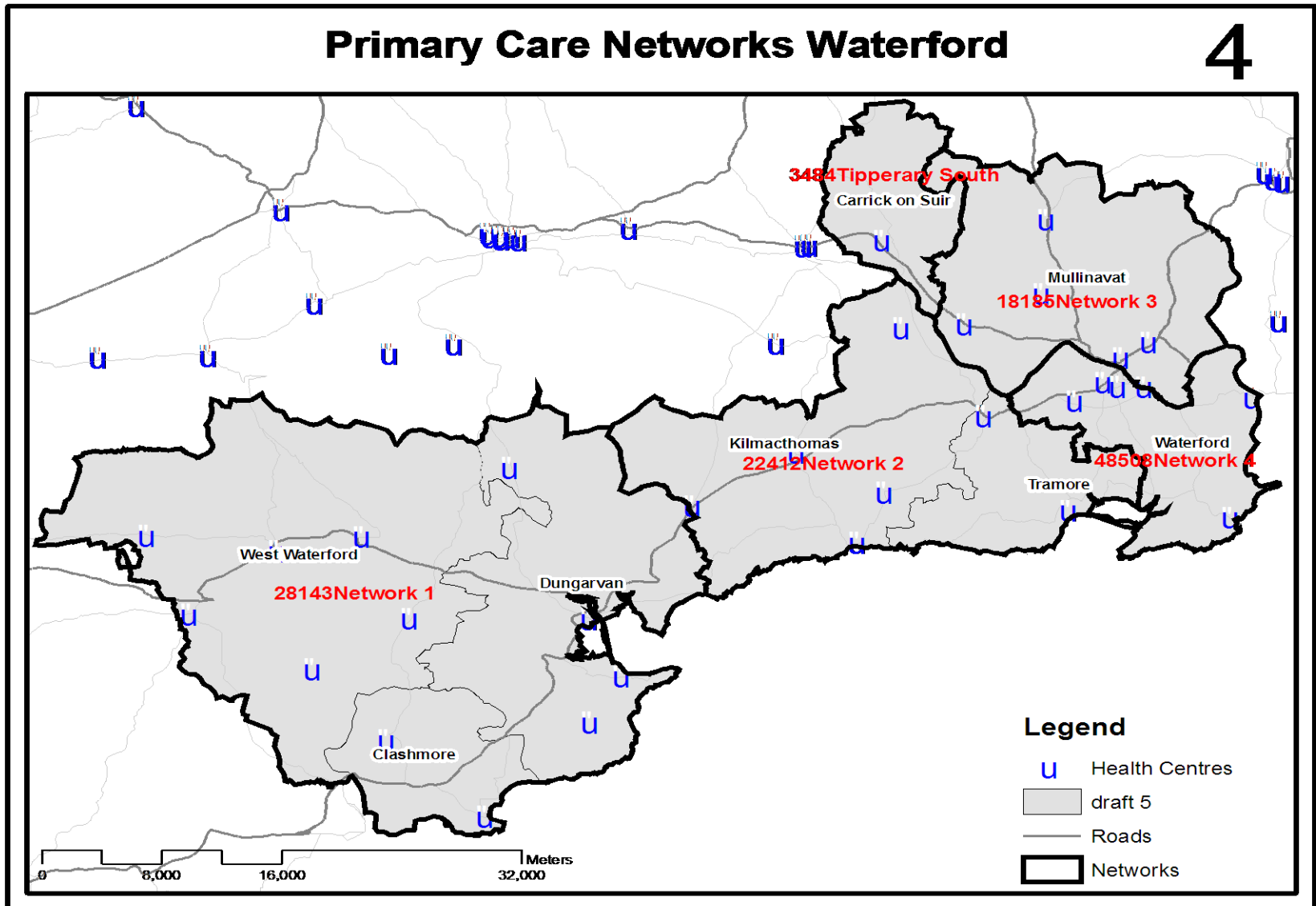
- The core members of a Primary Care Team are the GPs, Practice Nurses, PHNs, Physios and OTs with Administrative Support
- PCTs are grouped in Networks (3/4 teams per network)
- There are 4 networks in Waterford, the network provides more specialists services like SLT, Dietetics, Psychology, Mental Health etc

Primary Care in Waterford -Progress

- 13 Teams – Monthly meetings
- Local Implementation Group – Community Rep
- 3 dedicated PC centres and 2 new centres 2018



How does a PCT Operate: Geographic Coverage



Waterford LHO

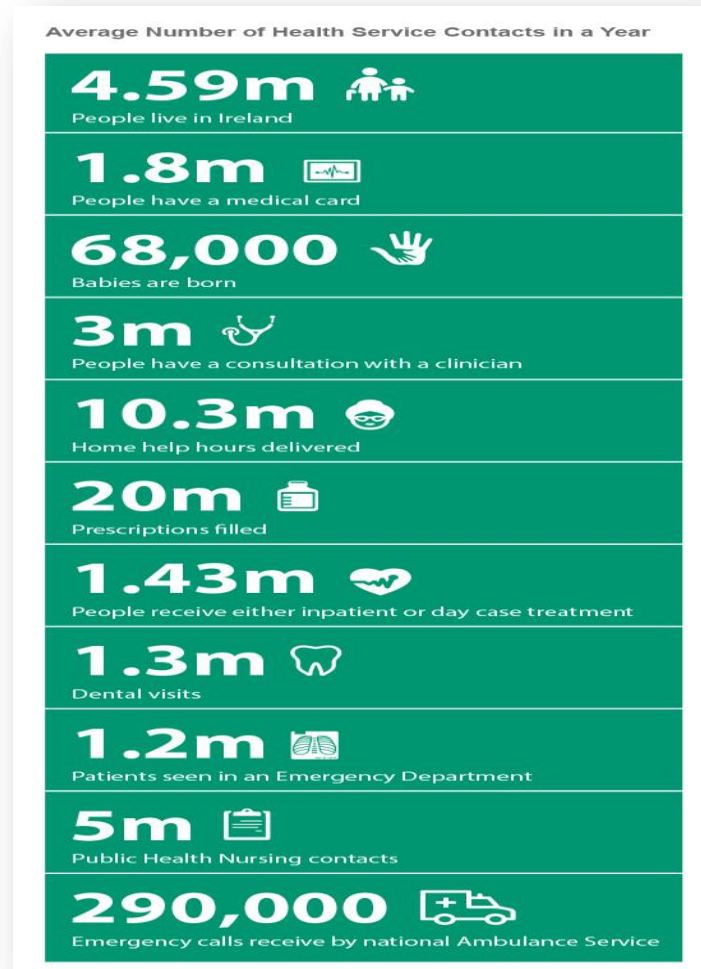
- Population: 127,807 (Census Geomapping Project Office April 2013)
- Approx 13 PCTs to ensure population coverage

Network	Primary Care Team Area	Pop.(2011 census)	No. of Teams
1	West Waterford (Established October 2013)	10,477	1
1	Dungarvan 1&2(Ardmore/Clashmore merged with Dungarvan Teams) established both teams December 2012	19,959	2
2	Tramore 1&2	14,345	2
2	Kilmacthomas/Portlaw	9,788	1
3	Mullinvatt/Piltown Team (established June 2013) and Ferrybank area team	20,627 (12,019 &8,608)	2
4	Waterford Keogh City	52,611	1
4	Waterford City 4 (City Centre PCT)	52,611	1
4	Waterford City 5 (Catherine Street Johnstown PCT)	52,611	1
4	Waterford City 1Health Park	52,611	1
4	Waterford City 6 (Dunmore Road)	52,611	1
	Waterford Total		13

What does a PCT do?

- **First point of contact** to access health system, providing a set of core community-based services as well as additional programmes based on local population needs
- **Link with other community-based health professionals** such as mental health services, specialist child care and disability services
- Develop **individual plans of care** for patients, particularly those with chronic illness / complex needs i.e. diabetes, asthma, COPD, heart disease, cancer etc
- Adopt **shared care models** with hospitals to deliver seamless service for patient, reducing admissions & effecting early discharge i.e. minor surgery, Warfarin services, IV Therapy at Home, etc
- Provide **Continuing Care Management** services i.e. Wound / leg ulcer clinics, substance misuse services, suicide crisis assessment, etc

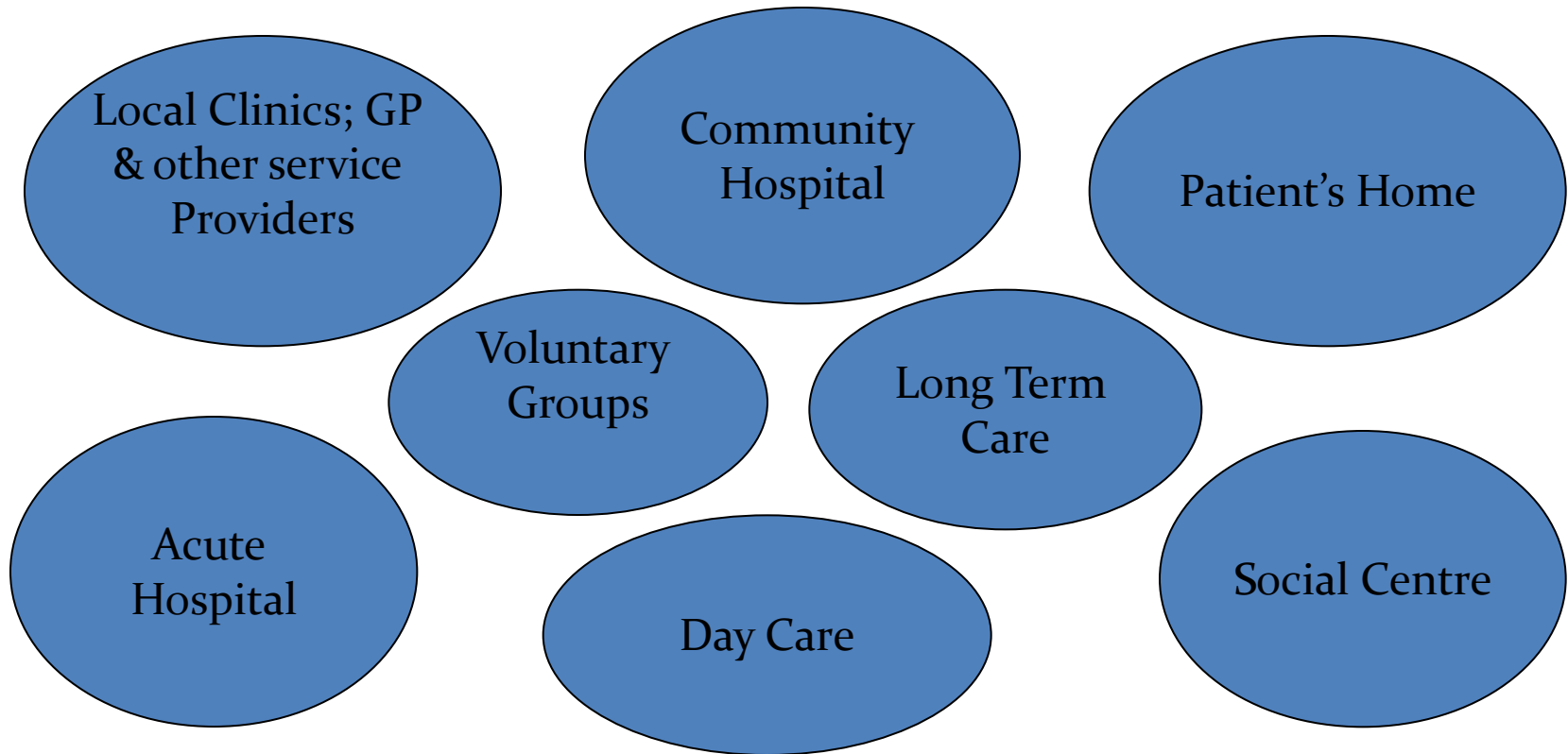
Remarkable reach available to the healthcare system each year



- Also millions of PCT contacts; dietetics; physiotherapy; smoking cessation; counselling
- 14 million GP visits
- Numerous opportunities to social prescribe or to offer to arrange contact with a Social Prescribing co-ordinator

PCT links with?

- The PCT must link with all services and ensure the patient receives the appropriate care in the appropriate setting at the appropriate time



How Does a PCT Operate?

- Clinical Team Meetings - monthly / fortnightly
 - Crucial to functioning of PCTs – discussing complex cases
 - Attended by all PCT members, other professionals where appropriate
 - Sharing of information and respective skills – presentations/discussion
- Key Worker
 - Assigned to patients with complex needs
 - PCT member nominated to co-ordinate delivery of the patient's care plan, and links with other services as required
 - Ensures services are planned and delivered in a structured manner
 - Single point of contact for patient
- PCT Location
 - Ideally, all PCT members based in a single building - but not required
 - Meetings arranged in a suitable facility to allow PCT members to attend

Primary Care Challenges

- Half of all people over age 50 have one chronic disease²
- Chronic diseases are predicted to increase by up to 40% by 2020 due to an ageing population and increased obesity^{3,4}
- There is a pronounced socio-economic gradient in the prevalence of all major chronic diseases
- Public /private partnership – relationships and money

Issues presenting to Primary Care

- Chronic diseases affect people over a long period of time and cause a burden of illness, pain, disability and premature death to those who experience them and to their families
- This increase in the prevalence of chronic disease will have large resource demands on the health service
- In disadvantaged areas more social problems are presented to primary care
- 70% of all health outcomes are determined by social factors. 30% by clinical interventions – Marmot Report

Waterford Profile 2013 – Social Trends

- The rise of single person households – two person household most common, followed by one person households



The Lethality of Loneliness

- Loneliness among older people increases health risks (Alone report)
- Younger adults (18-34) felt lonely more often than their 55+ counterparts – Mental Health Foundation

A Primary Care Optimist



What Social Prescribing can bring to Primary Care

- It expands the range of options available to health professional and client especially when the problem has it's origins in socioeconomic deprivation.
- Adds meaning to medicine
- Eases the burden on health service
- Utilises and values community resources
- Empowering
- Promotes Wellbeing for the individual and the community

Finish

- Thank You
- Any Questions???