

Practice Examples of Occupational Therapy Working in Primary Care in Wales

Whilst Occupational Therapists have worked as part of multi-disciplinary teams in the community for many years, these practice examples demonstrate new roles and ways of working within primary care.

| Practice Area/Health Board | Brief Description | Further Details | Contact details for further information |
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| South Pembrokeshire cluster/HDUHB | Two band 7 occupational therapists funded by South Pembrokeshire Cluster (5 Practices), employed by Health Board with service level agreement. Using the Anticipatory Care Planning approach identifying patients who are regular users to the service; increasingly frail, and isolated, providing Occupational Therapy intervention to proactively resolve health and social issues at an early stage, minimizing crisis situations that result in inappropriate presentation/admission to residential or hospital care. Focus is on enabling people to maximise their own potential, promoting self management, preventing ill health and dependency, thus releasing professional capacity. Thereby reducing demand on general practitioners by addressing and resolving underlying functional issues that are the root cause of multiple and regular contacts with the practices. | Patient Stories | E-bost/Email: kerrie.phipps@wales.nhs.uk |

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| Ceredigion: Church Surgery Practice Aberystwyth/HDUHB | An occupational therapist funded by Church Surgery, employed by Health Board with service level agreement. Supporting a model of self-empowerment where occupational therapy involvement is indicated to support self management and improve the individual's health and well being outcomes. By having an occupational therapist available as part of General Practice 'toolkit' ensures that individuals presenting with a mental health problem have timely access to the required skills to meet their needs. Focus on functional impact and engaging in meaningful occupation e.g. studying, work, caring responsibilities and leisure activities as well as those individuals who require additional support in order to improve their personal resilience through exploring support networks and community resources. | | E-bost/Email: kerrie.phipps@wales.nhs.uk |
| Llanelli cluster/HDUHB | A pilot to commence across 2 general practices within cluster with a Band 7 occupational therapist employed by Health Board with service level agreement. Supporting a model of self-empowerment where occupational therapy involvement is indicated to support self management and improve the individual's health and well being outcomes. Focus on patients who are regular users to the service, providing Occupational Therapy intervention to proactively resolve health and social issues at an early stage, minimizing crisis situations that result in inappropriate presentation to secondary care. Thus releasing professional capacity /reducing demand on general practitioners by addressing and resolving underlying functional issues that are the root cause of multiple and regular contacts with the practices. | | E-bost/Email: kerrie.phipps@wales.nhs.uk |
| Taf/Tywi (2Ts) cluster/HDUHB | One therapy support worker (occupational therapy & physiotherapy) funded by cluster, who acts as conduit between the practices and community resource team (CRT) as well as addressing | | E-bost/Email: kkrees@cararthenshire.gov.uk |

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| | low level physical needs within practice population, i.e. equipment and minor adaptations. This role is well received by the practices and supports timely MDT communication and therapy interventions with those practice's population. Post is managed within the CRT, operating under the governance of CRT therapists. | | |
| North Denbighshire /BCUHB | <p>Occupational Therapists are employed to work directly within the GP practices. Working as core members of a team with GP, Pharmacist and Advanced Nurse Practitioner the Occupational Therapist uses a Psychosocial model of "demedicalising" facilitating and supporting a model of self-empowerment and patients managing their own health and wellbeing. It is about active engagement/partnership with the local community in order to bring about social change that leads to de-medicalization and self-management.</p> <p>The service consists of 1 x Band 8a Advanced Occupational Therapist Practitioner and 3 x Band 7 Extended Scope Occupational Therapists.</p> | <p>http://healthyprestatyniach.co.uk/the-service/our-teams</p> <p>BCUHB patient stories</p> | <p>E-bost/Email: mark.hall@wales.nhs.uk</p> |
| Neath Port Talbot/ABMUHB | <p>Working with a primary care practice in Neath Port Talbot, occupational therapy are developing a streamlined pathway and working with people diagnosed with fibromyalgia and ME/ Chronic Fatigue Syndrome. This 12 month initiative expects to demonstrate reduction in the use of medication for this client group, reduction in visits to GP's and importantly improved functional outcomes for service users.</p> <p>A screening tool has been developed to support the diagnosis of both conditions in primary care and direct referral from primary care to occupational therapy has been introduced. This eliminates the need for a secondary care Rheumatology referral to access occupational therapy. Occupational</p> | | <p>E-bost/Email: Debbie.Owen@wales.nhs.uk</p> |

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| | therapists deliver 1:1 and/or group based interventions with a focus on self -management strategies for this patient group. | | |
| Merthyr & Cynon cluster/CTUHB | <p>Occupational therapy is working with a practice, serving a population size of 7,800 in Aberdare, in the Merthyr & Cynon cluster. One Band 7 occupational therapist is working as a core member of the GP team as well as the virtual ward, a new way of working which brings together a range of staff (GP, Practice Nurse, District Nurse, @Home Service, Occupational Therapist, Cluster Pharmacist, Community Paramedic, Social Worker and Third sector staff) delivering a multi-disciplinary approach to support patients effectively at home.</p> <p>The occupational therapist is predominantly working with older, frail patients with multiple co-morbidities and often complex social/environmental circumstances and provides early and intensive input as part of the primary care team to support people to live and function safely at home and prevent avoidable admissions to acute or residential care.</p> | | E-bost/Email: Alex.Gigg@wales.nhs.uk |
| North Caerphilly Cluster: Bryntirion Surgery/ABUHB | <p>One Band 7 occupational therapist working in Bryntirion Surgery, Bargoed which is one of four managed practices within ABUHB.</p> <p>The occupational therapist is an active member of the dynamic and emerging primary care MDT which consists of GP, Advanced Nurse Practitioner, Practice Nurses, Practice Pharmacists, Advanced Paramedic Practitioners, MSK Physiotherapist and a Mental Health Practitioner. The occupational therapist plays a pivot role in developing and implementing the Transformational Model and Care Navigation process within the surgery.</p> | | E-bost/Email: Eileen.harty2@wales.nhs.uk |

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| | <p>The OT role involves working with adults living with chronic health conditions to educate and empower them and their carers to manage their own health and wellbeing. The occupational therapist implements early intervention and preventative strategies when working with frail and elderly patients, and patients who are at risk of falling to prevent hospital admission, crisis situations and to support them to live as independently in their own homes for as long as possible.</p> | | |
| <p>Blaenau Gwent East Cluster: Brynmawr wellbeing centre/ ABUHB</p> | <p>Currently within Blaenau Gwent East cluster there is one band 7 'extended scope occupational therapy practitioner' working as part of a 12 month pilot within Brynmawr wellbeing Centre. The pilot has been successful in establishing and developing a direct access occupational therapy service within a ABUHB run GP practice/ wellbeing centre, providing a 5 day service to meet the needs of its population of 10, 500+.</p> <p>The band 7's time is spent between managing a clinical caseload and service development projects. Currently the service is delivered via 7 appointment slots (30 min slots = 3.5 hours) and 3 home visits (1 hour slots= 3hrs) per day over 5 days- Monday-Friday. Providing Occupational therapy assessment, intervention and follow up within the surgery and community (patient's homes); information, advice, support, assessment or signpost to most appropriate service or professional within primary or secondary care; liaison with family and other agencies involved and referral for further services i.e. community care. The service supports the provision of proactive, collaborative, sustainable and</p> | <p>OT service within Brynmawr wellbeing centre</p> <p>OT Referrals</p> <p>Data collection to demonstrate impact of OT service within Brynmawr wellbeing centre</p> <p>Patient Stories collaborative care</p> | <p>E-bost/Email: Emily.davies5@wales.nhs.uk</p> |

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| | <p>personalised care within the community, reducing demand on the existing surgery based multi-disciplinary teams, secondary care, emergency services and hospital based services. Users include anyone aged 18 or over experiencing difficulties with any aspects of daily living that requires further exploration with the aim of maximising independence, confidence and wellbeing . This OT service supports the ethos surrounding clinical futures, compassionate communities and the transformation agenda. The OT has established a virtual ward within the surgery supporting an anticipatory care approach working with the inhouse and wider MDT aiming to ensure that each patient needs are met by the right person, in the right place and at the right time to avoid crisis situations, reduced physical or mental wellbeing or attendances to emergency services.</p> | | |
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