

# *First Contact Physiotherapy:* *an update from the CSP*

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@CSP\_FCP #FirstContactPhysio

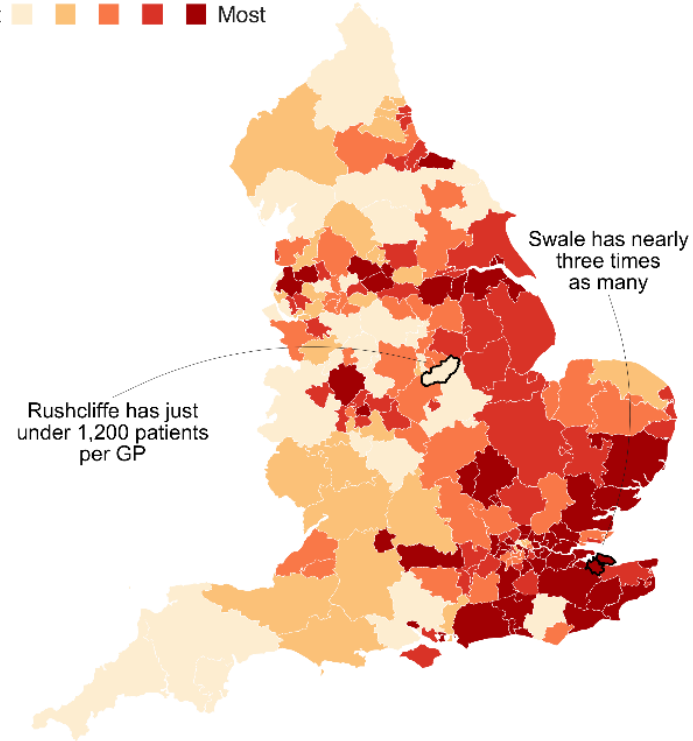
*Change is coming...*

### Unequal access to GPs



Patients per GP in England, September 2018

Fewest Most



# FCPs in MSK within the Primary Care team: what does this approach deliver?

In one session  
**First Contact  
Physiotherapist**  
will...

Person presenting with a MSK condition is booked in to see an FCP by the GP receptionist

## Assess and diagnose

(including screening for serious pathology)

### Potential interventions:

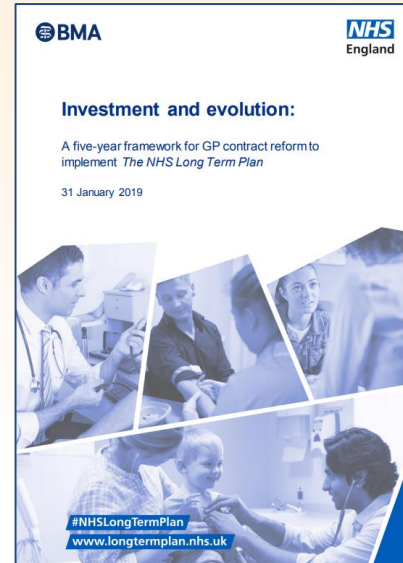
- Give info on self-care and enable and support behavior change
- Discuss fitness for work
- Undertake social prescribing
- Discuss physical activity and health
- Refer to a course of treatment (e.g. physiotherapy)
- Refer to a secondary care service
- Request investigations
- Medicines optimization
- Administer joint / soft tissue injections (if qualified).

**...so fewer steps and on the right path from the start**

# A five year framework for GP contract reform

(published January 2019)

- In 2020, **first contact physiotherapists** (at Bands 7 and 8a) will be eligible for 70% reimbursement from the **Additional Roles Reimbursement Scheme**
- By 2024, the new **Scheme** is expected to have created 20,000+ new posts in general practices, with an average PCN having access to **3 FCPs, 5 clinical pharmacists, 3 link workers, 2 physicians associates and 1 community paramedic** (with flexibility for PCNs to determine the staff mix)



# *Elective Care High Impact Interventions: FCP for MSK Services Specification* (published May 2019)

- In 2019/20: STPs are required to **select** at least two further sites/network of GP practices (circa 50k population) to add to the 2018/19 cohort and **establish** FCP services in the selected sites.
- This implementation plan **builds** on sites mobilised during 2018/19 and on local and national evidence base



# Support

**73%**

of people said they would see a physio instead of a GP for back or neck pain

**85%**

of GPs agree with the FCP model



# NHS England evaluation

**Summer 2018:** 41 out of 42 STPs put forward an existing or new FCP service for evaluation. Cited in Long Term Plan in 2019. Consists of:

- **Local context questionnaire** (re: services' funding, governance, staffing, providers)
- **FCP appointment data** captured on practices' clinical data systems
- Experiences of **patients** (including PROMs and PREMs), **GPs** and **physiotherapists**

# NHS England evaluation

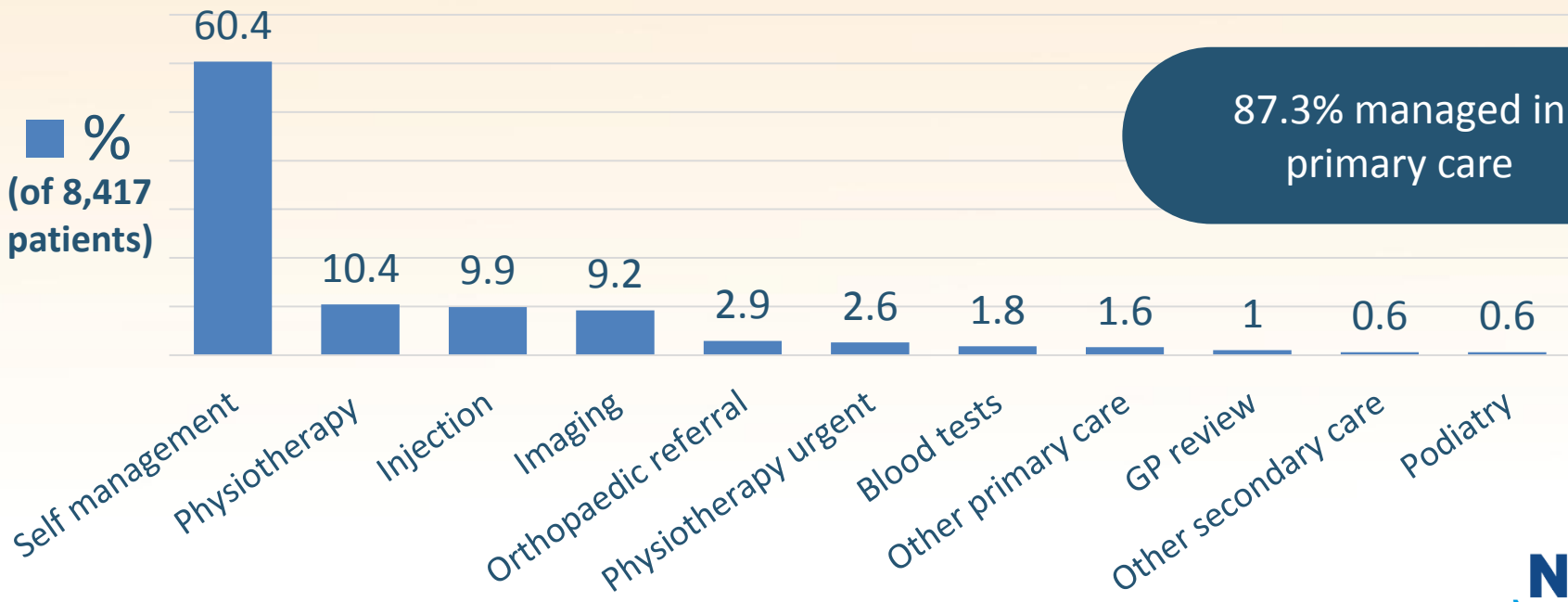
The results from the 2018/19 evaluation of FCP in England (involving over 40 services) will be published this autumn. It is expected to include over **30,000+** FCP consultations.

## interim findings

- **97%** of patients questioned would recommend the service
- **99%** of patients had complete confidence in the FCP's competency
- FCPs wrote **12%** fewer drug prescriptions than GPs
- FCP patients received **10%** fewer blood tests compared to GP patients
- **74%** of patients received advice from the FCP (compared to **4%** of GP patients)
- Referrals to orthopaedics significantly reduced



# Evidence from NHS Forth Valley



# The FCP workforce for 2020 + beyond

Full roll out dependent on expansion of FCP posts

- NHSE's Long Term Plan and GP contract framework commits to this

1 FCP (WTE) per 10k population

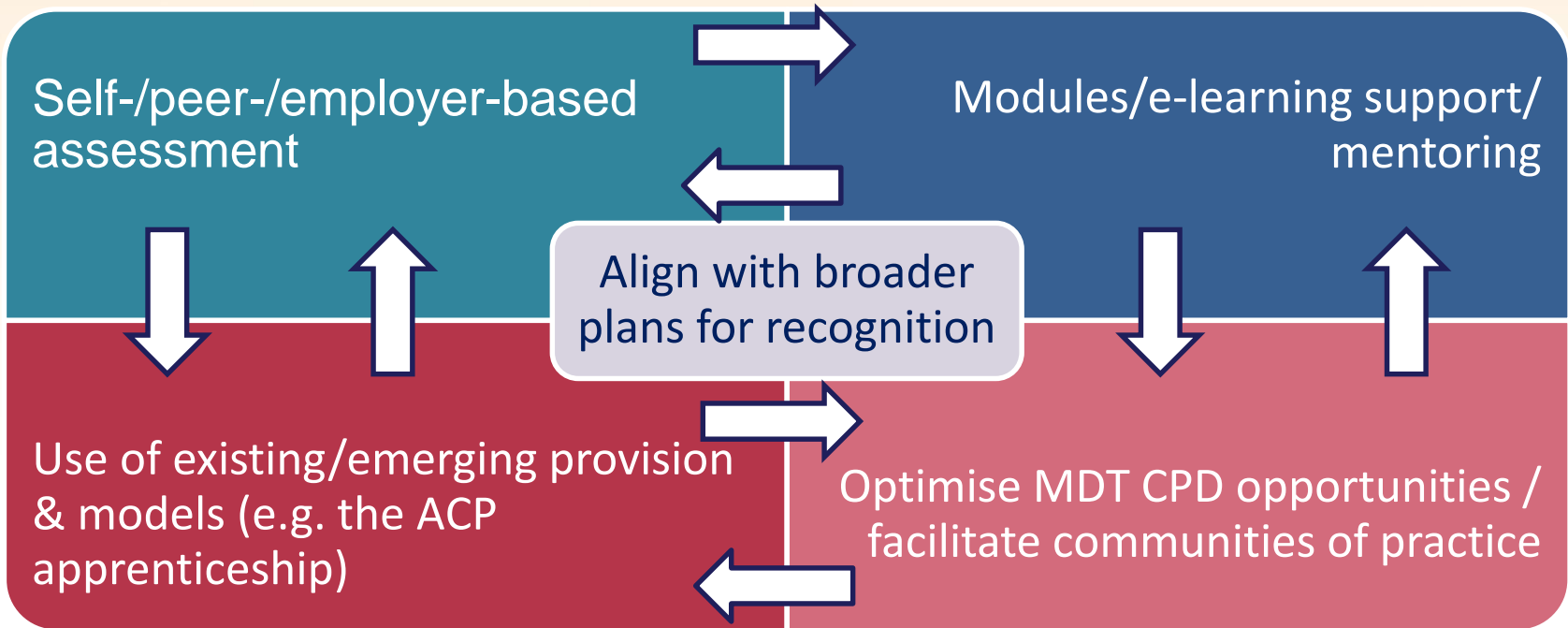
**Requires 6,000 FCPs (WTE)**

First wave of FCPs = existing advanced practice roles in MSK community & triage services.

At present: around **9,000** physios at B7+ are employed by NHS providers in England

Physiotherapy is growing: **40% more graduate education places** since 2015

# Solutions to meet the needs



# The CSP's priorities on FCP:

- Supporting FCP implementation
- Developing workforce
- Leading on evaluation (at national and local levels)
- Working with Higher Education Institutes on workforce development
- Providing resources
- Enabling peer support
- Informing and influencing public policy



**What is the top priority  
for your locality?**

# Communicating to local systems

- Later this autumn, NHSE will publish findings from the national FCP evaluation with an accompanying media campaign.
- **This is an opportunity to:**
  - share local findings
  - raise the profile of FCP and its benefits to the wider system
  - address misconceptions



## **New services to be offered at GP practices**

Patients can be seen by physiotherapists, social workers or mental health professionals at a GP practice.

[bbc.com](https://www.bbc.com)

# Communicating with primary care

## Commissioners

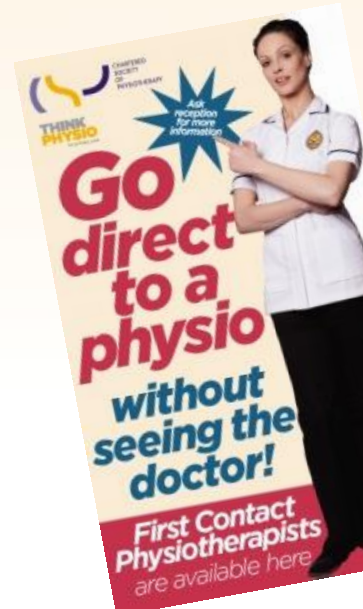
- MSK pathways in the region
- Data- regional MSK activity
- Delivery into this context-  
what problem is there to  
solve?

## Primary Care Teams

- How does it work in practice
  - Implications and benefits for  
the teams
- GP capacity

# Channels for patient communication

- practice reception (using posters, flyers, stands, TV screens)
- the practice's website & social media
- local media
- patient groups and at local community and health events

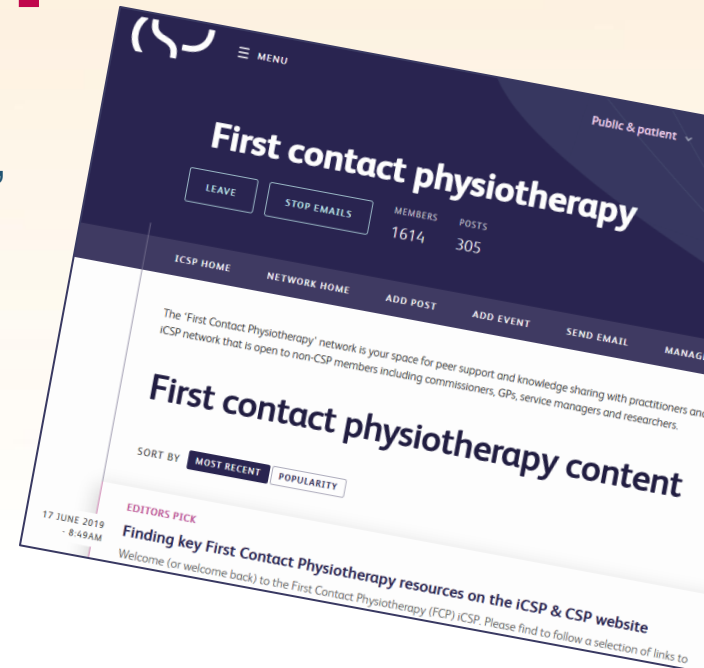


FCP service in Rotherham



# Resources @ [csp.org.uk/fcp](http://csp.org.uk/fcp)

- Implementation guidance for FCPs
- Data collection guidance (and templates for Emis, SystemOne & Vision)
- Job description information
- Videos of FCP services (from HEE)
- Calculator for estimating potential savings of FCP
- Frequently Asked Questions on FCP
- Case studies at [innovations.csp.org.uk](http://innovations.csp.org.uk)



Join the FCP forum at [www.csp.org.uk/icsp/fcp](http://www.csp.org.uk/icsp/fcp) or email [fcp@csp.org.uk](mailto:fcp@csp.org.uk)