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

Swale has nearly three times as many

Rushcliffe has just under 1,200 patients per GP
**FCPs in MSK within the Primary Care team:** what does this approach deliver?

**Assess and diagnose** (including screening for serious pathology)

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<tr>
<th>Potential interventions:</th>
<th>• Refer to a course of treatment (e.g. physiotherapy)</th>
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<tr>
<td>• Give info on self-care and enable and support behavior change</td>
<td>• Refer to a secondary care service</td>
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<td>• Discuss fitness for work</td>
<td>• Request investigations</td>
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<td>• Undertake social prescribing</td>
<td>• Medicines optimization</td>
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<tr>
<td>• Discuss physical activity and health</td>
<td>• Administer joint / soft tissue injections (if qualified).</td>
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In one session **First Contact Physiotherapist** will...

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

...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).
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.
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.

- 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

interim findings
Evidence from NHS Forth Valley

<table>
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<th>% (of 8,417 patients)</th>
<th>Self management</th>
<th>Physiotherapy</th>
<th>Injection</th>
<th>Imaging</th>
<th>Orthopaedic referral</th>
<th>Physiotherapy urgent</th>
<th>Blood tests</th>
<th>Other primary care</th>
<th>GP review</th>
<th>Other secondary care</th>
<th>Podiatry</th>
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<tr>
<td>60.4</td>
<td>10.4</td>
<td>9.9</td>
<td>9.2</td>
<td>2.9</td>
<td>2.6</td>
<td>1.8</td>
<td>1.6</td>
<td>1</td>
<td>0.6</td>
<td>0.6</td>
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87.3% managed in primary care
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

Self-/peer-/employer-based assessment

Use of existing/emerging provision & models (e.g. the ACP apprenticeship)

Align with broader plans for recognition

Modules/e-learning support/mentoring

Optimise MDT CPD opportunities / facilitate communities of practice
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?
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
Communicating with primary care

Commissioners

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

- GP capacity

Primary Care Teams

- How does it work in practice
- Implications and benefits for the teams
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
Resources @ csp.org.uk/fcp

- Implementation guidance for FCPs
- Data collection guidance (and templates for Emis, SystmOne & 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

Join the FCP forum at www.csp.org.uk/icsp/fcp or email fcp@csp.org.uk