

WORKING TOGETHER OCCUPATIONAL THERAPY IN GP PRACTICES

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WHO ARE WE?



A team of 3 Occupational Therapists providing occupational therapy support to 8 GP Practices in South Ayrshire with a focus on;

- early intervention
- easy access
- short term input
- self management
- holistic assessment

WHAT CAN WE HELP WITH?

- ANXIETY
- LOW MOOD
- PAIN
- DIFFICULTIES WITH SLEEP
- STAYING IN OR RETURNING TO WORK
- PERFORMING DAY TO DAY TASKS
- WOMEN'S HEALTH
- FEAR OF FALLING
- DIFFICULTIES ENGAGING IN LEISURE INTERESTS
- DIFFICULTIES WITH DAILY ROUTINE

WHO CAN BENEFIT FROM OUR SERVICE?

- ANYONE OVER 16 (NOT IN SCHOOL)
- REGISTERED WITH A GP PRACTICE THAT HAS OT ALIGNED
- NEWLY DIAGNOSED WITH A HEALTH CONDITION
- JUST BEGINNING TO EXPERIENCE CHANGES IN FUNCTION OR MENTAL WELL-BEING
- MOTIVATED TO ENGAGE AND LEARN TO SELF-MANAGE THEIR CONDITION

WHAT ARE THE BENEFITS FOR PEOPLE?

- DECREASED GP CONTACT
- LESS LIKELY TO REQUIRE REFERRAL TO SECONDARY SERVICES
- SUPPORT GETTING BACK TO WORK
- PATIENT LED GOAL SETTING
- NO WAITING LIST
- NON PHARMACOLOGICAL APPROACH
- IMPROVED PERFORMANCE IN DAY TO DAY TASKS

WHAT HAVE PEOPLE SAID?

“IT LITERALLY SAVED MY LIFE” (PATIENT)

“FOR THE FIRST TIME IN A REALLY LONG TIME I FEEL HOPEFUL” (PATIENT)

“GLAD TO HAVE OT ON BOARD, THEY HAVE BEEN A GREAT RESOURCE TO PRIMARY CARE” (GP)

FUTURE PLANS

TO INCREASE AVAILABILITY OF OCCUPATIONAL THERAPY IN GP PRACTICES IN SOUTH AYRSHIRE

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