

# PRIMARY CARE BULLETIN



## Care Closer to Home

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ISSUE 1

### Care Closer to Home: Welcome News for Primary Care

Lynne Woodcock, Managing Director, ACE

Welcome to the Primary Care Bulletin on **Care Closer to Home** brought to you by Anglian Community Enterprise (ACE). If you are involved in General Practice, read on for the latest news in the health system across North East Essex.

#### Good news

The way in which community health services are currently delivered across North East Essex will change in 2016. From April, you should start seeing more integrated services working in partnership with GP practices and the wider health system to deliver more person-centred care.

#### Positive changes your practice can expect include:

- New GP Neighbourhood Teams with dedicated ACE clinicians for your practice groups.
- A more streamlined, integrated process for making referrals, triage and conducting assessments.
- Integrated Care Managers responsible for care across smaller localities in post from January 2016.



We are working with GPs across North East Essex during the mobilisation period for Care Closer to Home to ensure the needs of general practice are considered in what's being developed. Each edition of this bulletin will take a look at good news stories associated with clinical pathways and Care Closer to Home.

In December's issue of The Primary Care Bulletin for Care Closer to Home we bring you two positive developments designed to benefit patients and GPs.

FAST FACTS



GP Appointment time is spent seeing patients with musculo-skeletal related conditions according to national figures.

MORE TO FOLLOW

Want to know more about Care Closer to Home, the benefits for Primary Care, and changes to expect for your surgery?

Book a visit from your new GP Neighbourhood Team at a time that's convenient for you and your practice team in the New Year by simply emailing [natalie.wells@acecic.nhs.uk](mailto:natalie.wells@acecic.nhs.uk)

In January's bulletin, look out for more information on Care Closer to Home including, articles on "Meet Your GP Neighbourhood Teams" and "The voluntary and community sector's new role in supporting patient discharge to Primary Care".

Have an enjoyable festive season, and a happy and healthy New Year.



## Exciting Developments to pain management services

**From April 2016, ACE is going to be introducing more community based interventions and self-management to treat pain management in a way that keeps patients out of hospital and reduces demand on the NHS overall.**

We have already started to train our pain therapists in using the pain toolkit, to promote self-management so patients do not need recurring GP appointments. We anticipate this ought to reduce waiting lists, remove pressure on the local acute hospital, and promote the appropriate use of consultants.

## Self-referral for Physio



**Care Closer to Home will introduce self-referral for patients requiring physio for the first time in North East Essex from April 2016.**

Musculo-skeletal appointments currently account for up to 30% of GP appointment time according to national figures. This development is welcomed by GPs like Nim de Silva of Mill Road Surgery, Colchester, who says "The new self referral option for patients is one I welcome and am keen to promote".

ACE is also working with local GPs to run clinics that are co-located in GP Practices, offering extended hours to patients to reduce pressure on GPs.

Telling my story only once



Knowing where I can get help



Feeling safe and independent



Having all my needs met

