

Physiotherapy works ✓ *for your community*

How to remodel the NHS and meet 21st century needs

With the population getting older and more people living with long-term conditions the health and care system needs remodelling to meet patient needs, increase efficiency and improve health outcomes.

The system required is one that promotes

Resilience – reducing high health and social care needs by building people’s capacity to manage their own health

Reversal – enabling people to make a complete recovery or regain maximum levels of mobility, function and independence following accident or illness

Results – focussing on outcomes tailored to meet individuals’ personal goals

Responsiveness – responding to an individual’s circumstances as they change over time to prevent crises and responding rapidly when they occur.

In practice this means integrating community services around these four Rs and making full use of the expertise of all health and care professionals.

The four Rs are the hallmarks of what physiotherapy is and what it delivers for individuals and communities

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What can MPs do?

There is broad agreement across political parties, NHS providers and health professionals that changes are needed to meet 21st century population needs.

As an MP you have a powerful role to play in this. Here are steps that you can be taking right now for your constituents:

- **Lend your support** to a diversified primary care workforce – making full use of the range of clinical expertise available
- **Champion new models of care** in primary care that use experienced physiotherapists alongside GPs
- **There is a growing need** for more physiotherapists yet numbers are failing to keep up. We need your help in making the case for physiotherapy in workforce planning
- **Work with the CSP** to make patient self-referral the normal route of access to physiotherapy in all communities - find out if your area has self-referral to physiotherapy
- **Help reduce falls** – make sure your area has a falls prevention plan. Look up the CSP Falls Model to see how many falls could be prevented in your area

Primary Care - models for the future

Primary care – the part of the NHS that is most-used by patients – faces enormous pressure, made worse through the shortage of GPs. Training more GPs takes time and is only part of the solution.

What is needed is diversification of the primary care workforce and a multi-disciplinary approach that integrates services and makes full use of the expertise of all health and care professionals.

Here are just a few ways we could put physiotherapists' talents to use.

Primary Care First Contact Physiotherapists

Practice Physiotherapist roles are starting to be developed within primary care to work alongside GPs as a first point of contact.

Physiotherapists in these roles have the training and skills to safely and autonomously assess, diagnose, treat, prescribe medicines and manage patient needs.

As well as costing less than doctors, physiotherapists in these roles reduce costs of unnecessary prescriptions, referrals to consultants, x-rays and scans.

This new model of care has the potential to address the immediate crisis in general practice and most importantly deliver a better GP service as part of a modern primary care system.

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Falls prevention experts

Falls have a devastating impact on the lives of older people.

If everyone 65+ at risk of falling was referred to physiotherapy 225,300 falls that currently end up in A&E would be prevented, saving the NHS £331 million every year. Every £1 spent on physiotherapy produces a £1.50 return on investment.

The CSP has produced the **Falls Prevention Economic Model** that shows by area how many falls could be prevented and how much money saved.

Physical activity experts

Inactivity causes one in six deaths and is the precursor to many serious health problems.

Often people with long-term conditions develop other health problems because they do not feel able or confident to be more mobile and active. Three in five people in the UK has a long-term condition.

The number of people with multiple long-term conditions is expected to rise from 1.9 million in 2008 to 2.9 million by 2018.

The physiotherapy workforce are exercise specialists with expertise in movement science, analysis and function, giving people confidence to become physically active and return to work and independent lives.

Self-referral to physiotherapy

Patient self referral, which allows patients to refer themselves directly to physiotherapists, has clinical and financial benefits and has been recommended by the National Institute for Care and Health Excellence (NICE).

Patients can self-refer for a musculoskeletal condition, such as back pain, in most places in Scotland and two thirds of Wales, and just a third of England.

Where self-referral is offered to patients it

- **Frees up GP capacity** - musculoskeletal conditions alone account for more than 100 million GP appointments each year – many are repeat appointments
- **Cuts costs for MSK problems** by an average of £33 per patient. Further savings come from a reduction in prescribing rates
- **Improves health outcomes** – it helps prevent acute problems from becoming chronic and reduces long term pain and disability
- **Puts patients in control** – it enables individuals to manage their condition and live independently, reduces missed appointments and improves adherence to treatment
- **Cuts waiting times** – in Torbay, North Devon introducing self-referral cut waiting times from 10 weeks to within 3 days for 90% of patients

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Keeping people fit for work

The most common type of work-related illness in the UK is musculoskeletal conditions (MSK), accounting for 8.3 million working days lost in 2013/14. The second biggest cause is stress, and the two are commonly interrelated.

The good news is evidence suggests that both are responsive to early, effective intervention. Rapid access to physiotherapy reduces the time employees have to take off work.

Figures show that in 2013/14 28.2 million working days were lost due to work-related illness or injury with 8.3 million working days lost due to MSK. The average working days lost for each case of MSK was 16 days.

Rehabilitation and prevention

Enabling easy access to multi-disciplinary teams in the community can reduce the revolving door of hospital admissions for older people and those with long-term conditions.

The award-winning Hope Street Specialist Service at the North East Lincolnshire Care Trust set up a one-stop falls prevention and respiratory rehabilitation programme run by multi-disciplinary teams involving patients and trained volunteer 'rehab buddies' as key partners.

Over four years, the programme has seen an 8 per cent reduction in visits to A&E and 13 per cent reduction in hospital admissions for people who have fallen.

Work with us for your constituents

Physiotherapists have unique expertise that offer clinically effective, value for money solutions to the most pressing challenges facing the NHS.

The CSP is keen to work with all MPs to improve health and care for your constituencies. Please get in touch for more information, to discuss how we can work together or if you want to be put in touch with leading physiotherapists in your area.

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