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

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

In one session First Contact Physiotherapist will...

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
Key success outcomes

- Maintaining safety
- Improved access for patients to the MSK services, as required
- Improved GP capacity
- Fewer inappropriate referrals to secondary care and for imaging
- Improved conversion rates to surgery
- Reduced prescribing rates and costs
- Fewer re-referrals for the same condition

- Increased (and speedier) returns to work through issue of AHP Fitness for Work Report
- Improved patient self-care through supporting of self-management programmes and social prescribing
- Improved ‘wellness’ healthy living message from FCP
- Improved patient experience
- Improved staff experience
## Benefits of FCP

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<tr>
<th>For patients</th>
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<tbody>
<tr>
<td>Quicker…</td>
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<tr>
<td>▪ access to MSK expertise</td>
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<tr>
<td>▪ referral to other services and tests (if needed)</td>
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<tr>
<td>Improved…</td>
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<tr>
<td>▪ delivery of healthy living message</td>
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<td>▪ patient self-care through supporting of self-management programmes and social prescribing</td>
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<th>Safe, efficient and effective</th>
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<tbody>
<tr>
<td>Quick access to treatment, tests and specialists if needed</td>
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<tr>
<td>Quick access to advice and information to start improvement</td>
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## Benefits of FCP to the local healthcare system

### For the healthcare system

- Fewer...
  - inappropriate MRIs & X-rays
  - inappropriate secondary care referrals
  - re-referrals for the same condition

- Improved conversion rates to surgery

- Reduced prescribing rates and costs

### Safe, efficient and effective

- Shorter waiting times
  - for tests, appointments, and surgery