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

In one session
First Contact Physiotherapist
will...

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

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

For patients

Quicker...

- access to MSK expertise
- referral to other services and tests (if needed)

Improved...

- delivery of healthy living message
- patient self-care through supporting of self-management programmes and social prescribing
- patient experience

Safe, efficient and effective

Quick access to treatment, tests and specialists if needed

Quick access to advice and information to start improvement

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