

## **GP SERVICES - WHAT'S NEW?**

**You've probably noticed that there are now several people currently supporting our doctors by offering supplementary services. This is a way of preserving more time for the doctors to give to those patients with more complex needs but also to enable us to get the more specific help that we may require.**

**Representatives of these new services gave us a presentation and they were a breath of fresh air. They clearly enjoyed their work and felt that they were making a valuable contribution to the Health Team. One aspect of what they do is that they have a realistic contact time for the first appointment and follow up is also part of what they do. Job satisfaction all round!**

**So, here are some of the services you may be offered:**

**A Social Prescriber looks at the issues a patient is having to deal with that may be contributing to their symptoms. These could be money worries or housing issues and a Social Prescriber can put the patient in touch with the support systems out there they may well not know about**

**An Active Monitoring Practitioner plays a big role in helping patients with mental health issues. It's a brilliant service. The initial consultation lasts 40 minutes to find out what the patient is looking for, and then the focus will be on the areas they've identified. A free one to one guided programme is provided with up to six half hour sessions. All of these are designed to help patients understand and manage their feelings.**

**A Health & Well-Being Coach works with the patient to discover strategies for dealing with their health needs that suit them. The patient may want to manage chronic pain, or their weight or to make a life-style change. The Coach will support goal setting and contact other resources where appropriate.**

**The Care Co-ordinator is responsible for taking an overall review of a patient's needs and will refer them to the various services outlined here.**

**You may already have been contacted by a Physician Associate. These are medically trained healthcare professionals, working alongside doctors with a dedicated medical supervisor.**

**The way to access these services is to ask to be referred to them directly or your GP may refer you on for further support. Our practice phone number is 01789 292137.**