



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

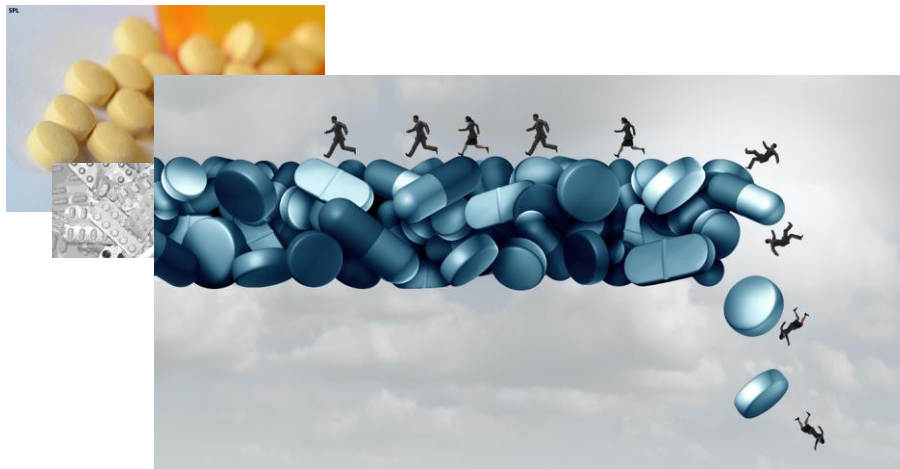
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Lancashire and
South Cumbria
Integrated Care Board

Bitesize Education and Training Session 2

Occupational Therapy & Primary Care

Date: 18th February 2025



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Speaker:

- Alison McCracken – Primary Care Clinical Advisor for Occupational Therapy

Welcome & Housekeeping



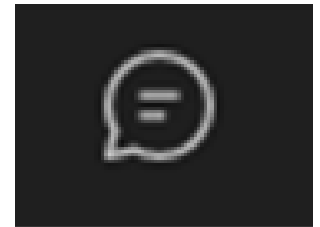
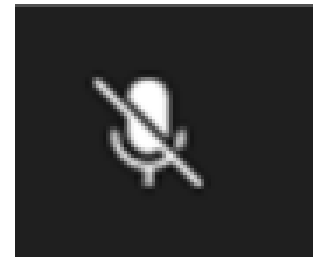
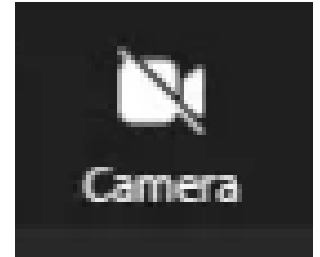
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Thank you for joining us today!

- ✓ The session is for 30-minutes (20-minute presentation and 10-minute Q&A session).
- ✓ Please switch off your cameras and put yourselves on mute.
- ✓ Please use the chat function if you want to ask a question or for comments.
- ✓ Please respect others' views and opinions. (We have prescribers from across the system on the call – primary, secondary care and community).
- ✓ Please use the chat function to network with your peers and share ideas.
- ✓ At the end of the session there will be a short online poll (live!).



Please note the 20-minute presentation will be recorded, and the slides and the recording will be uploaded to the LSC Training Hub website for you to download.



Disclaimer

- If you do access the slides and recordings to the bitesize sessions using the following link: [Independent Prescribing – Lancashire and South Cumbria Training Hub](#), please be aware that the sessions were intended to support Non-Medical Prescribers in their development and understanding of the subject area, however these sessions should not be considered the sole source of your learning. Please ensure that you also refer to your Trust/Employer guidance, up-to-date national guidance e.g. NICE guidance and professional body standards alongside these bitesize sessions.
- The information in the sessions are current and accurate at the time of creation.

Occupational Therapy in Primary Care

Session Overview

- What do Occupational Therapists do?
- How can Occupational Therapists benefit MDTs in Primary Care?
- Examples of Occupational Therapy work in Primary Care
- What you can do
- Questions



What do Occupational Therapists do?



What do Occupational Therapists do?

- Occupational Therapists are Allied Health Professionals registered with HCPC
- Holistic profession – pre-registration training covers both mental and physical health conditions and interventions
- Focuses on engagement in meaningful everyday activities (occupations) and the impact of this on health & wellbeing
- Usually work with people with long term health conditions & disabilities
- Exact role is very dependant on setting – OTs may work in mental health, physical health, social care, prisons, schools, charity settings & more.



What do Occupational Therapists do in primary care?

- Occupational therapists carry out physical and psychosocial assessments that consider health and home management, education, work, leisure, and social participation.
- They formulate plans for therapy including differential diagnosis of conditions impacting on health, functional ability, and activity levels.
- They proactively work in partnership with patients to find solutions that improve health and activity levels.
- Occupational therapy interventions are practical, realistic and goal orientated. They adapt activities to help patients stay active in their everyday lives.



Occupational Therapists in Primary Care

There are about 8000 GP surgeries in the UK and only 300 occupational therapists working in them. The Royal College of Occupational Therapists estimates we need at least another 2000 occupational therapists to get national coverage.

Occupational therapists in GP surgeries can provide early intervention to help people stay active and independent, at home, at work and everywhere else.

Research has shown that occupational therapists bring benefits to patient populations, support primary care teams to manage demand and meet local need, as well as reducing the ongoing demands on secondary care and other sectors.

What do Occupational Therapists do in primary care?

There are several key patients that first contact occupational therapists in Primary Care may see:

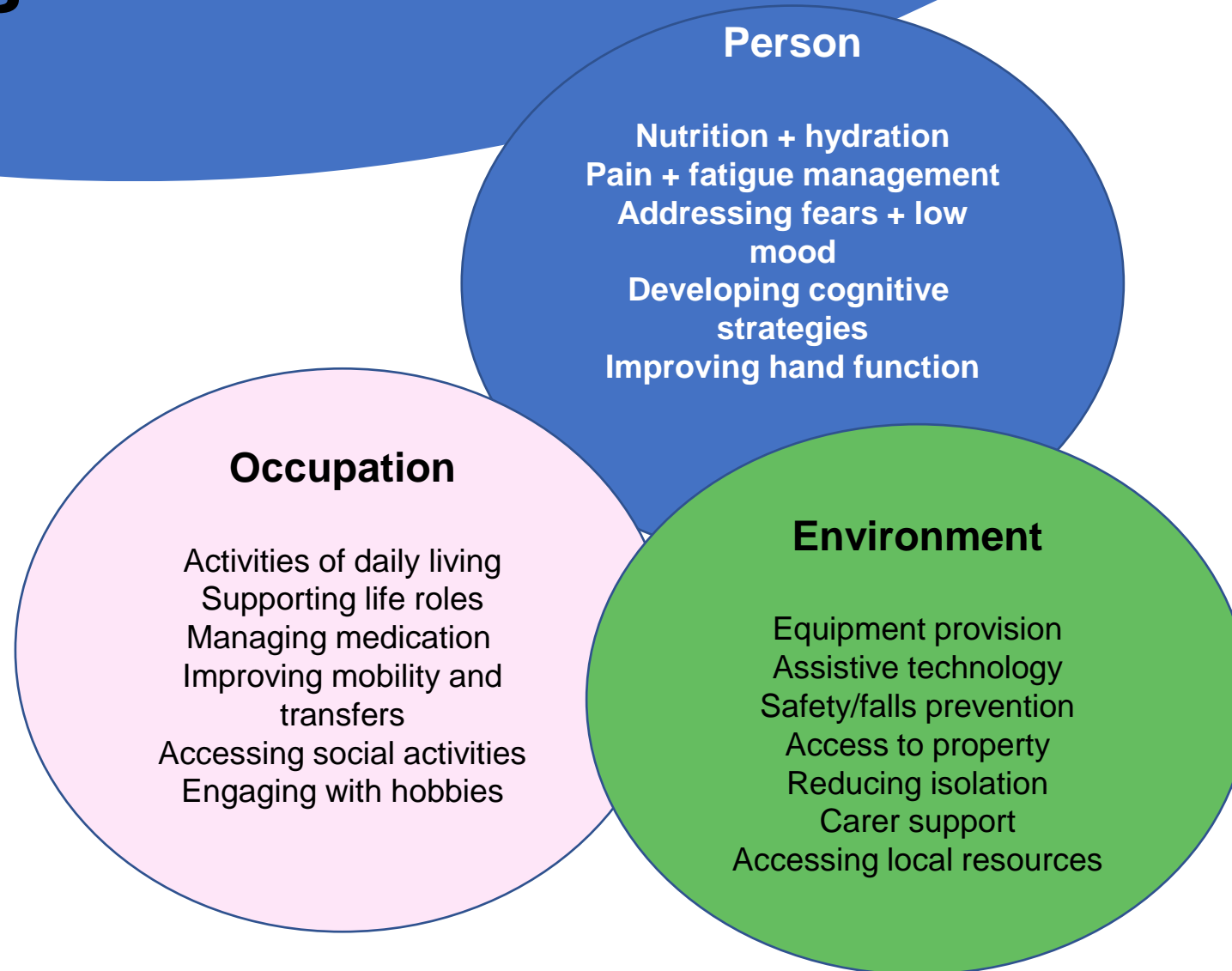
But will vary depending on local needs, preferences & innovation.

Adults with mental health problems

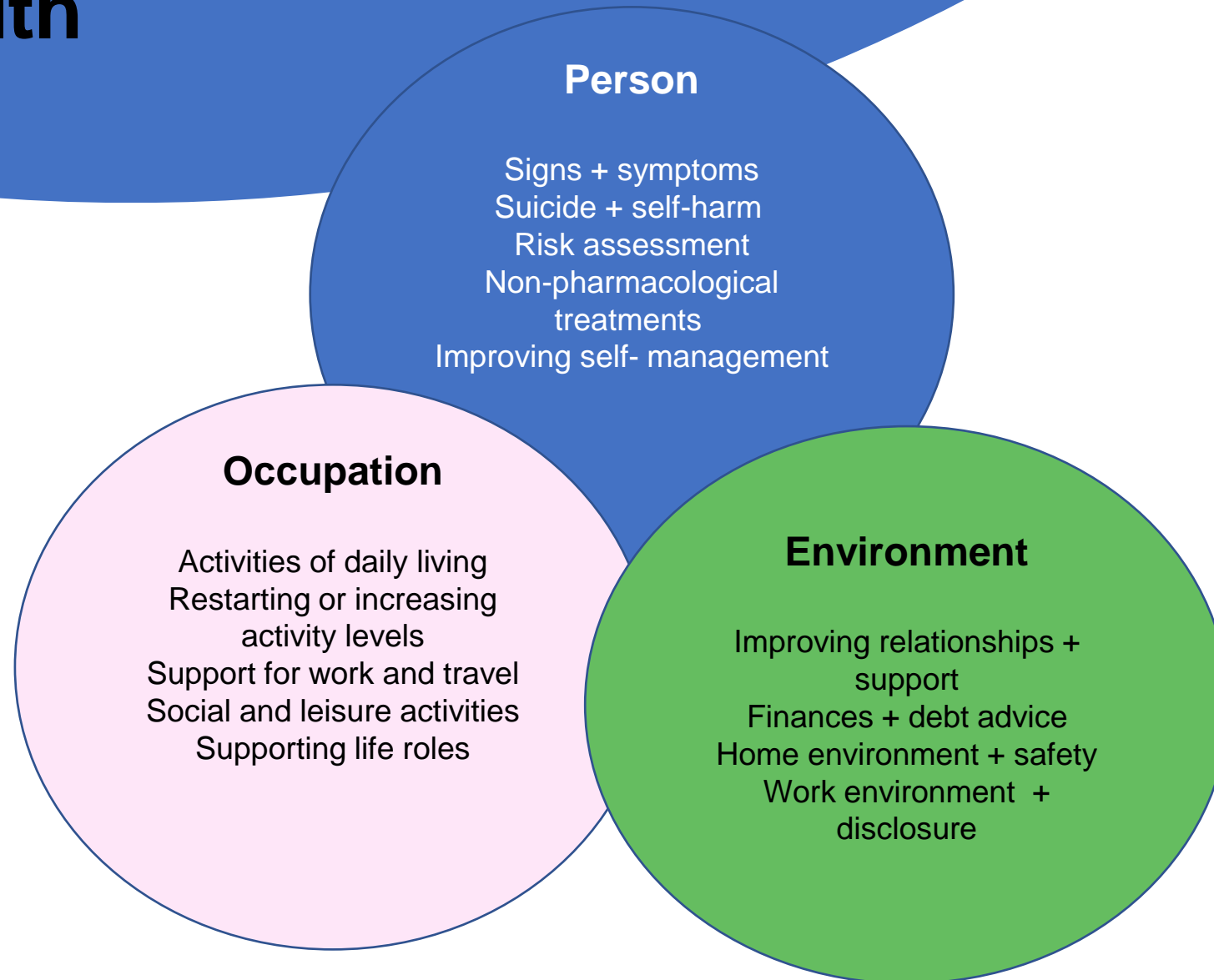
Older adults with frailty related problems

Working age adults requesting fit notes

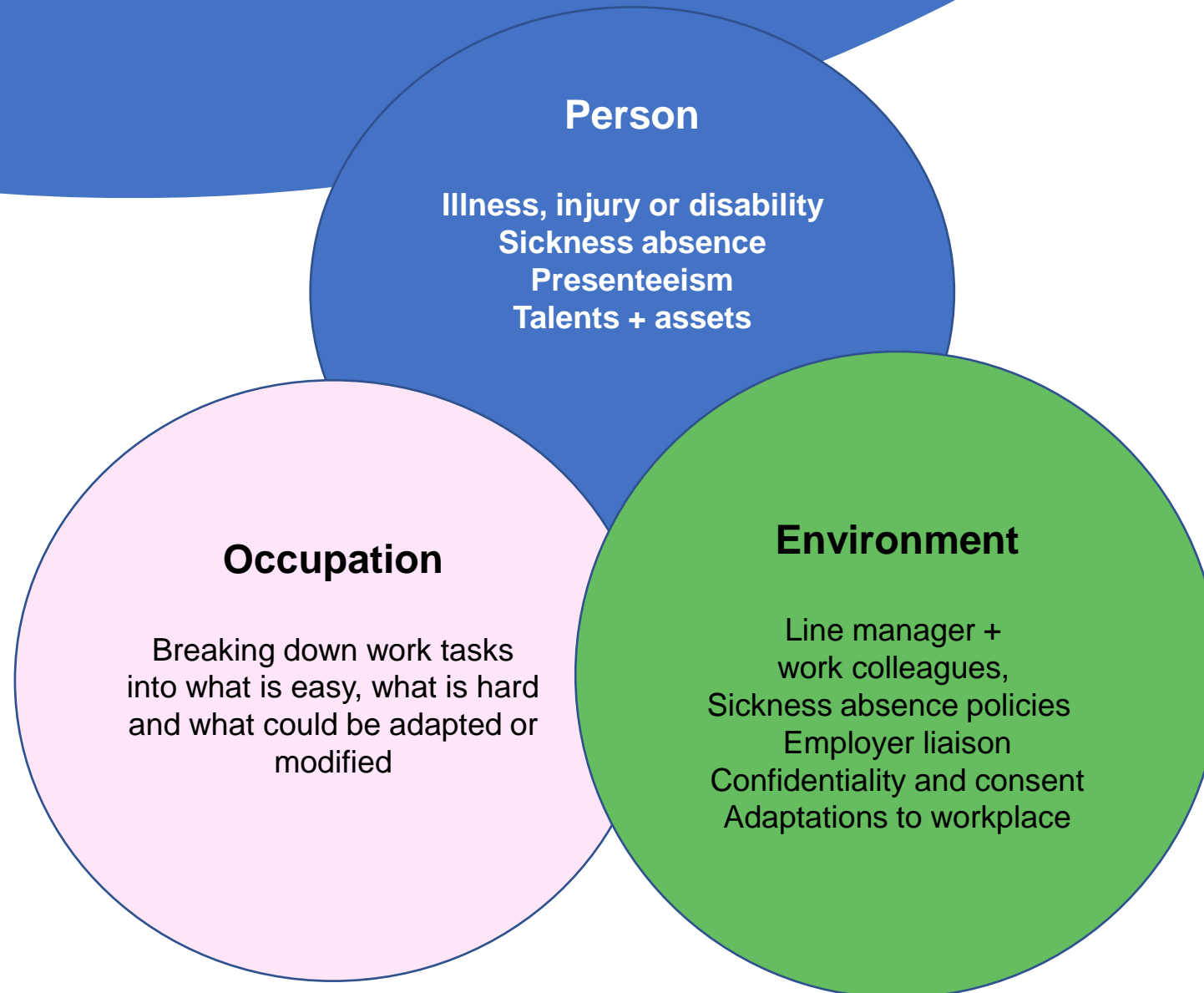
Occupational therapy and older adults



Occupational therapy and mental health



Occupational therapy and work



What do Occupational Therapists in primary care in Lancashire & South Cumbria do?

- Across Lancashire & South Cumbria we currently have 8 occupational therapists employed in primary care

- Job titles include:

'Occupational Therapist'

'Mental Health Practitioner'

'Occupational Therapist and Care Home Clinical Lead'

'Lead Mental Health Practitioner'

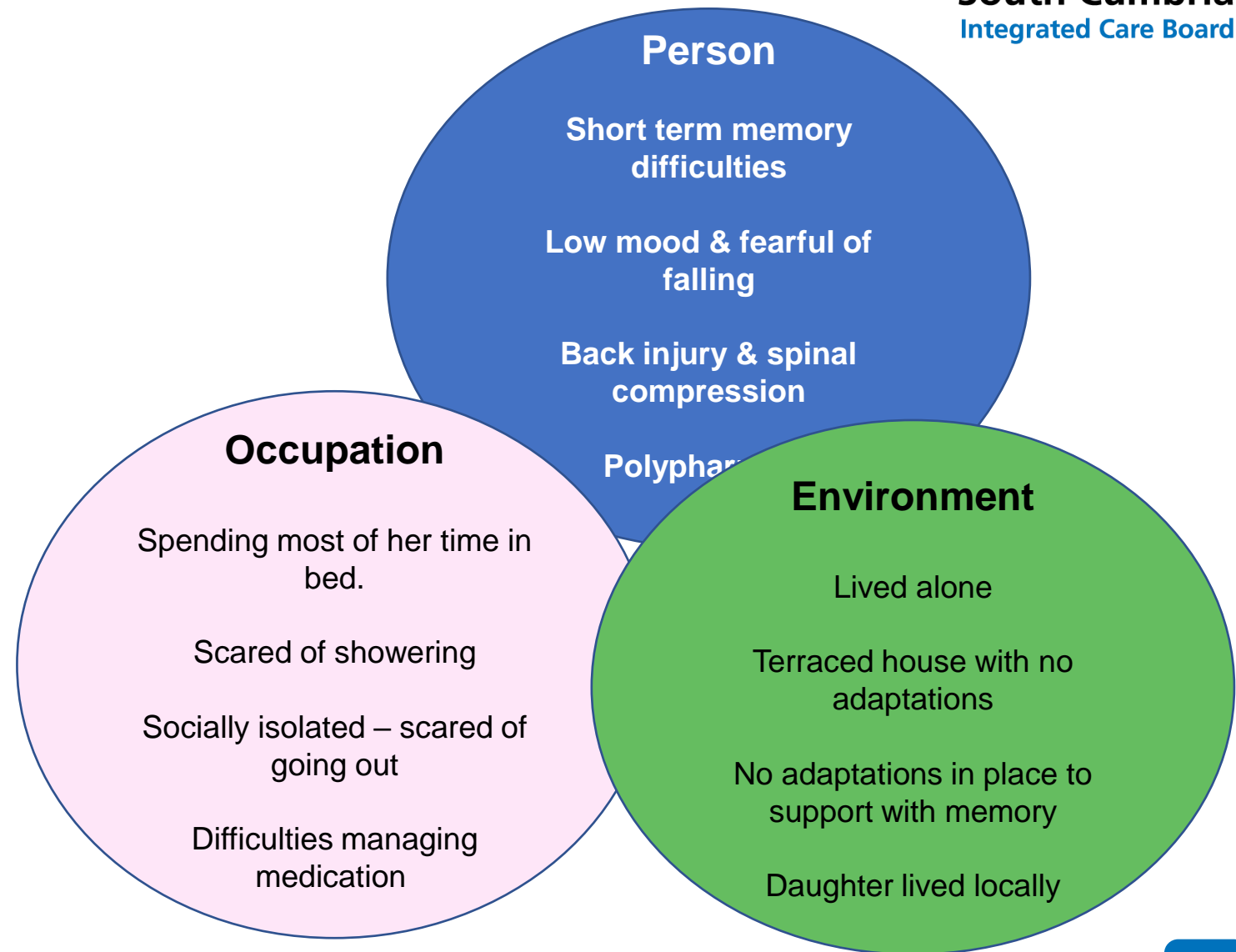


Case Study:

- Mrs Peters referred to first contact occupational therapist for dementia review and review after recent hospital discharge.

Visited at home:

- Frequent falls
- Polypharmacy & memory issues
- Checked BP - postural hypotension
- Socially isolated
- Staying in bed and deconditioning



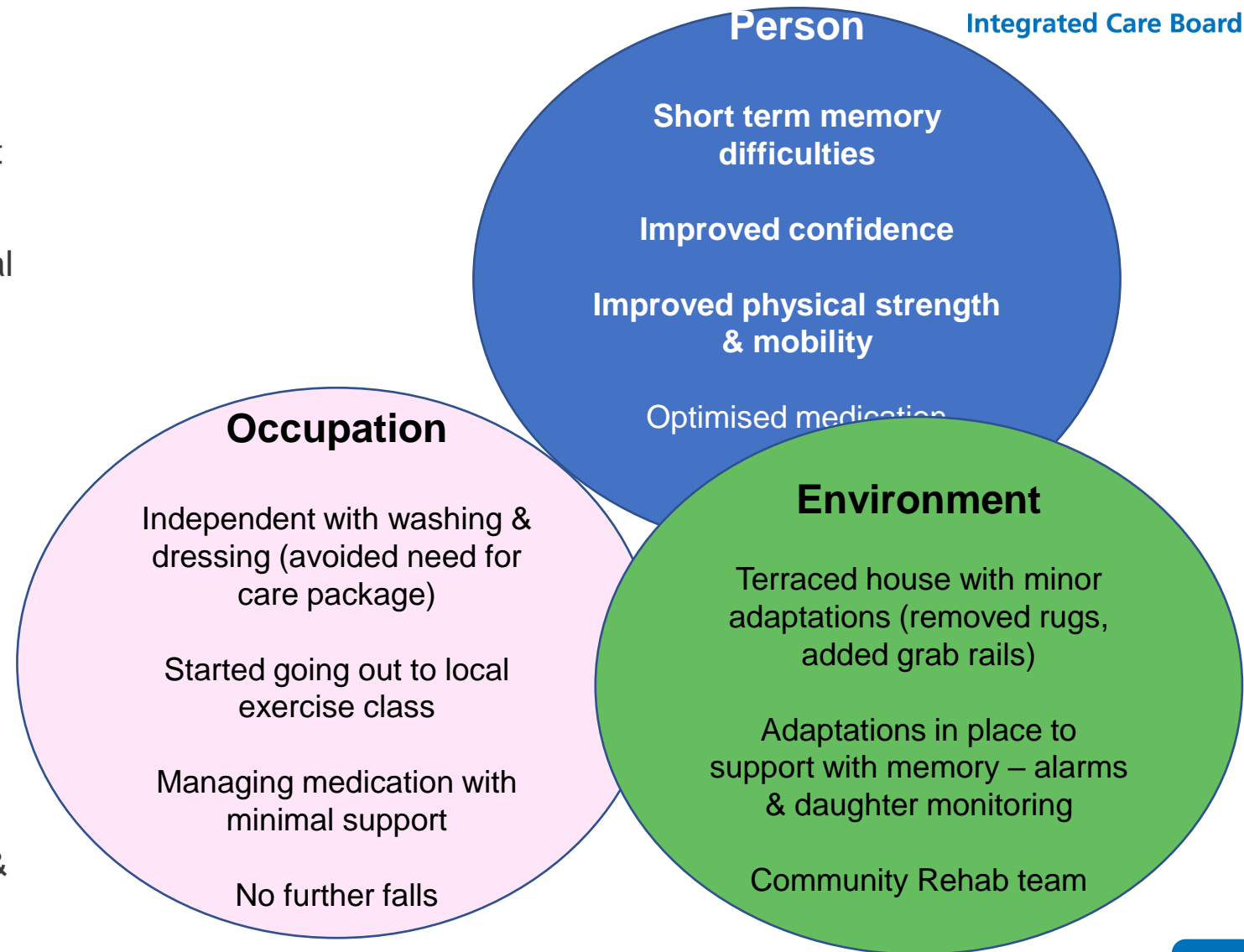
Case Study:

Interventions:

- OT completed assessment & enablement session with showering (first time using shower since hospital discharge)
- Referred to community physio for physical rehab & overcome deconditioning
- Referred to pharmacist for medication review and optimisation
- Set up system for medication recall – informal family support plus timer alarms on phone
- Referred to social prescriber – started attending local exercise class

Outcomes:

- Reduced falls
- Increased confidence & mood
- Increased mobility and returning to previous daily activities – personal care & socialising



What's the impact of OTs in Primary Care?

Improved access, decreased demand. In Lancashire, 55% of patients had fewer GP appointments. 97% improved their quality of life and 88% their activities of daily living and functional outcomes.

Improved functioning and activity levels. In Pembrokeshire, 67% of patients referred to primary care occupational therapists showed improvement in their everyday function and home safety.

Improved independence. In Sheffield, all frail patients seen in 12 months by an occupational therapist achieved their functional independence goals. 38% achieved more than they expected and 21% achieved their best outcome.

Improved health and lifestyle skills. In Glasgow, an occupational therapy primary care mental health service saw 61% improvements in self-management, a 45% increase in activities of daily living, a 38% increase in employability and a 39% reduction in GP appointments.

Improved quality of life and mental wellbeing. In Sussex, occupational therapy input into a primary care frailty team that included group interventions, gave 69% of patients' quality of life improvements on standardised measures such as the EQ5D (EuroQol).

Improved cost savings. In Yorkshire, a proactive occupational therapy service for older adults delivered over six months made cost savings of £767 204.

What you can do next:

- Find out if you have an occupational therapist within your own PCN (they might not have 'occupational therapist' as their job title).
- Shadow an Occupational Therapist.
- Speak to your MDT about referral routes for occupational therapy.



References & Further Reading

- Occupational Therapists in Primary Care – Health Education England:
<https://www.hee.nhs.uk/our-work/allied-health-professions/occupational-therapists>
- Royal College of Occupational Therapists – Impact in Primary Care
<https://www.rcot.co.uk/occupational-therapy-primary-care>
- Bolt M, Ikking T, Baaijen R, Saenger S. Scoping review: occupational therapy interventions in primary care. Prim Health Care Res Dev. 2019 Mar 20;20:e28. <https://pubmed.ncbi.nlm.nih.gov/32799994/>

Thank you for listening



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Please complete our short online poll!



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Next session:

Topic: TBC

Date: 18th March 2025

Speaker: TBC

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Question and Answer



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