Primary Care News

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Primary Care Team Development Update

The development of Primary Care Teams continues and as of the end of December 2010 there were 350 Primary Care Teams in operation. Since the beginning of 2010, 131 new Teams have commenced operating. Significant progress was made in Dublin North East with 40% of the new Teams in 2010 located in the area.

In 2011, the remaining Primary Care Teams will be rolled out and there will be a greater focus on the activity of the Teams which will include programmes such as Chronic Disease Management and Falls Prevention.

In addition, new management structures will be implemented which will facilitate greater Team working and the further development of network services.

The 350 Primary Care Teams in place provide services for almost 2.8 million of a population with 2,615 staff members and over 1,309 GPs participating. There are also a number of additional Teams in development with 58 of these Teams having held introductory team meetings. In addition, there are 152 Teams which have been launched or have held an information session to-date.

The following map indicates the areas covered by a functioning Team.

The 2010 National Service Plan detailed that 394 was the target number of Primary Care Teams to be operating by the end of 2010. At year end 89% of the 2010 target was met. Significant factors contributing to the target not being met include the industrial dispute earlier this year and the adverse weather conditions affecting Team development in November and December.

The PCT has already had successful patient programmes for different groups and health. The PCT in Kilkenny City has enrolled a group of patients to participate in the initiative. Each patient will follow their chosen leader on the programme, following their specific exercise programme, diet etc. Participants will be monitored weekly in Dean Street Medical Centre and group weight will be taken and submitted to the show.

Multi-disciplinary Weight Management

At client multi-disciplinary, dietician-led Weight Management Programme has started in community services in Naas, Co. Kildare. This programme aims to assist clients in weight management through a combination of dietary education and physical activity, and has proved beneficial for clients.

This programme aims to empower clients to manage their weight through:
1. Knowledge of healthy eating, portion sizes, and food labeling.
2. Facilitation of change through goal setting and reflection of current activities and eating practices.
3. Knowledge of the benefits of exercise, the types of exercise that best contribute to weight loss, and the intensity and duration of exercise.

Each session is also accompanied by a physiotherapy-supervised exercise programme and each client has a programme to adhere to at home. Referral to this programme is made by the client’s GP and sent to the Community Nutrition and Dietetic Service.

Further information or queries, please contact primarycare@hse.ie

Primary Care Team Events

Operation Transformation with Dean Street Primary Care Team, Kilkenny

RTE’s ‘Operation Transformation’ is now back on our screens over the coming weeks. This media event will see five hopeful individuals attempting to reshape their lives as they are supported by a panel of experts in fitness, nutrition and psychology. This year, Dean Street Primary Care Team (PCT) in Kilkenny City have enrolled a group of patients to participate in the initiative. Each patient will follow their chosen leader on the programme, following their specific exercise programme, diet etc. Participants will be monitored weekly in Dean Street Medical Centre and group weight will be taken and submitted to the show.

The participants will receive expert help in areas such as nutrition and exercise from members of the Primary Care Team in support to the detailed diet and exercise programme on the RTE website. Dr Eddie Murphy, the Psychologist with the show’s expert panel will talk about psychological aspects of weight management. Dr Murphy is the Principal Clinical Psychologist with the HSE in the Carlow/Kilkenny Local Health Office area.

Siobhan Maher, one of the nurses, commented that obesity is becoming a serious problem for the Irish population, in particular for many children. Any initiative that raises awareness and prevents diseases such as diabetes and heart disease in the future is a worthwhile initiative for a primary care team.

SME
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Community Participation in South Tipperary

South Tipperary HSE Community Development and the Community & Voluntary Forum worked in partnership and participated in the National Joint Community Participation in Primary Care Initiative. This partnership received funding through the initiative that has enabled the following activities within the LHO:

- Community Awareness raising was conducted through the Community & Voluntary Forum.
- Two (2) community representatives were elected from the South Tipperary Community & Voluntary Forum to be members of the Local Implementation Group for Primary Care Teams in South Tipperary LHO.
- Community activists have come together to do training in community participation in some of the PCT areas.
- Links are established in most PCT areas with the local community structures and luncheon meetings have been held.
- Presentations were given to the Community & Voluntary Forum, the Three RAPID AIT’s and Health Subgroups.
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- Links have been established with the Health Promotion Team who are undertaking team development with HSE PCT Staff. The Health Promotion and HSE Community Development Team meet regularly regarding community participation in PCT.
- The PCT areas that have a PCT Social Worker have been very advantageous regarding community participation strategy.
- South Tipperary now has a Community Participation Coordination Team with membership from HSE Community Development, PCT Social Work, PCT Mental Health Nurse, Community & Voluntary Forum and the two LIG Community Reps. The Coordination Team work with the TDO regarding community participation.
- The HSE Community Development Team also work in PCT geographical areas within the LHO.

Community Service User Involvement – Guidance Launched

The empowerment and participation of service users has become a key element of government policy, and the need to listen and act on the views of service users, is an increasingly integral part of the planning and delivery of healthcare. Different levels of service user involvement exist on a continuum of participation including information, consultation, partnership, delegation and control. A guidance document has been developed by the National Advocacy Unit in the Quality and Clinical Care Directorate. It is the aim of the HSE that this document will be of value to all of those working to involve service users in the design, development and evaluation of health services. It includes an overview of the range of different methods available for service user involvement, practical examples and also presents a methods planning tool. The document is available at http://www.hse.ie/eng/services/primarycare/your-say/sui/Library/SUI/Library/.

Cancer Education Programme for Primary Care Nurses

The National Cancer Control Programme (NCCP) - in partnership with the HSE Office of the Director of Nursing and Midwifery Services - has launched a new Community Nurse Education Programme for Primary Care. Forty eight nurses from Cork and Kerry are undertaking a four week course with those involved including Practice Nurses, Public Health Nurses and registered general nurses. This education programme aims to provide the nurses with enhanced knowledge and skills to carry out their role in promoting health, reducing cancer incidence, integrating cancer care and improving cancer survival among the people they see and treat.

Following the completion of the Cork course, the NCCP will offer the same course to nurses through the designated cancer centres in Galway and Dublin, with further plans to roll it out nationally in all eight designated cancer centres over the coming months.

Blanchardstown Health Promotion

Left: Photo taken at Promote Local Health and Social Services provided by the Primary Care Teams in Blanchardstown Area as part of Blanchardstown Community Safety, Drug and Alcohol Awareness Week.

Right: Photo take at the turning of the first sod event on the new Ballyfermot Primary Care and Mental Health Centre.

Ballyfermot New Facility

Front Row (L-R): Jim Curran, Assistant National Director Estates, Minister Mary Harney, Adrian Charles - Local Health Manager.

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