

What to expect during your appointment

- Review your symptoms
- What treatments you may have had before.
- Discuss management of the condition and factors that can be contributing to it.
- Refer onward for relevant treatment such as podiatry.
- Send for relevant tests such as X-ray if necessary.
- Give advice regarding exercise where appropriate.

How do I book an appointment with the FCP?

This can depend on which practice your registered at and their procedure.

If you have any of the symptoms on the **'Who can be seen'** page, just contact your Practice and ask to book an appointment with the FCP!

(Reception make ask some questions to make sure the FCP is the right person to see you)



Our FCP Staff.

We have employed 5 FCPS Across our 8 Practices in the Tame Valley Primary Care Network.

You can see which FCP works at the Practice you are registered with.

Nick Platt - Covers :

- **Alvanley Family**
- **Brinnington Surgery**
- **Vernon Park**

Cathleen Lancelott-Redfern - Covers :

- **Bredbury Medical Centre**
- **Brinnington Surgery**
- **Heaton Norris**
- **Vernon Park**

Matthew Nix - Covers :

- **Heaton Norris**
- **The Reddish Family**
- **Park View Group Practice**

Julian Chapman- Covers :

- **The Reddish Family**

Leah Hellowell (Currently on Maternity)



First Contact Practitioner



*For any new injuries, muscle or joint pain go direct to our **First Contact Practitioner** without seeing a GP.*

This leaflet will give you all the information you need.

Low back and neck pain are the greatest cause of years lost to disability in the UK, with chronic joint pain or osteoarthritis affecting more than 8.75 million people.

In addition, musculoskeletal conditions also account for 30% of all GP appointments.

By 2024, all adults in England will be able to see a musculoskeletal first contact practitioner at their local GP practice without being referred by a GP.

What is a First Contact Practitioner (FCP)?

First Contact Practitioners are expert musculoskeletal (MSK) clinicians with a background in physiotherapy.

They are employed by our Primary Care Network and have introduced this role to reduce the workload on GPs and ensure your wait for an appointment is reduced.



Who can be seen?

- Patients aged 18 and over
- MSK Conditions (which you are not already under treatment for)
- Soft tissue/Muscle/Tendon/Ligament strains/sprains
- Joint pain/Injury
- Acute flare up of a long-term condition
- Back/Neck pain
- Postural pain/problems
- Osteoarthritis
- Minor trauma (Fall/ Sports Injury)

Who can't be seen?

- Acutely unwell
- Young people under 18
- Medical management of rheumatoid conditions
- Women's health, antenatal and postnatal problems
- House-bound patients
- Medication reviews for non-MSK conditions
- Neurological and respiratory conditions
- Headaches
- Physio referrals from a consultant

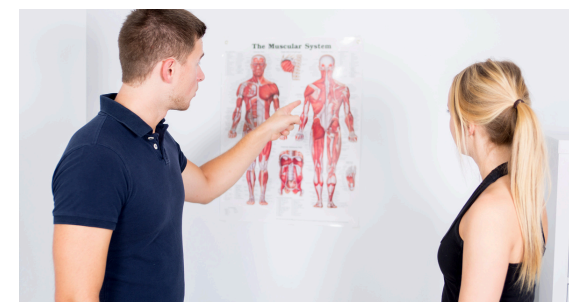
What can a First Contact Practitioner do?



Assess and diagnose



Give you expert advice



Refer you on for further treatment