



Ageing Well Public Talk Series 2022/23



Talk 5. Primary Care in 2022 From Covid-19 and Beyond!

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Primary care in 2022*

01

What
is state
of

02

What
are the
current

03

How
can
you

04

What
has
change

* In Milton Keynes

Primary care in Milton Keynes

26 practices

303,000 population

7 primary care networks (PCNs)

GP extended access

Urgent care centre

Community nursing

- Rapid response (admission avoidance)
- District nursing
- Blood tests

Level of activity locally

Milton Keynes

Indicator	Activity – month of October 2022	Activity – month of October 2021
Total appointments offered by practices	167,769	156,512
Appointments that were with a professional other than a GP	60%	56%
% of total appointments that were face to face	86%	79%

Current challenges

High level of viruses

Strep A

Staff illness

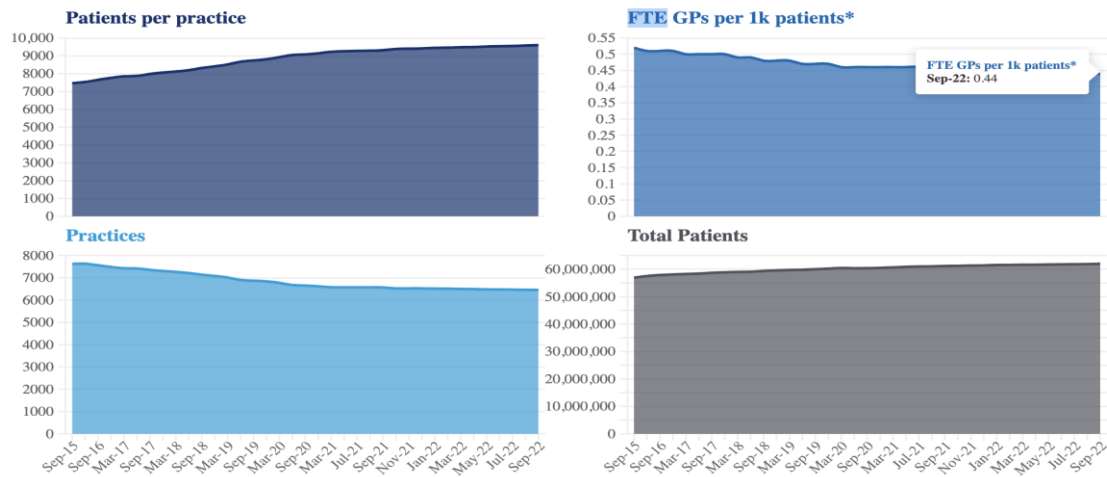
Covid 19

High staff turn over

Difficulty in recruitment / low staff morale
Low patient satisfaction with appointment system

Fewer doctors are looking after greater numbers of patients

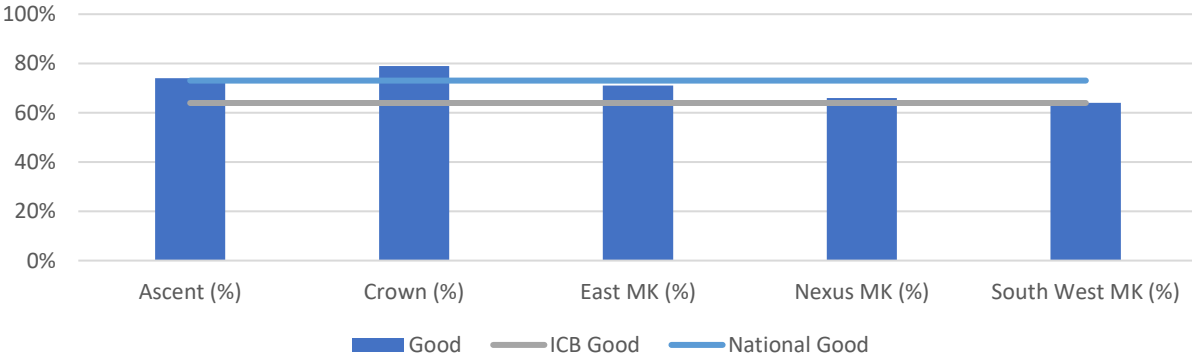
Change in average number of patients per practice and GP to patient ratio September 2015 to August 2022



<https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/pressures/pressures-in-general-practice-data-analysis>

Satisfaction with GP services

Overall, how would you describe your experiences of your GP practice?



Modern
primary care
team – the
answer?

Practice nurse

Advanced nurse practitioner

Physician associate (PA)

GP

Healthcare assistant

First contact physio assessment

Mental health practitioners

Pharmacist

Paramedic

Social prescriber

Care navigator



Benefits

Waiting times

Specific expertise

Longer appointments

Aware of local services

Primary care Networks (PCNs)

PCNs were introduced in 2019 to support the delivery for certain services across a group (network) of GP surgeries

Initially based on geography

Idea was to improve access to healthcare professionals (other than GPs)

Each PCN could chose which HCPs would best suit their patients

- Paramedics for home visits
- Mental health practitioners
- Social prescribers
- Physiotherapists
- Pharmacists
- Dietitians
- Care coordinator

Covid vaccinations

Modern
primary care
– accessing
appointments

Phone system

e-consultation

F2F or “total triage”

GP extended access

From appointment booking to care navigation

What can patient's do

Check

Check surgery website

Seek

Seek help from pharmacy

Try and cancel

Try and cancel your appointment if no longer needed/unable to attend



Be kind!

Changes in
general
practice
since Covid-
19

Telephone calls

Text message

Video consultation

Certain processes streamlined

Care home support

Aligning a care home with a GP surgery

- Previously several GP practices might have patients in a particular home
- This created problems when home visits needed
- In the first weeks of covid, we aligned the local care homes with GP surgeries
- This improved relationships with the care home and made visiting more efficient and timelier

Weekly nursing team visit with daily support

The future



Continue to offer face to face



Need to adapt to changes in society



More online?



Access to your own record

In summary



Lots of challenges



Lots of changes



New team members



Significant improvements
introduced because of Covid-19

Any questions/comments?

Ageing Well series of Public Talks 2022/23- topics



- ***Are we prepared to live longer?*** (Jitka Vseteckova & Lyndsey Simpson & Catherine Pestano) **September 14th 2022**
- ***Taking control of dying*** (Barbara Gale & Victoria Hedges) **October 19th 2022**
- ***Memory and preserving Sense of Self while ageing*** (Jitka Vseteckova & Helen Joannidi & Ellie Broad) **November 16th 2022**
- ***Equality, diversity and inclusion in access and provision of care in health services*** (Carlos M Lequizamón) **December 14th 2022**
- ***General Practices 'COVID-19 and beyond'*** (Andrew Potter) **January 18th 2023**
- ***Living with diabetes and nutrition while ageing*** (Jitka Vseteckova & Alan Hastings) **February 22nd 2023**
- ***Relationships and couple intimacy while ageing*** (Andreas Vossler) **March 15th 2023**
- ***Lets' talk about sleep*** (Abi Methley) **April 19th 2023**
- ***Health Inequalities and Ageing*** (Sonal Mehta) **May 17th 2023**
- ***Ways to exercise and having fun at the same time*** (Jackie Richards & David Curry) **June 14th 2023**
- ***Ageing, later life and caring in LGBTQ communities*** (Joseph DeLappe & Tony Collins-Moore) **July 12th 2023**

Useful resources:

<https://ordo.open.ac.uk/account/home#/collections/5982802>
https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2021-22/5493216



The Open University

Series 2022/23 – 6. Living with diabetes and nutrition while ageing
February 22nd 2023

Summary of related resources to The Ageing Well Public Talk Series

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: '[Ageing Well Under Lockdown](#)'
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](#) -
- Vseteckova J (2020) Podcast - [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)
- Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)
- Vseteckova J, Methely A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)
- The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

Open Learn Resources:

- Vseteckova J (2020) **Ageing Well Public Talk Series** <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-well-public-talks>
- Vseteckova J (2019) **5 reasons why exercising outdoors is great for people who have dementia** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/5-reasons-why-exercising-outdoors-great-people-who-have-dementia>
- Vseteckova J (2019) **Depression, mood and exercise** https://www.open.edu/openlearn/health-sports-psychology/mental-health/depression-mood-and-exercise?in_menu=622279
- Vseteckova J (2019) **Five Pillars for Ageing Well** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-pillars-ageing-well>
- Vseteckova J (2020) **Ageing Brain** <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-brain-use-it-or-lose-it>
- Vseteckova J (2020) **Ageing Well Public Talks Series II. Plan for 2020 – 2021** <https://www.open.edu/openlearn/health-sports-psychology/health/ageing-well-public-talk-series-plan-2020/2021>
- Vseteckova J (2020) **Walking the Parks with The OU and The Parks Trust** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/keep-me-walking-people-living-dementia-and-outdoor-environments>
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) **Advance Care Planning (ACP)** - [Discuss, Decide, Document and Share Advance Care Planning \(ACP \) - Discuss, Decide, Document and Share - OpenLearn - Open University](#)

- Vseteckova J, Methley A, Lucassen M (2021) **The benefits of mindfulness and five common myths surrounding it** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it>
- Vseteckova J, Broad E, Andrew V (2021) **The impact of walking and socialising through 5 Ways Café on people living with dementia and their carers: A volunteer's perspective** <https://www.open.edu/openlearn/health-sports-psychology/health/the-impact-walking-and-socialising-through-5-ways-cafe-on-people-living-dementia-and-their-carers>
- Vseteckova J, Methley A, Lucassen M (2021) **The benefits of mindfulness and five common myths surrounding it** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it>
- Methley A, Vseteckova J, Broad E (2021) **Outdoor Therapy: The Benefits of Walking and Talking** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/outdoor-therapy-the-benefits-walking-and-talking>
- Vseteckova J, Methley a, Broad E (2021) **What happens to our brain as we age and how we can stop the fast decline** <https://www.open.edu/openlearn/health-sports-psychology/health/what-happens-our-brain-we-age-and-how-can-we-stop-the-decline>
- Methley A & Vseteckova J & Jones K (2020) **Green & Blue & Outdoor spaces** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-outdoor-green-and-blue-spaces>

- Vseteckova J, Methley A, Broad E (2021) **Understanding our memory** [What do we need to memory? - OpenLearn - Open University](#)
- Gale B (2022) **How can we prepare for death while ageing?** Ageing Well Public Talk Series <https://www.open.edu/openlearn/health-sports-psychology/health/valuing-death>
- Araya Y , Broad E, Vseteckova J (2022) **Engaging with our environment** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/engaging-our-environment-what-are-the-benefits>
- Vseteckova J (2022) **Pharmacotherapy while ageing** <https://www.open.edu/openlearn/health-sports-psychology/pharmacotherapy-while-ageing>
- Mehta S (2022) **Medicines and personalisation while ageing** [Medicines and personalisation while ageing - Open University](#)

COVID-19 related

- Vseteckova J, **How to age well, while self-isolating** (2020) <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/how-can-you-age-well-while-self-isolating>
- Vseteckova J, (2020) **SHORT FILM - Ageing Well in Self-Isolation** <https://youtu.be/LU4pXFgcGos>
- Vseteckova J, (2020) **ANIMATION - Keeping healthy in Self-Isolation** <https://youtu.be/M9yUC-MUugA>
- Vseteckova J et al (2020) **COVID-19 The effects of self-isolation and lack of physical activity on carers** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/the-effects-of-self-isolation-and-lack-of-physical-activity-on-carers>
- Taverner P, Larkin M, Vseteckova J, et al. (2020) **Supporting adult carers during COVID-19 pandemic** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/how-can-we-support-adult-carers-during-covid-19-pandemic-and-beyond>
- Robb M, Penson M, Vseteckova J, et al. (2020) **Young carers, COVID-19 and physical activity** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/young-carers-covid-19-and-physical-activity>
- Penson M, Vseteckova J et al. (2020) **Older Carers, COVID-19 and Physical Activity** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/older-carers-covid-19-and-physical-activity>
- Vseteckova J & Methley A (2020) **Acceptance Commitment Therapy (ACT) to help carers in challenging times** <https://www.open.edu/openlearn/health-sports-psychology/health/how-can-acceptance-and-commitment-therapy-help-carers-in-challenging-times-such-the-covid-19-pandemic>

'Ageing Well Public Talks' Series 2022/2023 repository on ORDO Collections

https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2022-23/5982802

'Ageing Well Public Talks' Series 2021/2022 repository on ORDO Collections

https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2021-22/5493216

'Ageing Well Public Talks' Series 2020/2021 repository on ORDO Collections

https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2020-21/5122166

'Ageing Well Public Talks' Series 2019/2020 repository on ORDO Collections

<https://doi.org/10.21954/ou.rd.c.4716437.v1>

OpenLearnCreate Course on 'Ageing Well' 2019/2020

<https://www.open.edu/openlearncreate/course/view.php?id=5016>

Home exercise no equipment – no problem *Blog*

<https://selsdotlife.wordpress.com/2020/04/01/home-exercises-for-older-adults-no-equipment-no-problem/>

Ageing Well series of Public Talks 2022/23



“Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing.

Come and join us for the series of public talks with the title “Ageing Well”



Dr. Jitka Vseteckova
Senior Lecturer, Health and Social Care



Venue: online webinars via Zoom, talks held 11AM-1PM



THANK YOU FOR SUPPORTING THE 'AGEING WELL PUBLIC TALK' SERIES

