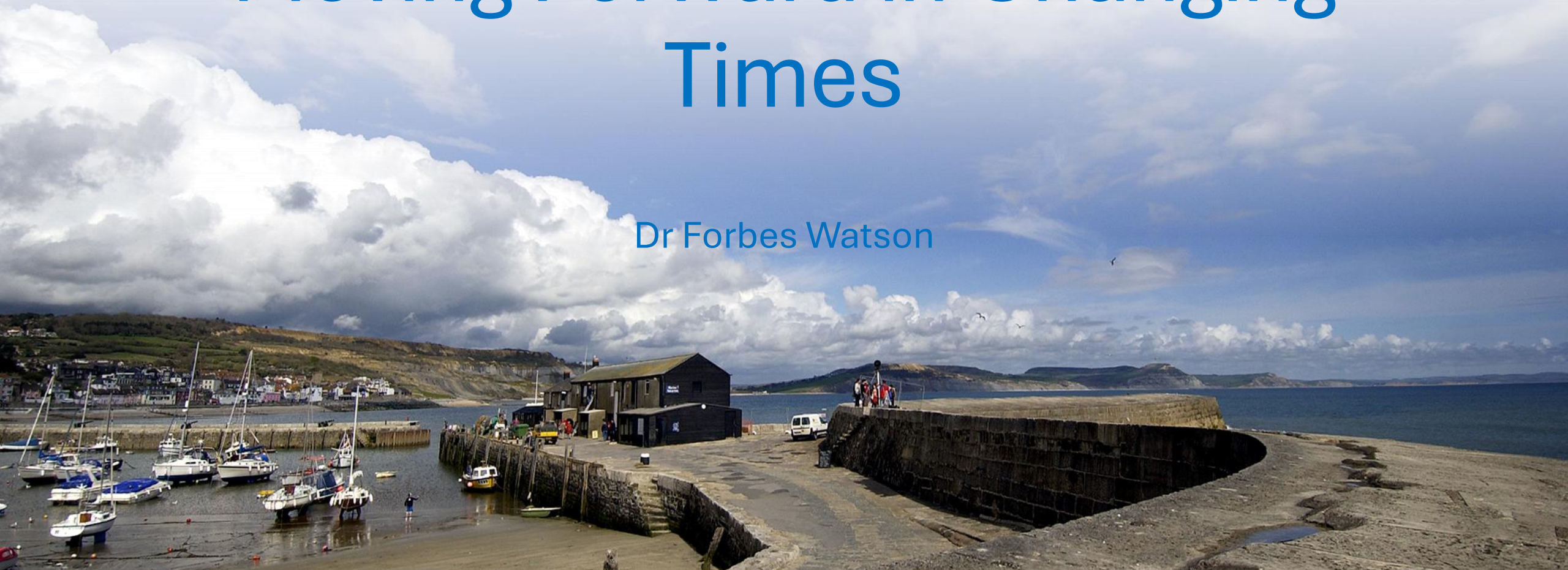
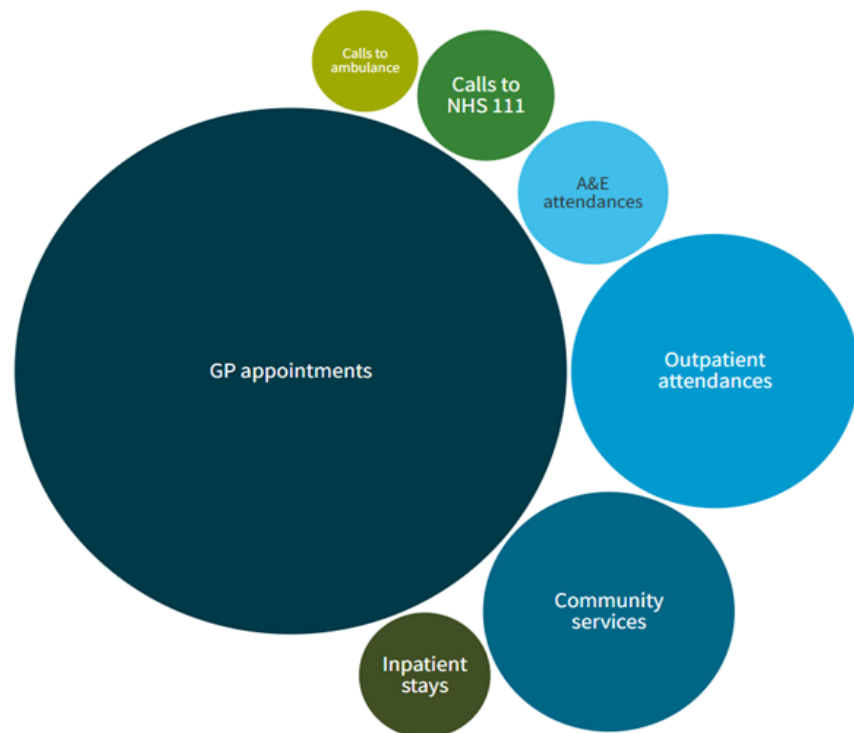


Moving Forward in Changing Times

Dr Forbes Watson





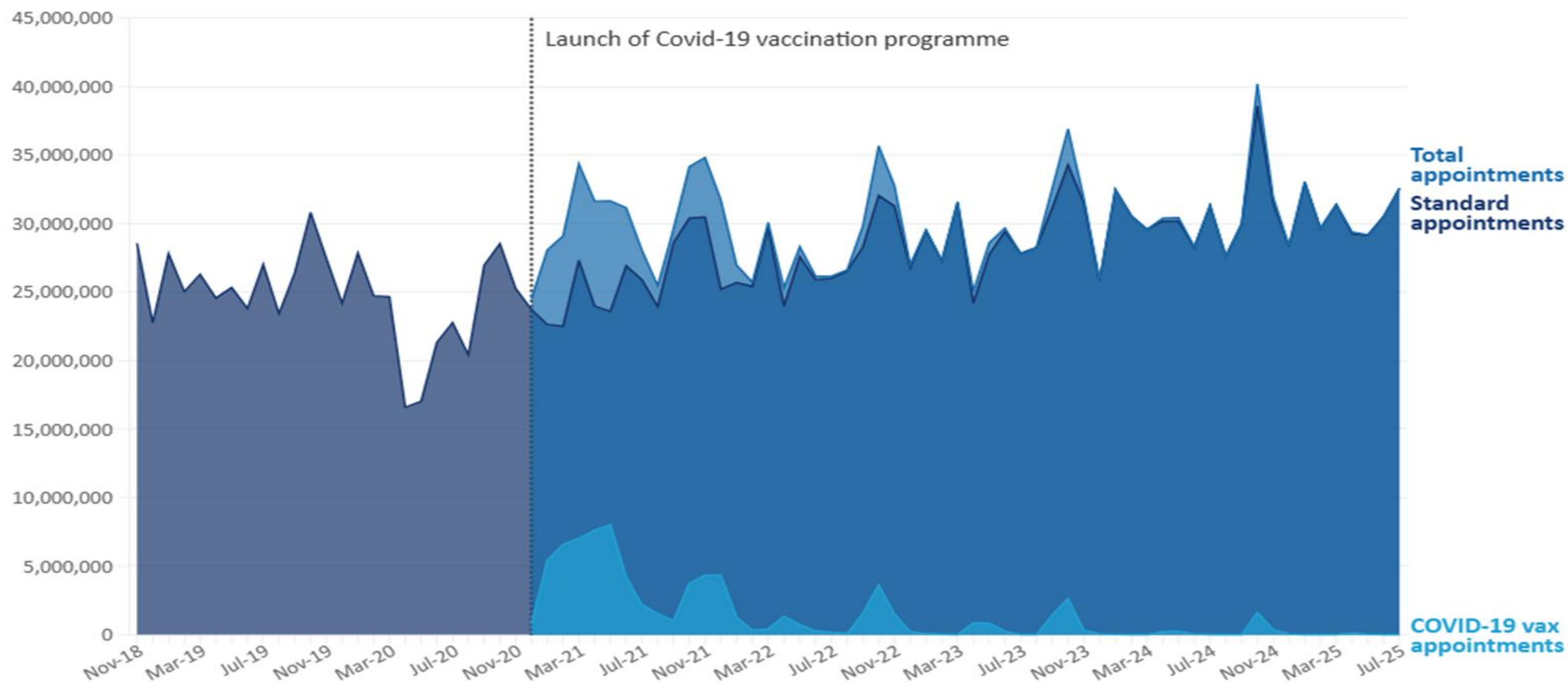
The most recent data available shows an estimated 600 million patient interactions with GP, community, hospital, mental health and ambulance services – 1.7 million contacts every day

Circle chart showing volumes of NHS activity - the largest circles are GP appointments, outpatient attendances and community services

Appointment levels are high

Appointments in General Practice including COVID-19 vaccinations

November 2018 to July 2025



Source: [Appointments in General Practice](#) • Total count of appointments refers to 'Estimated England total count of appointments' the dataset in which some estimates have been provided to account for missing data.

JULY 25 – Registered Population 63.82M

- Dorset Population 831,753
- Dorset General Practice 488,445 appointments
- Face to Face 318,954
- Same Day 39%

Lyme Regis and Charmouth

- Appointments 5281
- Medications Prescribed 8332
- Bloods Reviewed 6036

Workforce

- We have the equivalent of 1,086 fewer fully qualified full time GPs than we did in September 2015.
- Workload and work force retention are inherently interlinked.
- Each GP has 17% more patients
- 10.5% of the age under 40 GP workforce left the service in the 12 months to March 2023
- More GPs choosing to work reduced clinical sessions to manage workload



Additional Roles Reimbursement Scheme

Clinical Pharmacists
Pharmacy Technicians
Health and Well-being Coaches
Dieticians
Podiatrists
Paramedics
Nursing Associates:
*Bridging the gap between healthcare
assistants and registered nurses*
Occupational Therapists
First Contact Physiotherapists

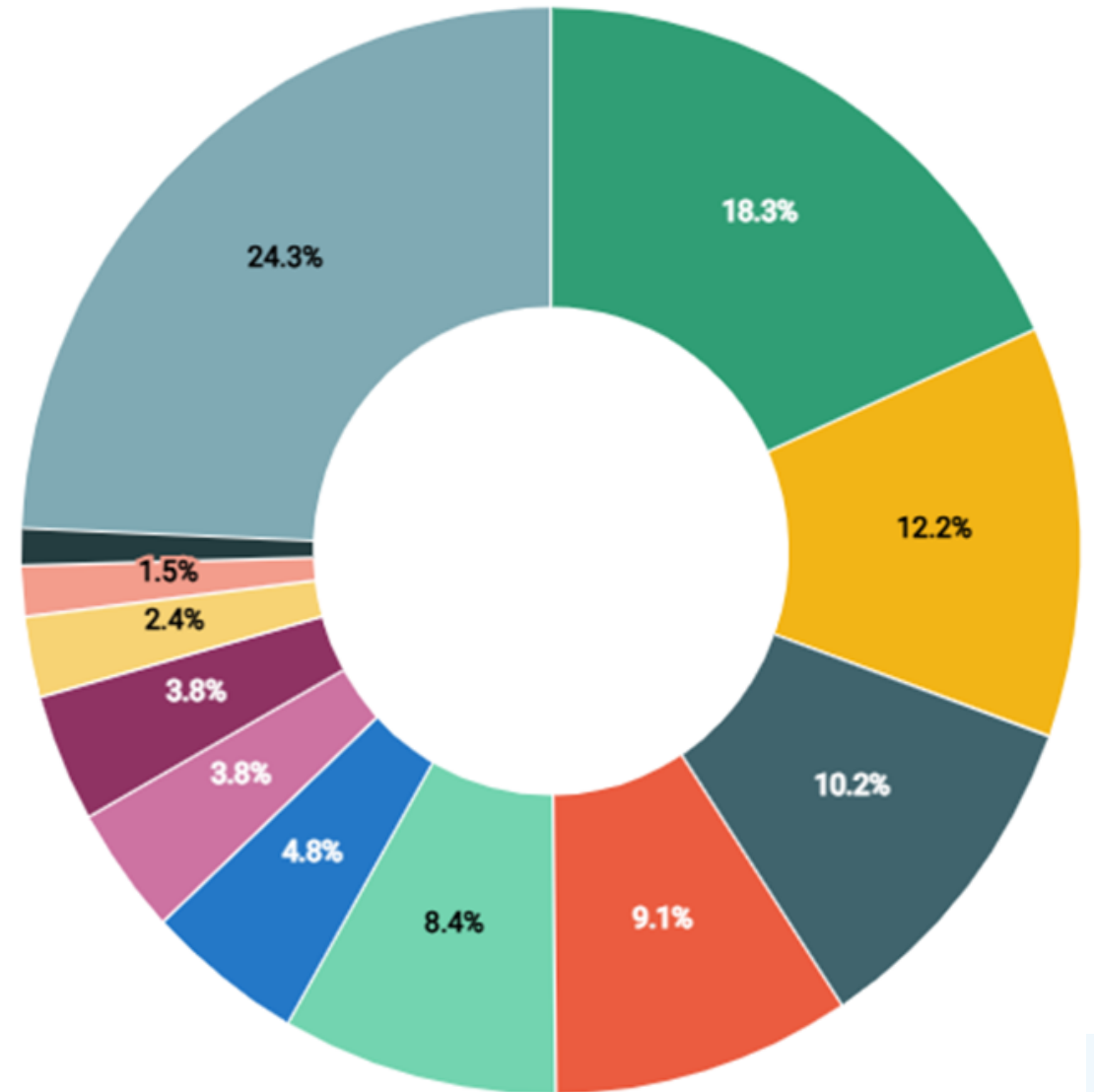
Care Co-ordinators
Physician Associates
Adult Mental Health Practitioner
Children and Young People's
Mental Health Practitioner
Trainee Nursing Associate
Social Prescribing Link Worker
General Practice Assistant
Digital and Transformation Lead
Advanced Practitioner
Enhanced Practice Nurse

Finance

Components of UK government spending in 2022–23

Total managed expenditure in 2022–23: £1,155 billion

- Health
- Social security (pensioners)
- Social security (working-age & children)
- Education
- Net debt interest
- Defence
- Transport
- Public order & safety
- Long-term care
- Housing & community amenities
- Overseas aid
- Other

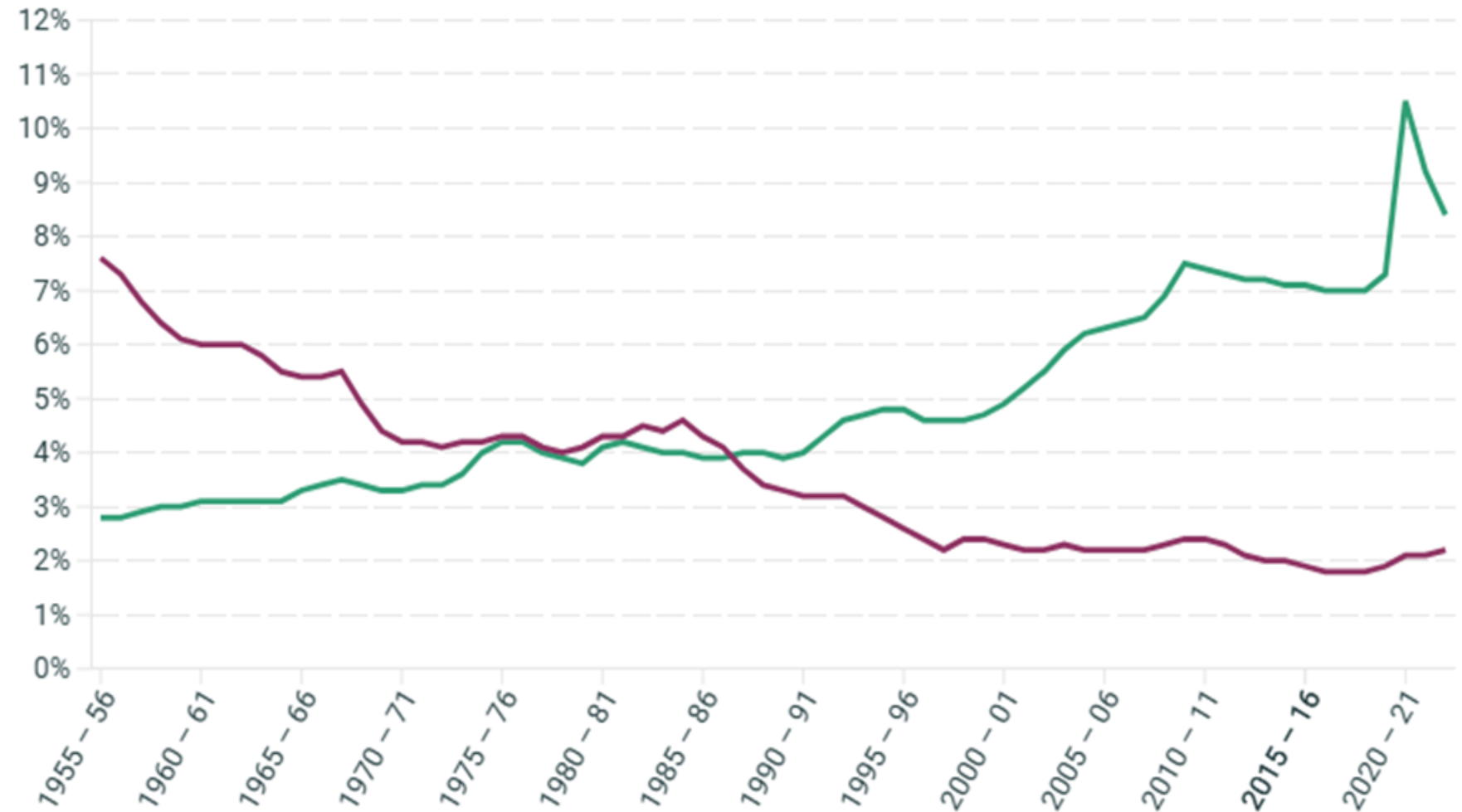


Public Service Spend

Health and defence spending as shares of GDP, between 1955-56 and 2022-23

Health Defence

Share of GDP



Population Demographic

Dorset's population is ageing, with significant social and economic implications for the area. In 2024-25, there were 341,700 economically active people in Dorset, out of a working age population of 450,300. Just 59% of the population in Dorset is currently of working age, compared with 63% for England, and by 2043, only 53% of people in the pan-Dorset area will be aged 16-64, compared with 59% for England. Meanwhile 25% are 65+ compared with 18% for England, largely due to the Dorset Council area demographic profile where already 30% of people are 65+. Dorset Council has the oldest age profile of all upper tier authorities in England and Wales.

Solution

- ?Finance
- ?Reduce the offer
- ?Prevention

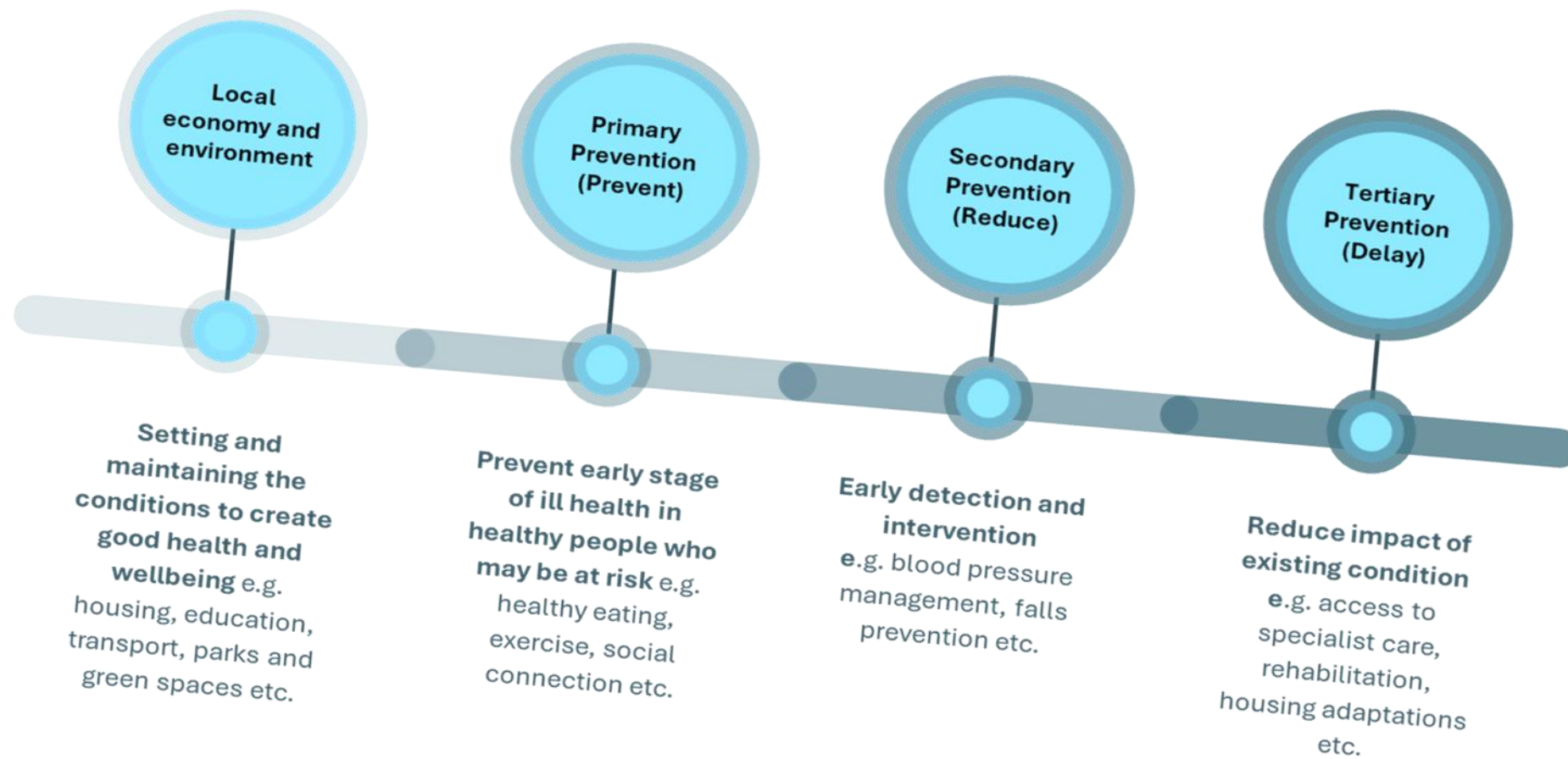
NHS 10 Year Plan: Fit For The Future

We will reinvent the NHS through 3 radical shifts:

- hospital to community
- analogue to digital
- sickness to prevention
- Deliver A Left Shift**



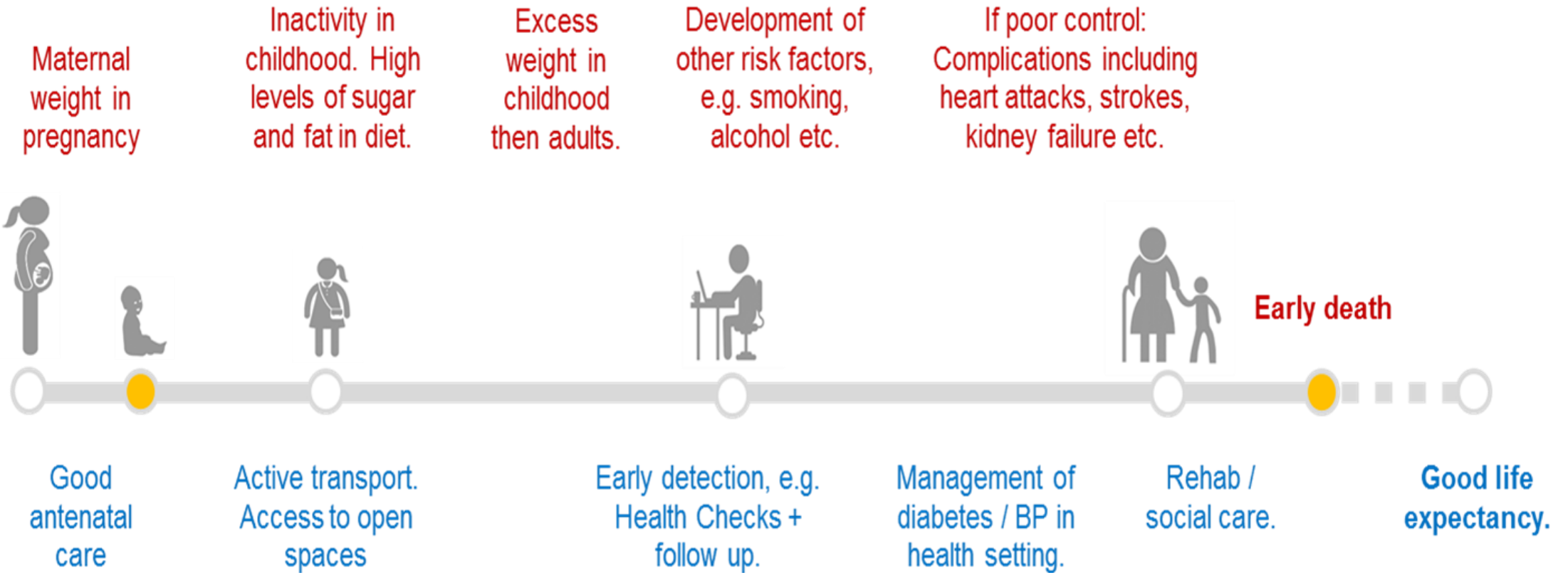
Working upstream





Understanding the natural history of a disease is essential to understanding how to prevent it.

Risk factors...

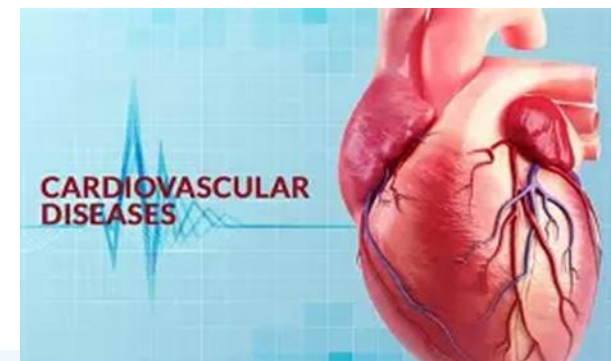
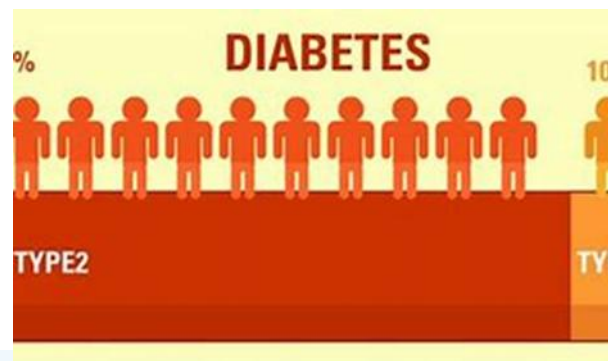
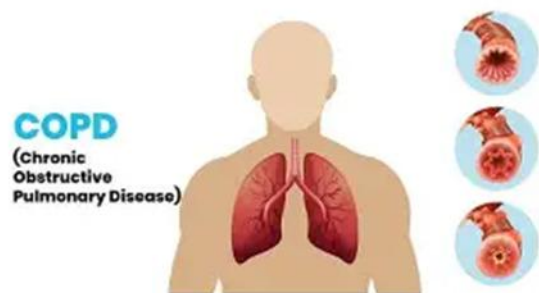


Protective factors...

Take Care of Yourself



Chronic Disease Overview



Overview of the session

- Diabetes & Pre-Diabetes
- Cardiovascular Disease
- Asthma & COPD
- Community Support / Self help options

Diabetes

Pre-diabetes

- Annual blood test

Type 1 – Managed by Secondary Care

- Annual Diabetes HCA appointment

Type 2 – Managed by Practice

- Annual review in birth month
 - Diabetes HCA appointment
 - Followed by review appointment with Nurse / Pharmacist

NHS Diabetes Education

- Pre-diabetes – Provided by Live Well Taking Control
- New to Type 2 Diabetes – provided by Community Specialist Nurse team
- Refocus - provided by Community Specialist Nurse team
- Monthly Support group – Bridport run by Social Prescribing

Cardiovascular Disease

Managed by Practice

- Annual review in birth month
 - HCA appointment
 - Followed by review appointment with Pharmacist

Asthma / COPD

- Annual questionnaire
- Asthma trained Nurse / Pharmacist review if required
- Specialist Respiratory Nurse for more complex needs



Community Support / Self help

Steps to Wellbeing – www.Steps2wellbeing.co.uk

Live Well Dorset – www.livewelldorset.co.uk

Social Prescribing – JCSocialPrescribing@dorsetgp.nhs.uk,

Access Wellbeing – **Drop in**, Woodmead Hall 11-3pm every Friday

BP and scales in the waiting room of the surgeries

Patient Access



Routine appointment

- Face to Face
- Remote GP access

E-Consult

- Online triage for non-urgent queries, response within 48 hours
- 8am – 6:30pm weekdays

‘On The Day’ Triage requests

- Telephone Triage with Nurse Practitioner
- Please call in the morning

Access Outcome

‘On the Day’ Triage & e-consult outcomes:

- Pharm-Refer
- On the day appointment (GP, NP, Nurse, Pharmacist, Physiotherapist)
- Routine appointment with appropriate clinician
- NP consultation on telephone

Vaccinations





Measles is circulating, it is serious, very infectious and can cause complications.

Especially for those with a weakened immune system, babies under one year and pregnant women.



You need **two doses of MMR vaccine** to protect you, see your **GP practice** to make an appointment.

It is never too late to have your MMR.

i mmunisation

the safest way to protect your child



MMR

The MMR programme:

- Measles – highly contagious and can be fatal
- 1: 10 under 5 have not had a full course of MMR in the UK
- Cases rising in UK as well as Europe
- New changes to schedule - those born on or after the 1st July 24 will be offered a vaccine at 12 months and 18 months old
- From Jan 26 there will be a combined MMR with chicken pox



If you're at least 28 weeks pregnant or aged 75 to 79, you can get your free respiratory syncytial virus (RSV) vaccination here

RSV - Respiratory Syncytial Virus

- RSV is a leading cause of infant mortality and in older adults it can cause pneumonia
- Getting an RSV infection can make your symptoms worse if you have lung condition such as COPD
- You can book a vaccine if you are 75-79 or turned 80 after 1st Sept 24
- Pregnant women should be vaccinated through antenatal services but if not can request an appointment



UK Health
Security
Agency



Eligibility for shingles vaccine

Aged
70-79 years?

Everyone aged between 70 and 79 years is eligible for the shingles vaccine up to 79 years of age.

If you are 65 on or after 1 September 2023 you are also eligible for your shingles vaccine.

If you have a severely weakened immune system you will be eligible for shingles vaccine from 18 years of age.

Protect yourself from the pain of shingles – speak to your GP surgery about having your vaccine today!

immunisation

Having your routine vaccines is important to give you the best protection.

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Shingles

- Shingles is a common condition, sometimes it can lead to serious complications, it is more likely to cause serious problems if you are older or have severe weakened immune system.
- The vaccine helps reduce the chance of getting Shingles and complications from the illness.
- The vaccine Shingrix is now available for patients turning 65 on or after 1st September 2023.
- Those severely immunocompromised 18 years and above from the 1/9/25 will be offered 2 doses of Shingrix, which is not a live vaccine.

Immunisation

helps to protect your baby when they need it most

Immunisation helps to protect your baby
against 17 diseases


See your GP, health visitor or
practice nurse for details

immunisation helping to protect everyone, at every age



Childhood immunisations

- From the 1st July 25 there have been changes made
- This is due to Meningitis B, the peak age of the infection has shifted from 5-6 months to 1-3 months
- The movement of Pneumonia vaccine, avoids increasing the amount of injections at 12 weeks

A circular inset image showing a young man and woman smiling and looking at a smartphone together. The woman is in the foreground, wearing a red top, and the man is behind her, wearing a white t-shirt. They are outdoors, with a body of water and buildings in the background. The image is framed by a green background with black arrows pointing towards the circle.

**HPV can affect
anyone in their
lifetime. Help
protect yourself from
high-risk HPV cancers**

**Let's
stop HPV
cancers
together**

Human papillomavirus vaccination

- HPV is a common virus, it is linked to increasing risk of certain cancers
- The HPV vaccine is offered to 12-13 year olds
- In Primary Care there is a catch up campaign until March 2026 to invite those 16 years and over who missed the vaccine
- Smears are changing to a 5 yearly recall.



Get your free NHS flu jab if you're eligible

Do all you can to
keep yourself well
during winter.





- Vaccination is the most effective way to prevent disease.
- As a practice we are offering appointments through texts, letters, phone calls and emails. We would encourage patients to call the Practice if not offered an appointment.
- We have set up Flu and Covid vaccination appointments on Saturdays and in the weekdays. Eligibility for Covid has changed for the Autumn Campaign
- This year we have included the Pneumonia vaccine to be given with the flu vaccines for the 65-74 year olds.
- We try to make every contact count and offer and ensure vaccination is offered at every opportunity.

Any Questions