



# Powering Progress

Tom Holdsworth







*“Looking back, immediately in front of us is dead ground. We don't see it, and because we don't see it this means that there is no period so remote as the recent past.”*

- Over 34000 new staff
- Over 50M additional appointments
- New roles and new skill mix
- New ways of working
- Renewed focus on populations, health inequalities, proactive care
- 34% population still satisfied with GP (BSA survey 2023)
- 71.3% of patients rated their overall experience of their GP practice as good (Patient survey 2023)





The Scale of the Challenge



# WHO – Primary Care

- Primary health care is a whole-of-society approach to effectively organize and strengthen national health systems to bring services for health and wellbeing closer to communities. It has 3 components:
  - Integrated health services to meet people's health needs throughout their lives
  - Addressing the broader determinants of health through multisectoral policy and action
  - Empowering individuals, families and communities to take charge of their own health.
- Primary health care enables health systems to support a person's health needs – from health promotion to disease prevention, treatment, rehabilitation, palliative care and more. This strategy also ensures that health care is delivered in a way that is centred on people's needs and respects their preferences.
- Primary health care is widely regarded as the most inclusive, equitable and cost-effective way to achieve universal health coverage. It is also key to strengthening the resilience of health systems to prepare for, respond to and recover from shocks and crises.



# The Work of Primary Care

As understood by primary care

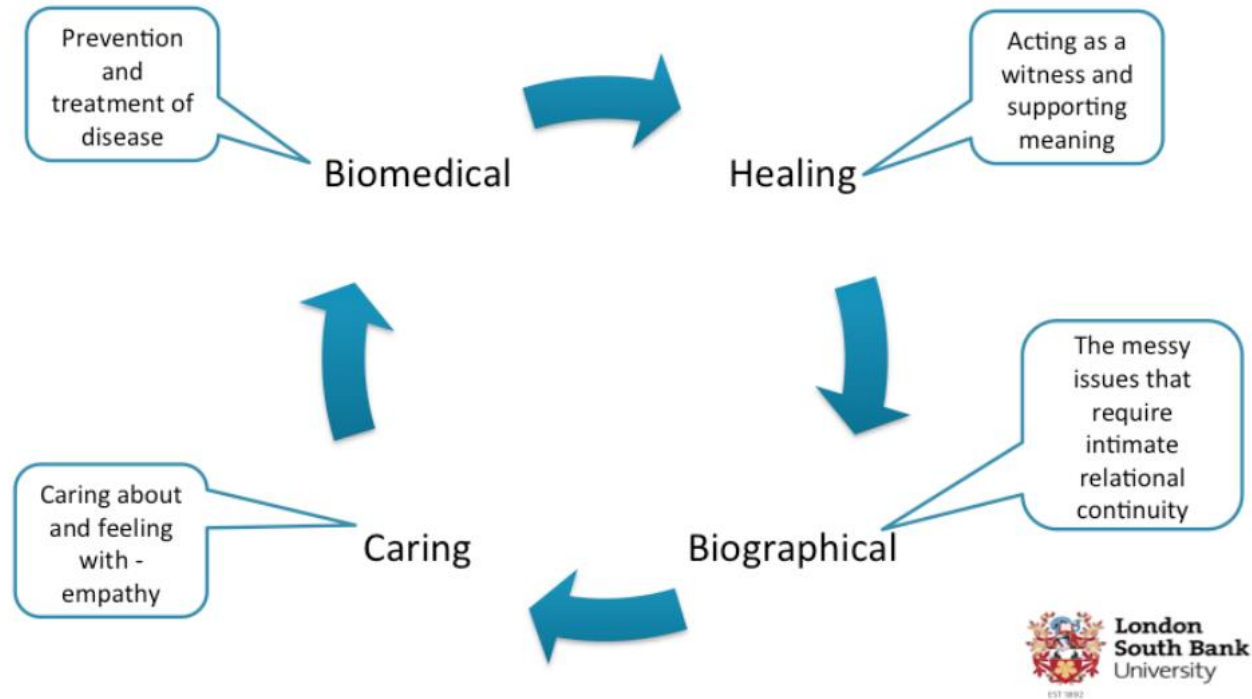
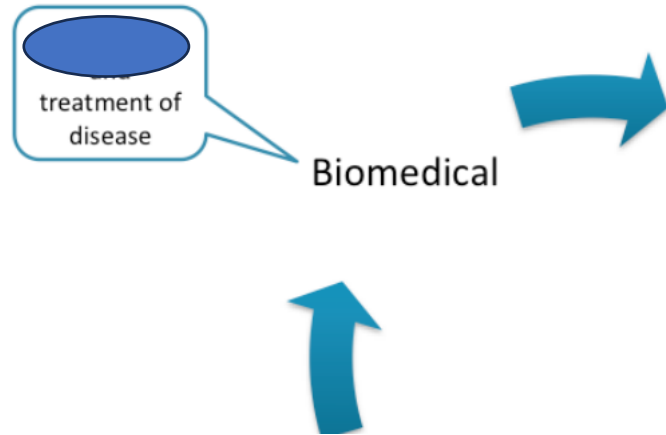


Fig2: The practitioner as synthesiser of the four aspects in working with the body, mind, emotions and spirit of the whole person (Pratt 1995)

# The Work of Primary Care

As understood by the wider system







Problems with purely  
biomedical/transactional  
approach

What  
matters...

To you

To your patients

To the system



# What matters to me

The team as the lowest effective unit of delivery of healthcare

Keeping people healthy (not just treating disease)

Looking after the whole of our population

Influencing the causes of ill health

Engaging people in their own health



“Modern General Practice”



# Some Questions to ask yourself:

How does this apply to my practice/PCN/ population?

Who else do I know who might be interested in this?

How could I start the discussion with my practice/PCN?

Who would I need to 'win over'?

What would be the first step?

Whats in my control?

What other ideas has this presentation sparked?

