



Welcome

***Group Consultations
The Great Paradigm shift***

***Alison Manson
Group Consultations
National Training Lead***

Who are you?

- Doctor
- Nurse
- Pharmacist
- Dietician
- Manager
- Other
- PATIENT ?

Have you ever participated or seen a Group Consultation?

- Yes – I have delivered a Group Consultation
- Yes – I have attended a Group Consultation
- No – But I have heard of it
- No – I have never heard of it

What do you think of the idea?

A Fantastic

B Has potential / Looks promising

C Unsure of it

D Don't like the idea

What we will cover

Understand what we mean by the term Group Consultation

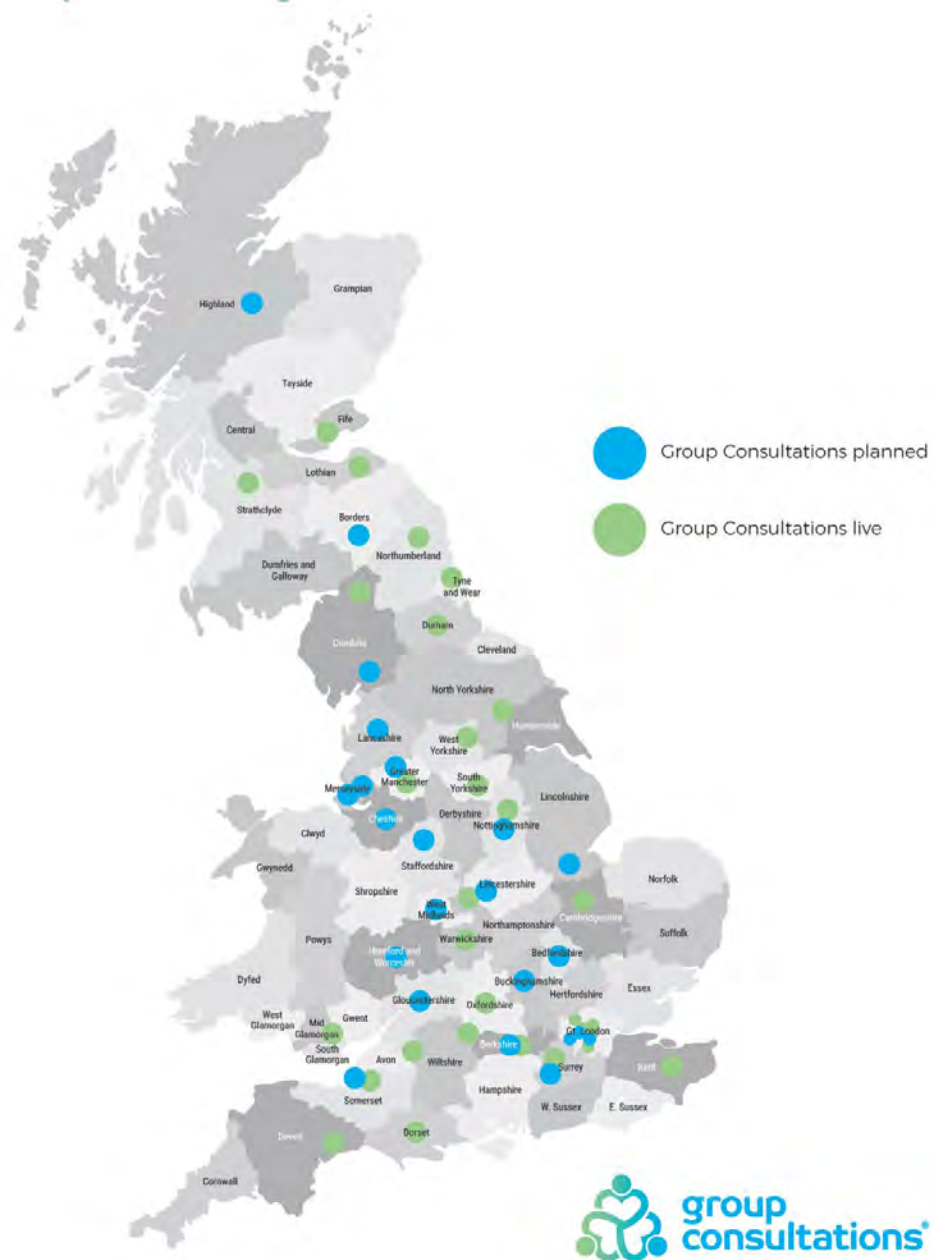
Look at how Group Consultations help us to support people living with LTC's

Hear from colleagues who are delivering Group Consultations

The patient's experience of Group Consultations

Answer any questions you may have

The journey so far



- LTC reviews – diabetes/COPD/asthma
- Extended access
- Children & young people reviews / specialist care
- Chronic pain
- Rheumatology / MSK
- Mental health
- Antenatal care / Health visitor reviews
- Lifestyle & prevention
- Orthopaedics
- Menopause
- Renal dialysis / transplantation

REALISTIC MEDICINE

CAN WE:

 <p>CHANGE OUR STYLE TO SHARED DECISION-MAKING?</p>	 <p>BUILD A PERSONALISED APPROACH TO CARE?</p>
 <p>REDUCE HARM AND WASTE?</p>	 <p>REDUCE UNNECESSARY VARIATION IN PRACTICE AND OUTCOMES?</p>
 <p>MANAGE RISK BETTER?</p>	 <p>BECOME IMPROVERS AND INNOVATORS?</p>



Our lead collaborators



Dr Rob Lawson

British Society of Lifestyle Medicine (BSLM)
Chairman & GP

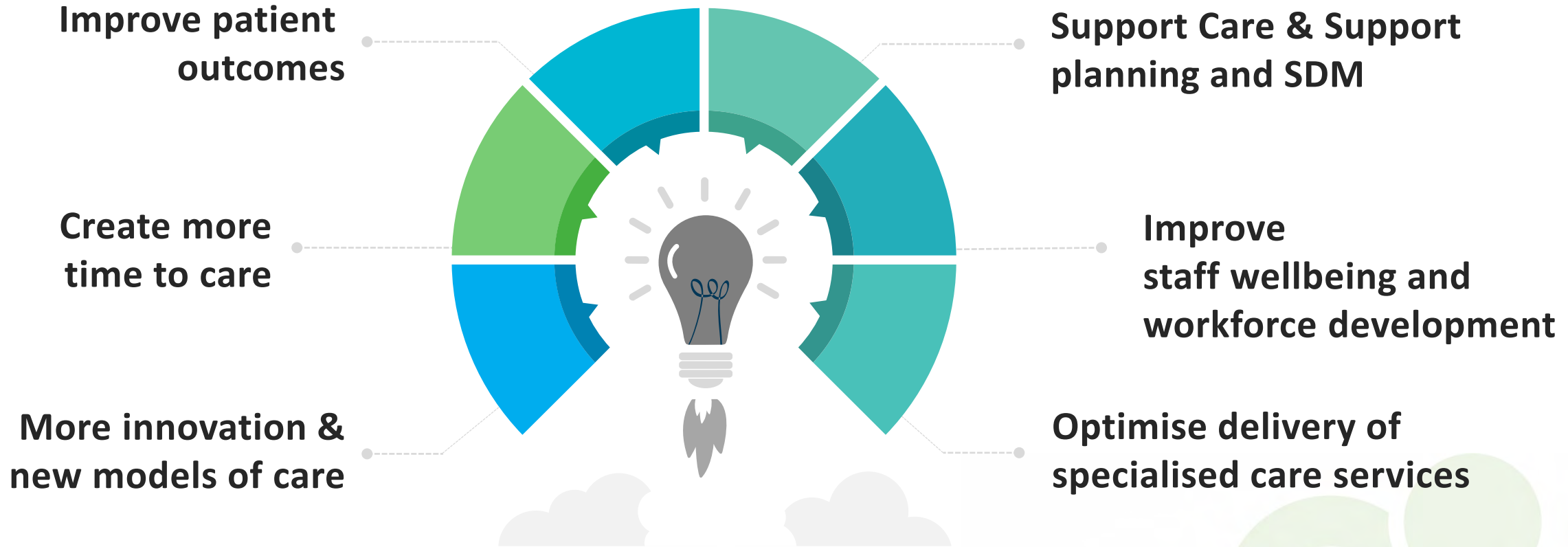


Dr Fraser Birrell

Consultant Rheumatologist
Group Consultations Academic Lead

Practice
UNB  **UND**

Why we need Group Consultations



A solution to the NHS workforce crisis

Why we need Group Consultations

Delay per specialty	In weeks
Gastroenterology	114
Dermatology	57
Ear, Nose and Throat	34
Gynaecology	14
Diabetes	11

Why we need Group Consultations

Long term conditions	In UK
2013 self-reported	36% adults LTC 20m
3 or more LTC	2.9 million people
GP Appointments	50%
OP Appointments	64%
IP bed days	70%
Cost	70% of health budget (£126bn)
Prescribed med	£17.4 bn

The Lifestyle Challenge



Food for thought

- **Between 40-90% of chronic disease** (lifestyle related disease) **is preventable**
- **80% of General Practice workload is due to lifestyle related disease**

Alert nomenclature: Chronic Disease=Lifestyle Related Disease=Non Communicable Disease

Group Consultations are ...

1:1 clinical consultations

delivered in a **supportive** peer group setting

60 – 90 mins long

with the clinician present for around **half** the time

Consultation with around 10-15 people

with a **similar** condition or set of clinical problems

Supported by

a Group Consultations facilitator

Clinician

Doctor; nurse; pharmacist or other health care professional

Peer to peer support

at the same time as your one-to-one consultation



An alternative way to deliver high quality personalised routine care

Group Consultations are NOT ...



Stand alone
patient
education
programmes



Self help
or
peer support
groups



Although Group Consultations may deliver similar benefits



Remember

A one-to-one consultation actually takes place within the group setting replacing routine 1:1 appointments

Evidence Across Life

Pregnancy



- ↑ Knowledge
- ↑ Satisfaction
- ↓ Low birth weight
- ↓ Preterm births
- ↓ Maternal depression
- ↓ Maternal obesity
- ↓ Cost

Ages 0-2



- ↑ Clinical efficiency
- ↑ Uptake of 2-year review

Ages 2-18



- ↑ 3 month waiting list eliminated in first quarter
- ↑ 900-1800% clinical efficiency
- ↑ High satisfaction
- ↑ Embedded as pathway default
- ↑ MDT follow up groups

Adults



Diabetes:

- ↑ Knowledge & confidence to self manage
- ↓ Hypertension & HbA1c
- ↑ Clinical efficiency – >300%

Renal:

- ↓ Hospital admissions
- ↑ 95-100% patient & carer satisfaction
- ↑ 350% efficiency = £400k estimated annual savings

Elderly

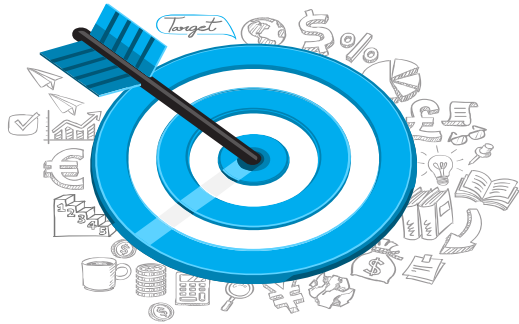


- Affected by multimorbidity
- ↓ Admissions
- ↓ Costs
- ↓ Medicines
- ↓ Incontinence
- ↑ Satisfaction
- ↑ Self-efficacy
- ↑ Quality of life

Healthcare System Benefits

Efficiency gains (clinician time)

NESTA found that consultants applying group clinics in outpatient settings saw 15 patients in the time it had previously taken to see 9; a 40% productivity gain.



Lower care and societal costs

Seager et al estimated annual savings of 65.1% from group bariatric surgery clinics; Miller et al found reduced costs for patients with LTC, sustained at 2 years.

Reduced bed days

Jones et al found a 50% reduction in psychiatric bed days at 6 months; an impact sustained at 2 years; Ickovics et al found babies whose mothers had group antenatal care needed fewer neonatal intensive care bed days.

Reduced A&E use & emergency admissions

Compared to usual care, Croydon psychiatrists saw a 30% reduction in A&E admissions; Clancy et al found reduced A&E attendances in type 2 diabetes with LTC had fewer emergency admissions.

Reduced waiting times

Kaider-Person et al found compared to usual care, group clinics reduced waiting times for new and follow up patients. Oehlke found that group clinics reduced waiting times from 3 months to 3 weeks.

What does a Group Consultation look like

Group consultations are
1:1 clinical consultations
in a supportive group setting

A Diabetes Case Study

Daniel Smith, 47 years old

- NHS Health Check
- Attends for blood test results
- Type 2 Diabetes
- BMI 34 – Obesity
- Eats “Normal diet” – few pints in the pub
- Physical Activity - None
- Low in mood
- Marital Problems

10 minute GP consultation

- T2 Diabetes
- Obese
- Referred to course – 3.5 hours
- Advised about exercise
- Offered counselling

10 minute GP consultation

- I'm going to die
- I'm fat
- I've got to go to fat camp
- I have to eat less
- I'm lazy
- Counsellor ☹️



90 minute Group Consultation

- T2DM can be reversed
- 1/3 people are obese
- Other people have exactly same problems
- There are loads of foods I like that are really good for me
- I don't need to go to a gym to be fit
- Can be Rx Viagra on NHS



6 months later...



12 months later...



Dr Alex Maxwell



Dr Emily Symington



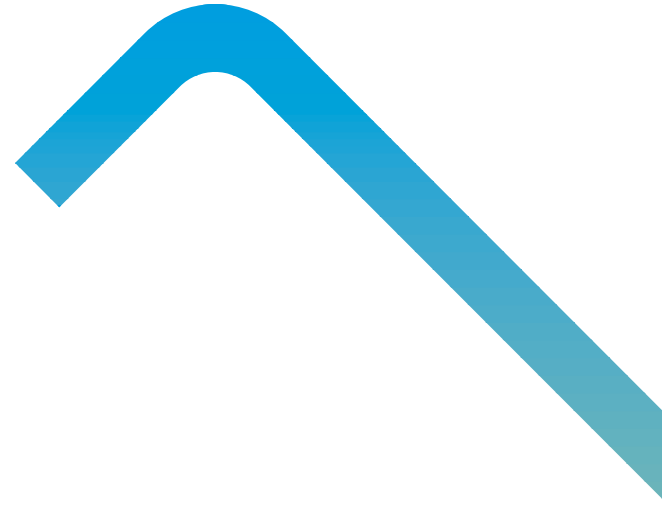
A GPN Perspective



Benefits of Group Consultations

NTS AND
FAMILIES

CLINICIANS



JOINT
BENEFITS



What matters to people living with long term conditions?



More time with clinician
& focused on what
matters to them



Feel more confident
to self care



Connected with people
with similar conditions
or challenges



Systematically
followed up



What percentage of patients, do HCP's think feel involved in decision making around their condition?

A – 100%

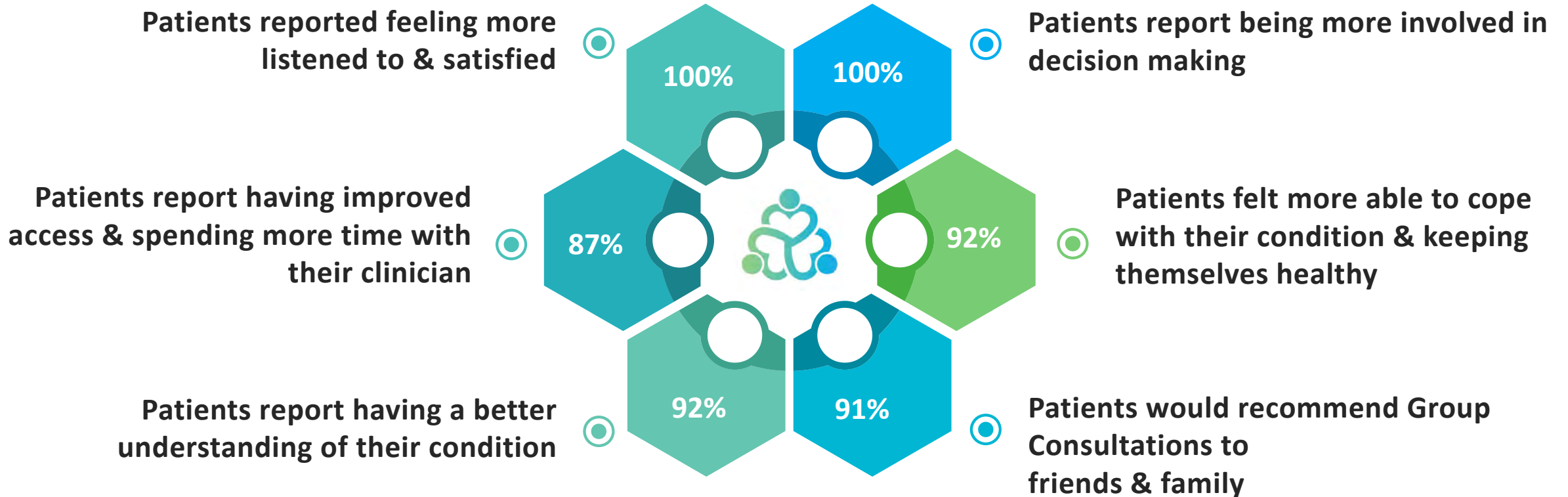
B – 85%

C – 50%

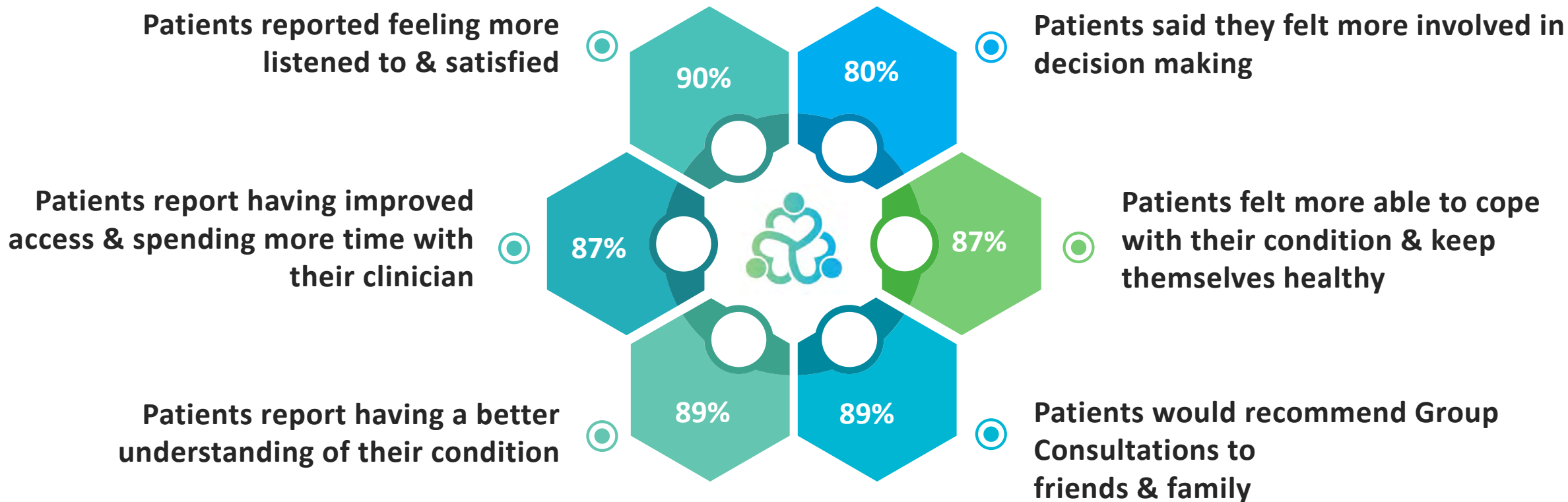
D – 20%

What % of patients ACTUALLY feel involved in decision making around their condition?

What patients living with diabetes told us about their Group Consultations experience. (community)



What patients living with told us about their Group Consultations experience (primary care)



Lets Hear what patients are saying





97%

**Patients Prefer
Group
Consultations**



Refreshing way to deliver care



Patients do better



High quality care delivered more efficiently **300% -900%**

Critical success factors:

making group consultations work at scale

Strong practice leadership;
whole team buy in



Effective planning and organisation;
team focus on the 'Why'



Designing a group consultations that ticks
the boxes



A strong patient recruitment strategy



Following best practice,
including defined roles
and responsibilities



Finding and booking out
the room



Common Mistakes

- Not following best practice
- Not having a trained facilitator, clearly defined roles or team approach
- Not securing required support for your programme including:
 - Admin support and budget
 - Team buy in
 - Materials and training
- 'Jumping in' - Premature launch of poorly designed programme
- Delivering Group Education and NOT Group Consultations

Group Consultations

A blended learning approach

E learning with online resources

Peer support

Face-to-face workshops
Optional

Implementation support

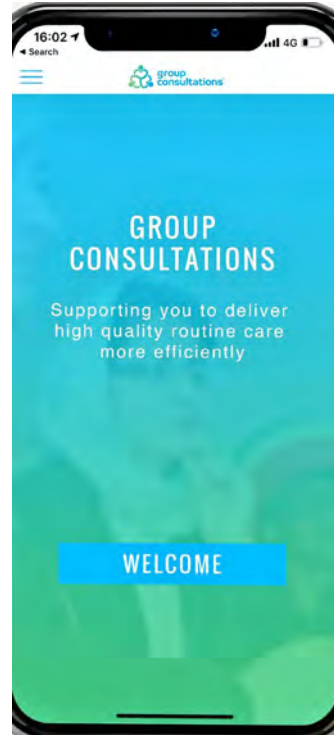
Facilitator accreditation
(BSLM)

Impact dashboard



proud to be a GP

Questions ?



Download our app

Or contact

alison@groupconsultations.com

What do you think of the idea now?

- A Fantastic
- B Has potential / Looks promising
- C Unsure of it
- D Don't like the idea