



PPS: a primary care perspective

Dr Dave Tomson FRCGP

Collingwood Health Group, CCG locality director, Freelance consultant in patient centred primary care, and co founder **SDMAGICNORTH** 
Making good decisions in collaboration



Summary – the Challenges

- ▶ 30 years and Mind and Body are no closer in the culture, the language, in health education, in service structures, in buildings, in professions and in delivery!
- ▶ Primary care providers (including 111, drop in centres, A /E departments, out of hours etc) see the vast majority of presentations and are inadequately equipped in understanding, language and skills when it comes to PPS
- ▶ Vast majority of specialists are poorly equipped in understanding, language and consulting skills when it comes to PPS
- ▶ We have a tiny number of (wonderful !) specialist services
- ▶ Clinicians worry far more about missing 'structural diagnoses' than ever they do about 'functional diagnoses'



Some steps forward?

- ▶ The new sciences (neuro-endocrino-biology etc), new tools PETscans etc and new collaborations are providing some new ways of thinking and talking about PPS
- ▶ Functional disorders need parity of esteem with structural disorders – but of course all disorders are mixtures of structure and function
- ▶ We need to move Upstream –investing in the skills and language and understanding of primary care providers and then even further - investing in skills and language and understanding of everyone
- ▶ Move to make positive diagnoses of functional disorders
- ▶ We need language and explanatory models for clinicians



Tentative grounds for some optimism

- ▶ Primary care providers, particularly '**generalist**' GPs are in an excellent position to both identify and work with people who have functional disorders
- ▶ Despite every thing that is happening to commodify and atomise care, the GP practice is still a place of much **mutual trust** and **ongoing long-term relationships** between patients and clinicians – ingredients crucial to work on PPS
- ▶ Health care policy, organisation and delivery is riven through with tensions and paradoxes at present. The possibility of **closer integration between specialists and generalists**, and the possibility of consulting in **longer time frames** are two potential developments that could help with our started agenda of integration.