



The flexible recruitment of additional roles has given us the chance in Whitley Bay to do things differently in General Practice by looking at the needs of our local population and creating a skill mix within the multi-disciplinary team (MDT) that will serve them best.

In Whitley Bay, we have a range of new roles within Primary Care. **Please note that not all roles are available in all the surgeries.**

- **First Contact Physiotherapists** can provide specialist advice for joint and muscle problems.
- **Clinical Pharmacists** provide a whole range of medicines related services within the practice, for example specialist advice on medication queries, medication reviews and improving blood pressure and cholesterol treatment.
- **Pharmacy Technicians** ensure that medication requests are processed in a safe and timely manner and changes to medication on advice from hospital is actioned.
- **Frailty nurses and Frailty Care Coordinators** provide quality care into our local care homes and frail patients in their own homes. Amongst many activities, this team support with the development of care plans and provides a post discharge follow up service.
- **Care Coordinators** help people with highly complex needs to manage their health and care services. Co-ordination can eliminate unnecessary appointments, procedures and tests and patients feel more empowered and actively engaged in their treatment.
- **Mental Health and Wellbeing Coaches** support patients from 5 years upwards with mental health needs, e.g. low level anxiety and depression, stress, sleep issues, panic, low self esteem and anger management.
- **Physicians Associates** provide additional capacity to see patients with minor illness and injury and may review patients with long term conditions.
- **Early Cancer Diagnosis Care Coordinators** supports practices to maximise uptake and patient participation in cancer screening programmes and to support patients diagnosed with cancer and their families through the cancer journey.
- **Social Prescribing Link Workers** offer advice and signposting to support patients with non-health related issues that are impacting on their mental or physical wellbeing. They know about local benefits and debt advice providers, food banks, employment projects and befriending services.
- **Trainee Nursing Associates** work alongside the multi-disciplinary team gaining knowledge and skills to enable them to identify any social/ personal needs required. the role bridges the gap between a support worker and a registered nurse, providing a workforce for future healthcare.

More information on expanding the Primary Care workforce can be found on the [NHS England website](#)

