

# Primary Care Occupational Therapy: Innovating Preventative Health in East Lothian

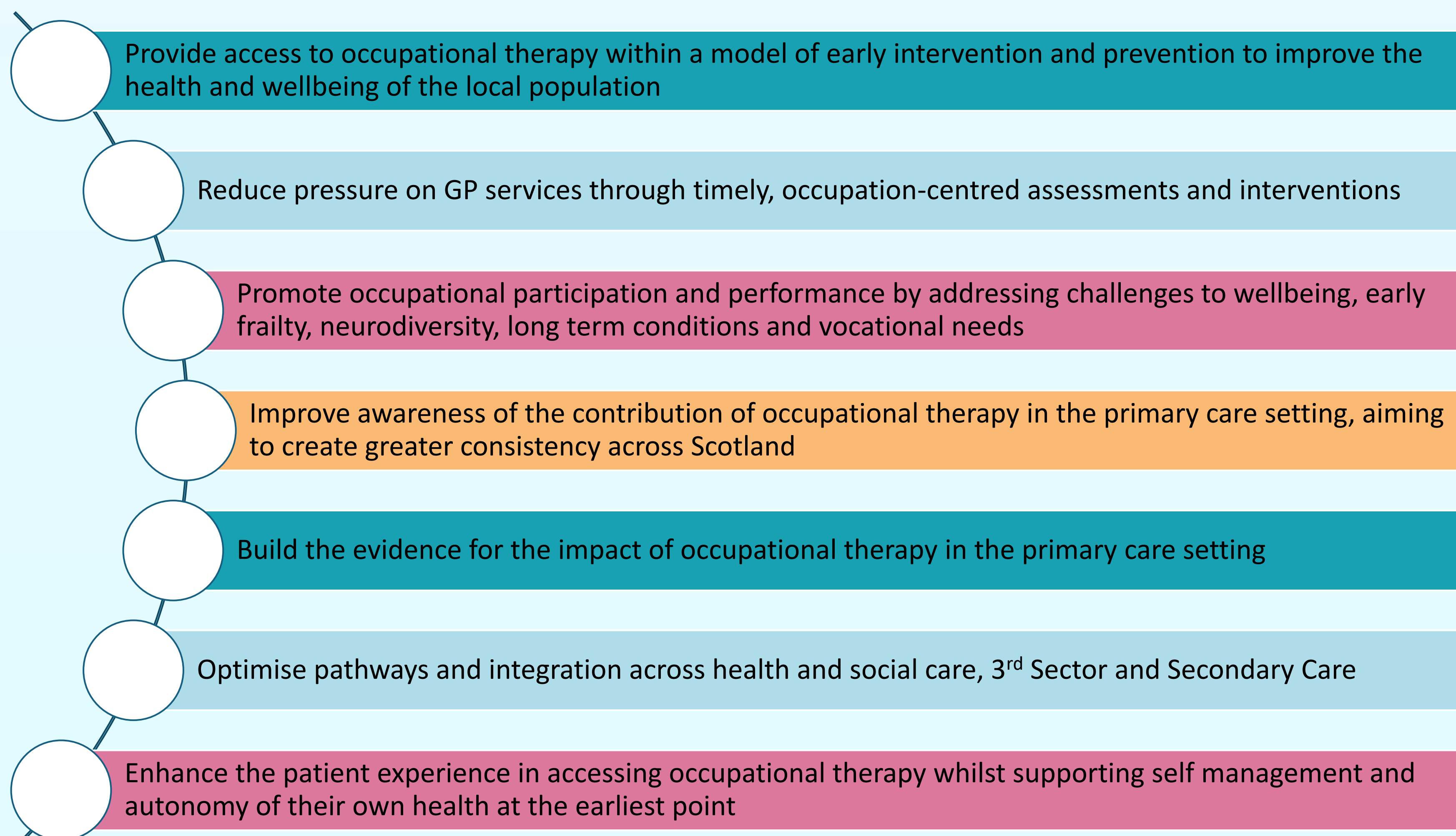
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## Introduction:

In 2024, East Lothian Rehabilitation Service introduced a new Primary Care Occupational Therapy (PCOT) model within two GP practices. This initiative responded to increasing demand on primary care and aligned with national policy drivers for prevention, early intervention, and improving population health. Occupational Therapy assessment and intervention targeted those experiencing difficulty engaging in chosen occupations due to early frailty, those with long term conditions and neurodiversity, aiming to improve health and wellbeing, reducing pressure on GP services.

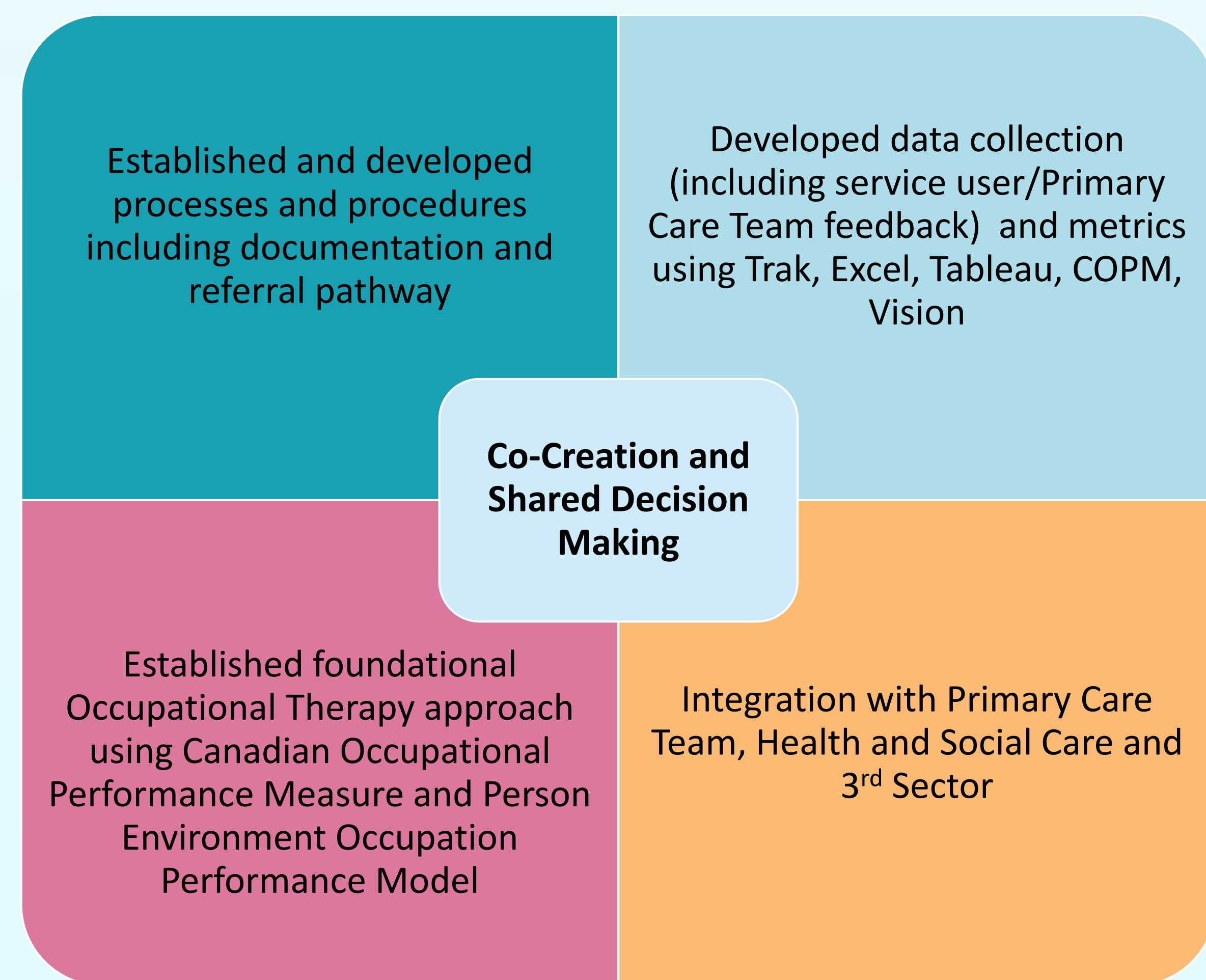
## Aims:

To strengthen preventative person-centred care, improving wellbeing and occupational performance by promoting self-management and shifting the trajectory of an individual's health care journey:



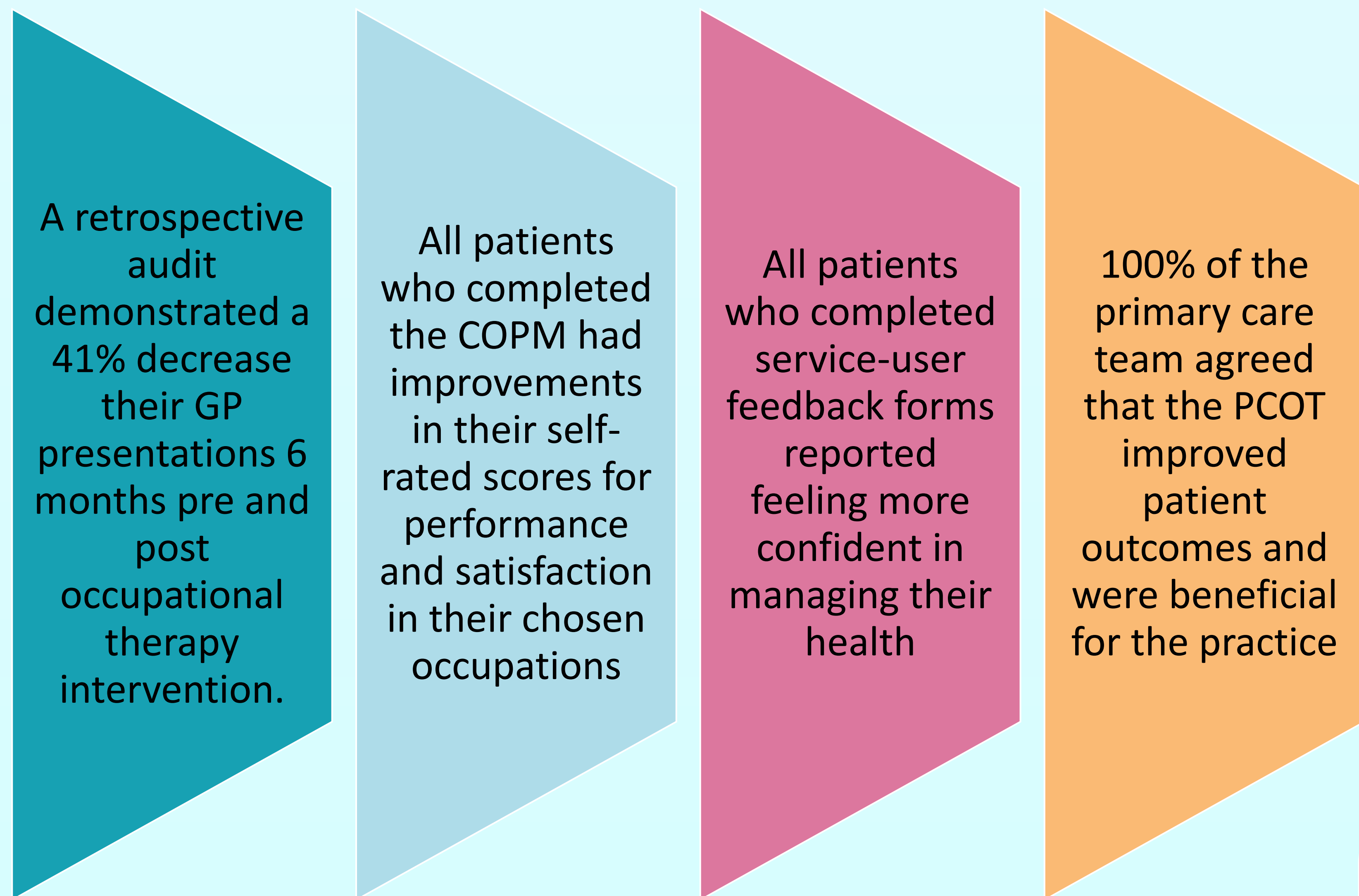
## Methods:

The model placed an Advanced Practitioner Occupational Therapist (APOT) directly within two identified GP practices:



## Outcomes/Results:

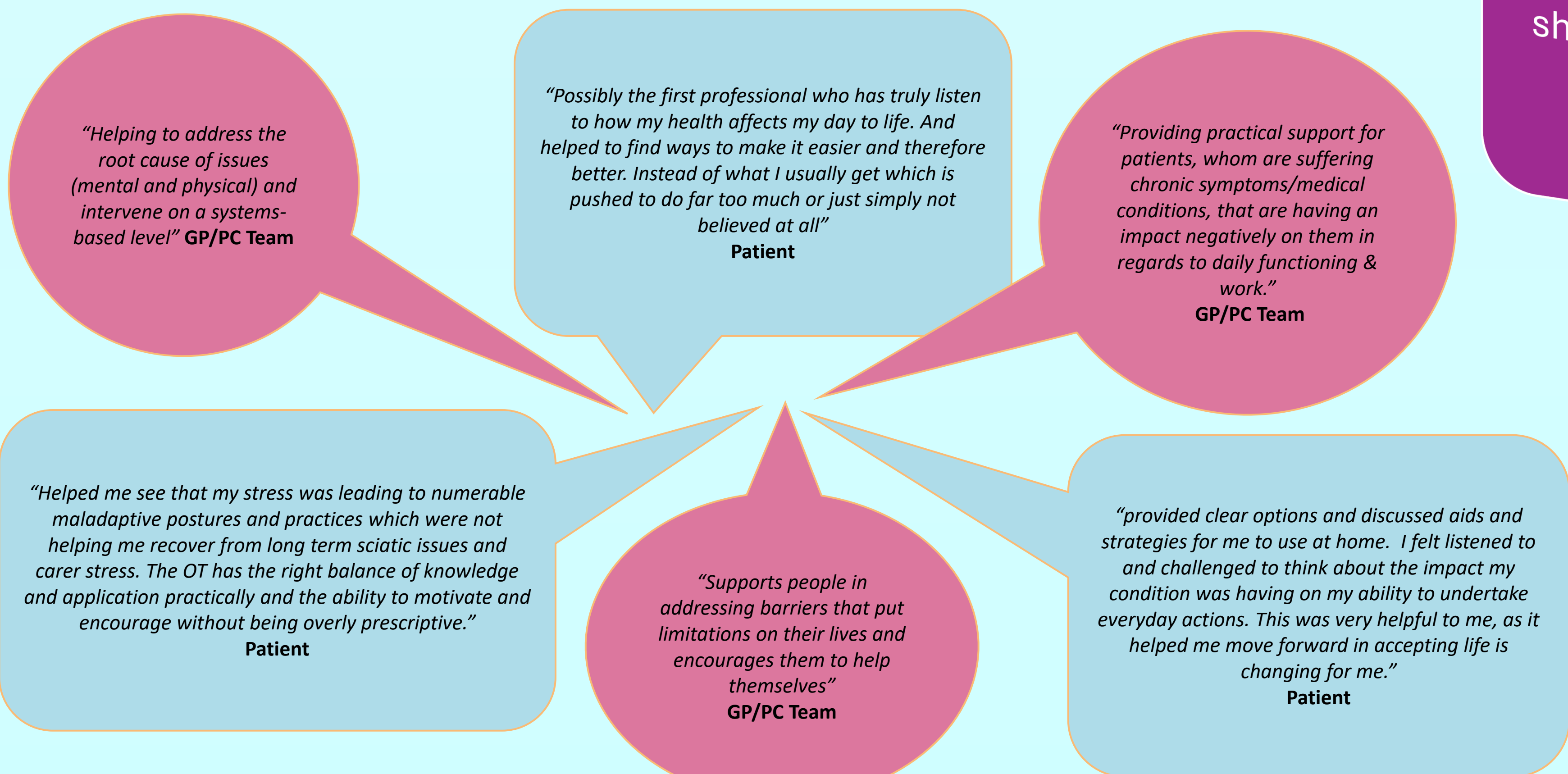
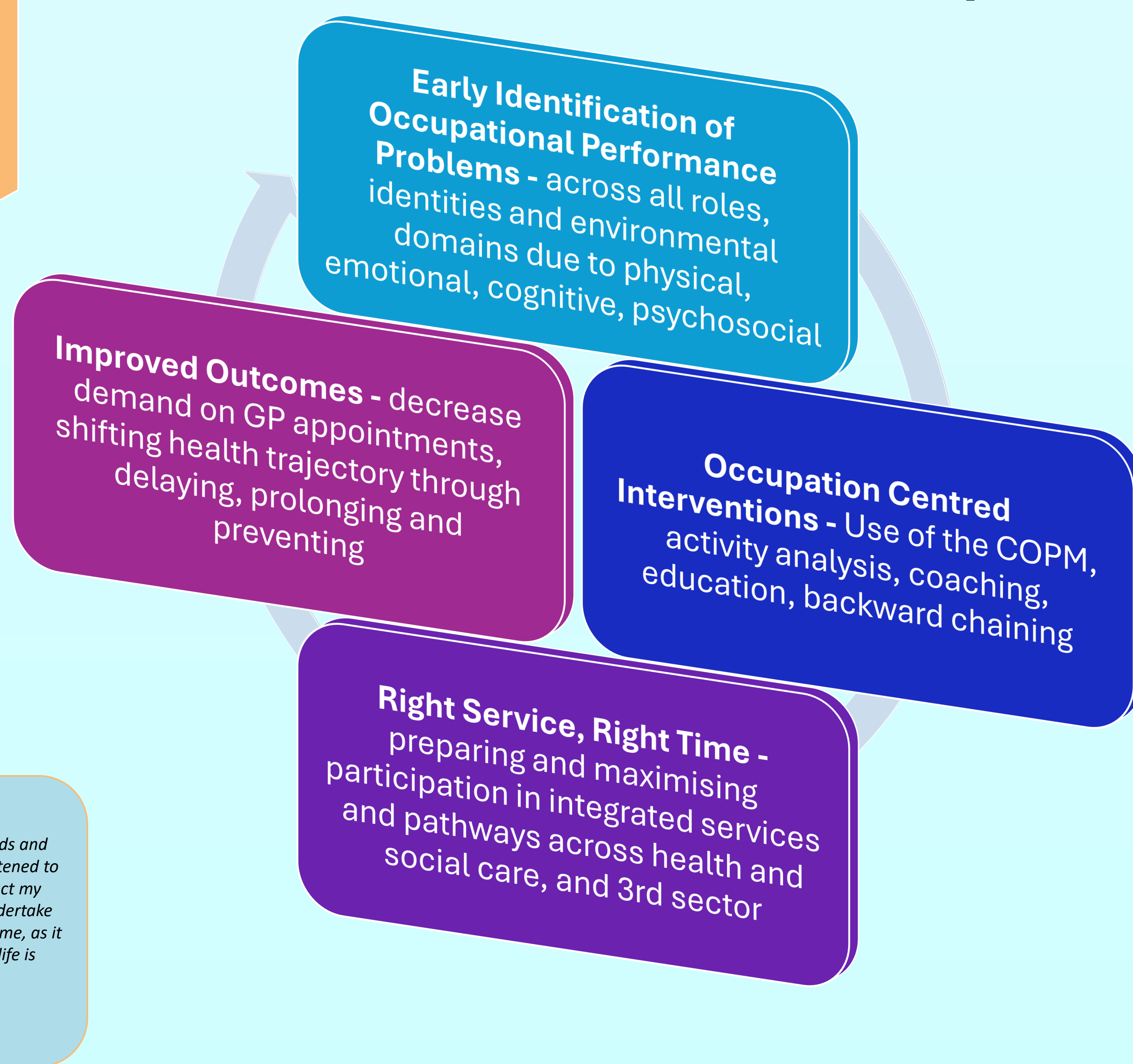
A total of **270** patients were seen across the year, resulting in:



## Additional Learning

- Demand across all age demographics.
- Ability to engage appropriately in line with health literacy
- Address occupational performance irrespective of diagnosis
- High numbers with multiple co-occurring health conditions
- Improved communication, reduced duplication, and enhanced person-centred care.
- Core OT approaches included coaching, advocacy, education, functional rehabilitation, and active engagement.

## The PCOT Preventative Care Loop



## Conclusion

The PCOT model demonstrates that embedding occupational therapy within primary care enhances preventative care, reduces pressure on GP services, and supports people to manage their health more confidently. This collaborative, scalable model aligns with Scotland's ambitions for early intervention, improved population health, and sustainable primary care. This approach enables the provision of therapeutic support that positively influences health outcomes at the earliest possible stage.