



Frequently asked questions.

What is an FCP?

A first contact practitioner (FCP) is an experienced physiotherapist who has the advanced skills necessary to assess and diagnose patients in a Primary Care setting. They can recommend appropriate treatment or referral for musculoskeletal (MSK) physiotherapy, imaging, or further investigations. They will often prescribe exercise and postural advice.

Who can see an FCP?

Any patient who is over the age of 16, reports a new MSK problem or a 'flare up' of an existing problem and is generally feeling well otherwise and reporting no other medical concerns at the time.

Sano have created an easy-to-use guide to quickly identify which patients would be appropriate for an appointment with an FCP

What happens in an appointment with an FCP?

The FCP service is designed to provide patients with a one-off appointment where their MSK problem is managed. Patients will be given self-management advice or referred onwards where required. Although the FCP's are physiotherapists they are working in a diagnostic capacity and will not carry out any physiotherapy treatment.

Why should patients with MSK problems see an FCP instead of their GP?

The short answer here is, to reduce the strain on NHS resources and provide rapid access to expert MSK practitioners.

Various case studies have proven that using FCPs can improve many of the challenges the current GP referral system entails. This includes reducing waiting times, improving quality and speed of treatment and recovery, facilitating self-management, reducing inappropriate referrals to secondary care and reducing GP workload and lessening the strain on NHS services.

**For any further advice, guidance or training please contact your
Sano FCP Clinical lead.**