

Theme 1 'Disease and illness' sub-theme 'mental health' examples

Topics	Suggestion examples
Children and young people	<ul style="list-style-type: none"> • Mental health services in children and adolescents • How can primary and secondary care better work together to care for children and young people with mental disorder, ranging from ADHD to anorexia nervosa. • Improving mental health services. There has been a huge increase in maternal mental health and child and adolescent mental health issues since the Covid 19 pandemic.
Management	<ul style="list-style-type: none"> • Development of mental health support for those with mental wellbeing difficulties presenting to primary care and being managed in primary care- support worker for self-help and counselling etc • Proactive management of anxiety and mental health - aiming to audit and address this growing unmet need within primary care. • Management plans. Social, spiritual, mental health, where and how you would like to die.
Access	<ul style="list-style-type: none"> • Improved access to mental well-being support • Mental health provision • Availability of mental health services for adults
Covid-19	<ul style="list-style-type: none"> • The impact of isolation to people's mental wellbeing during Covid • Deterioration in the mental health of people with Autism and learning difficulties during Covid
MDT	<ul style="list-style-type: none"> • Issue - lack of AHP particularly OT in primary care. Patients with mental health problems or complex comorbidity who do not meet the criteria for secondary care services cannot access OT services until they become very unwell. Goes against early intervention. • Why there are not more funded training places for people to deliver psychological interventions, i.e. psychologists, when demand greatly outweighs number of spaces currently available, and waiting lists are enormous.
Remote consultations	<ul style="list-style-type: none"> • Mental health services, particularly remote access
Self-care	<ul style="list-style-type: none"> • Eating well for your mental health
Early intervention	<ul style="list-style-type: none"> • Early access to mental health services in the community
Medication	<ul style="list-style-type: none"> • Inappropriately long durations of antidepressants
Carers	<ul style="list-style-type: none"> • The impact on the mental health of unpaid carers. Who is caring for the carers? What percentage of carers die before the cared for?
Equity	<ul style="list-style-type: none"> • The effect on the mental health of people who rely on charities to do their weekly shop

Theme 1 'Disease and illness' sub-theme 'Covid-19' examples

Topics	Suggestion examples
Management	<ul style="list-style-type: none">• Post Covid what the primary care consulting model will look like and how patients will be triaged in the future with potential infections• Long Covid and its issues for patients- what should services look like to support these patients?• Interventions in the community for post-Covid care IT - suggested assessments or interventions especially managing risk etc.
Lived experience	<ul style="list-style-type: none">• Living with long Covid'• Post Covid symptoms – long-term recovery and support
Mental health	<ul style="list-style-type: none">• Long term effects of Covid-19 on anxiety, depression, especially in young people• Mental health - impact of Covid on patients
Vaccination	<ul style="list-style-type: none">• Long term side effects of Covid immunisation and the overall effect – how often will we need a vaccine and what's the longevity of the antibodies?

Theme 1 'Disease and illness' sub-theme 'long-term conditions' examples

Topics	Suggestion examples
Management	<ul style="list-style-type: none">• Management of long-term conditions• Disparity over how we deliver long term condition management and how that affects outcomes• Long term condition monitoring, does it improve morbidity and mortality? If so, for which conditions and what is optimum review interval and requirements'
Self-care	<ul style="list-style-type: none">• Self-care of long-term conditions• Supporting patients living with long term conditions to take control of them with support from health care professionals
Remote consultations	<ul style="list-style-type: none">• Remote consultant in long term condition management• Use of remote consultation on management of long-term chronic conditions as this group have a high DNA rate for face to face appointments
Prevention	<ul style="list-style-type: none">• Primary prevention of long-term conditions. What would really work in the real world

Theme 1 'Disease and illness' sub-theme 'obesity' examples

Topics	Examples
Prevention	<ul style="list-style-type: none">• Better resources and treatments for prevention of obesity, once a patient has gained significant weight very difficult to remove and sustain.
Management	<ul style="list-style-type: none">• Weight management/exercise• Obesity management strategies that are accessible for all

Theme 1 'Disease and illness' sub-theme 'diabetes' examples

Topics	Examples
Prevention	<ul style="list-style-type: none">• Diabetes and Obesity at all ages. More needs to be done about healthy eating and life style• Type 2 Diabetes - lifestyle management & prevention of disease or disease progression
Medication	<ul style="list-style-type: none">• Cost benefits of GLP-1 receptor activators• Effects of lifestyle v drugs for Diabetes and CV disease and how to effectively deliver these
Lived experience	<ul style="list-style-type: none">• Pre-diabetes and progression to type 2 diabetes and the patients experience and what they feel could have been done differently

Theme 1 'Disease and illness' sub-theme 'dementia' examples

Topics	Examples
Management	<ul style="list-style-type: none">• Dementia service / resource• Alternatives to 24hr large group residential settings vs group houses or entire dementia communities to allow safeguarding and independence
Lived experience	<ul style="list-style-type: none">• Experience of persons with Dementia / L Disability in Inpatient acute care
Early intervention	<ul style="list-style-type: none">• Implementation of OT services for early intervention for people with a dementia diagnosis• More timely diagnosis and access to dementia support. Dementia assessment and treatment to be separate from Mental Health services.
Carers	<ul style="list-style-type: none">• Support for carers

Theme 1 'Disease and illness' sub-theme 'frailty' examples

Topics	Examples
Management	<ul style="list-style-type: none">• With an ageing population, a continued long-term strategy to address falls and fragility from cradle to grave• Approaches to frailty and last-years-of-life trajectories.
Mental health	<ul style="list-style-type: none">• Impact of COVID/Isolation on mental health within the frail elderly population
Early intervention	<ul style="list-style-type: none">• Early intervention for prevention in frailty
Lived experience	<ul style="list-style-type: none">• Frailty of people living in own homes

Theme 1 'Disease and illness' sub-theme 'addiction' examples

Topics	Examples
Management	<ul style="list-style-type: none">• The role of Occupational Therapy within addiction, recovery and treatment teams
Medication	<ul style="list-style-type: none">• Supporting people with alcohol and drug issues and polypharmacy
Lived experience	<ul style="list-style-type: none">• Recovery from Addictions
Mental health	<ul style="list-style-type: none">• Mental health services including drug and alcohol and children's services.
Early intervention	<ul style="list-style-type: none">• The effect of early intervention (beyond Brief Intervention) on those identified with harmful drinking levels - preventing progress onto Hazardous drinking

Theme 2 'Access' sub-theme 'availability and presence of services' examples

Topics	Examples
Provision	<ul style="list-style-type: none">• Primary care access to psychological therapies and counselling Access to primary care services• How to build in sustainable service developments, particularly that can become community assets• Management of mental health and service availability
Care closer to home	<ul style="list-style-type: none">• Access to services in the community/ more funding for community-based hubs• Transfer of services to primary care so that care can be delivered closer to patients' homes, do centralised services such as care and treatment services improve patient care?• Impacts on rural communities in accessing healthcare with redesign to hub healthcare

Theme 2 'Access' sub-theme 'utilisation and service barriers' examples

Topics	Examples
Accessing healthcare professionals	<ul style="list-style-type: none"> • Access to nurse and GP appointments • Easy access for patients to GPs and other health professionals. Some may find it difficult to get appointments • Easier access to Medical Professionals' 'Patient access to the wider multidisciplinary team and breaking down barriers that are stopping this
Organisational barriers	<ul style="list-style-type: none"> • Patient access to GP face to face appointments • How to improve harder to reach patients accessing health services • Far better transport access to hospitals, either public or NHS
Waiting times	<ul style="list-style-type: none"> • Waiting times • Quicker access to primary care input to prevent escalation to secondary care services • What impact does a 2 year waiting list for psychological therapy have on mental health patients? • Impact of reduced time with the GP and longer waiting times on health outcomes
Patient understanding and expectations	<ul style="list-style-type: none"> • 'First contact physio service- need to improve patient understanding • Access to services - how to reduce inappropriate demand to improve available provision
Out of hours	<ul style="list-style-type: none"> • 7 day access to GP surgeries
Accessing during pandemic	<ul style="list-style-type: none"> • Impact of access challenges in immediate phase 1 of Covid on diagnosis of chronic conditions e.g. depression
Health literacy	<ul style="list-style-type: none"> • Addressing health literacy to improve outcomes

Theme 2 'Access' sub-theme 'relevance and effectiveness of services' examples

Topics	Examples
Right service	<ul style="list-style-type: none">• How mental health services are meeting the needs of patients within primary care• How Primary care become more responsive to the needs of the community• Effects of 'long Covid' on patients and access to effective treatment• Evaluation of impact of changes to patient engagement with GP practices (including different models, like care navigation, GP first triaging etc
Right time	<ul style="list-style-type: none">• Access to early intervention on Mental Health concerns before they worsen• Triage to improve access to the right the person at the right time• How can we improve care for the housebound (who now often end up with reactive care from random professionals

Theme 2 'Access' sub-theme 'equity' examples

Topics	Examples
Access for all	<ul style="list-style-type: none">• Ensuring that services are accessible, acceptable, available and high quality, in line with a rights-based approach to ensuring that services support our shared right to the highest attainable standard of health• Unwarranted variation in care and medicines use across Scotland
Rurality	<ul style="list-style-type: none">• The numbers of people living rurally, with no access to a car and miles from the nearest GP practice and the effect on their mental and physical health
Deprivation	<ul style="list-style-type: none">• Communication poverty to improve accessibility, participation and citizenship

Theme 3 'workforce' sub-theme examples

Sub-theme	Examples
Recruitment and retention	<ul style="list-style-type: none">• Encourage GPs in primary care• Staff shortages in district nursing
Training and development	<ul style="list-style-type: none">• Sharing of best practice and protocols for routine work• Sensory awareness and communication training for all primary care service staff
Workload	<ul style="list-style-type: none">• Looking at pay/ employment rights/ annual leave of all practice nurses across Scotland and standardising it• The patient contact workload of GPs and impact on GP workforce and safety
Mental health	<ul style="list-style-type: none">• Supporting staff's wellbeing when working from home• Burnout in the primary care workforce
GMS contract	<ul style="list-style-type: none">• Impact of the 2018 GP contract

Theme 4 'multi-disciplinary team' examples

Theme	Examples
MDT	<ul style="list-style-type: none">• Added value of MDT in primary care?• Primary care is becoming more of an MDT; patient perspectives on this?• Effectiveness of nurse-led clinics• Unique contribution of occupational therapy service provision in early intervention for prevention model of service delivery within MDT in primary care setting• What is the role of the General Practice Nurse in 2030?

Theme 5 'Integration' sub-theme examples

Sub-theme	Examples
Multi-agency working and collaboration	<ul style="list-style-type: none">• Links with primary care and community rehabilitation teams• Impact of care at home through multi-agencies versus controlled agency commitment• Prioritisation in the context of health and social care need (not just health need)• Inclusive Communication Strategy across all primary care services
Continuity of care	<ul style="list-style-type: none">• How Primary care can ensure continuity of care between themselves and the patient• Tools to measure continuity of care reliably
Social prescribing	<ul style="list-style-type: none">• How to ensure the majority GPs to actively promote and utilise social prescribing• The extent to which community link workers in primary care practices are making measurable differences to patients' wellbeing and to health inequalities

Theme 6 'health inequalities' examples

Theme	Examples
Health inequalities	<ul style="list-style-type: none">• What measurable impact will primary care make on health inequalities across Scotland over the next 5 years?
Deprivation	<ul style="list-style-type: none">• Poverty and the impact this has on health and wellbeing