

# Primary Care and Health Inequalities Reflections

Lorna Kelly

National Strategic Lead, Primary Care  
Health and Social Care Scotland



OFFICIAL

Covid19, Mental Health and Health Inequalities

# MRG Sub Group

## Groups at particular risk from responses to covid-19

- Older people—highest direct risk of severe covid-19, more likely to live alone, less likely to use online communications, at risk of social isolation
- Young people—affected by disrupted education at critical time; in longer term most at risk of poor employment and associated health outcomes in economic downturn
- Women—more likely to be carers, likely to lose income if need to provide childcare during school closures, potential for increase in family violence for some
- People of East Asian ethnicity—may be at increased risk of discrimination and harassment because the pandemic is associated with China
- People with mental health problems—may be at greater risk from social isolation
- People who use substances or in recovery—risk of relapse or withdrawal
- People with a disability—affected by disrupted support services
- People with reduced communication abilities (eg, learning disabilities, limited literacy or English language ability)—may not receive key governmental communications
- Homeless people—may be unable to self-isolate or affected by disrupted support services
- People in criminal justice system—difficulty of isolation in prison setting, loss of contact with family
- Undocumented migrants—may have no access to or be reluctant to engage with health services
- Workers on precarious contracts or self-employed—high risk of adverse effects from loss of work and no income
- People on low income—effects will be particularly severe as they already have poorer health and are more likely to be in insecure work without financial reserves
- People in institutions (care homes, special needs facilities, prisons, migrant detention centres, cruise liners)—as these institutions may act as amplifiers

OFFICIAL

**Mitigating the wider health effects of covid-19 pandemic response**

*BMJ 2020;369:m1557*



# **Report of the Primary Care Health Inequalities Short-Life Working Group**

November 2020

Primary care can't solve inequalities alone but has a key role

Broad definition

Build on what's there and working

# Recommendations

- 24 recommendations in 4 themes
- 5 ‘foundational’ recommendations (‘if we do nothing else’)

“Do something, do more, do better”

# 5 foundational recommendations

- **Strengthen national leadership** for health inequalities
- Implement a national Fair Health Scotland programme of **multi-disciplinary postgraduate training fellowships in health inequalities**.
- Create an **Inclusion Enhanced Service** that invests in the management of patients who experience multiple and intersecting socio-economic inequalities.
- Develop a strategy to invest in **wellbeing communities** through local, place-based action to reduce inequalities.
- Commission an investigation into how **barriers to healthcare** contribute to excess deaths and premature disability related to socio-economic inequalities.





Community Linkworkers

Third sector and  
communities

Primary Care Mental  
Health Funding

Welfare advice workers


# Expert reference group

- Group with lived experience
- Direct participation in the process of planning and development of the report and recommendations
- Dialogue mediated through the group's peer-facilitator
- “jaggy words”

I am frightened  
because I won't know  
where to go or who to  
call if I have a problem.

OFFICIAL

some of our [patient group]  
members have not been  
seeking medical support  
because they feel .... with  
people dying and the NHS  
being overwhelmed, that *they*  
*don't matter.*

A black and white photograph of a cloudy sky. The clouds are large and billowy, with some bright highlights where the sun is shining through. The text "One year on....." is overlaid in the upper right quadrant of the image.

One year on.....

# Inclusion Health Action in General Practice

## Resources for Practices

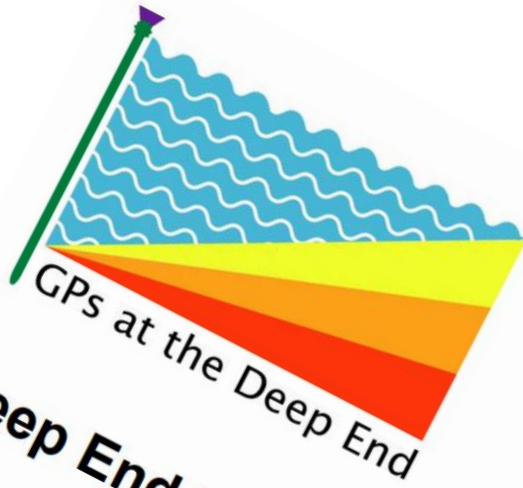


Scottish Government  
Riaghaltas na h-Alba  
gov.scot

Theme 1: Building Inclusive Patient  
Engagement/Community Participation

Theme 2: Enhancing Workforce  
Knowledge and Skills for Health  
Inequalities

Theme 3: Enabling Proactive Outreach and  
Extended Consultations



GPs at the Deep End

# Deep End Report 40

## What can general practice do to mitigate the effects of the cost-of-living crisis?

On Wednesday 30 November 2022, the Deep End GP group hosted an online roundtable meeting to explore the challenges of the cost-of-living crisis. Discussion centred on the various specific challenges, but also explored potential system-wide solutions to these issues.



# Leave no one behind

The state of health and health inequalities in Scotland

David Finch  
Heather Wilson  
Jo Bibby  
January 2023

Health inequalities in Scotland:  
An independent review

The Scottish Parliament  
Pàrlamaid na h-Alba

Published 28 September 2022  
SP Paper 230  
11th Report, 2022 (Session 6)

**Health, Social Care and Sport Committee**

# Tackling health inequalities in Scotland







OFFICIAL