



Bright Ideas that have worked in other GP Practices

There are a number of specific projects that have worked well in GP practices. This is a short description which might inspire projects in your own surgery. This is by no means exclusive.

- Diabetes Fair- practices nurses working with artists, large models of eyes, hearts etc and large graffiti board that anyone can write on, together with cooking performances (some by doctors) and a health walk. Shown to increase patient own interest in diabetic control.

- Post Natal Clinic portraits- Engage an artist to make portraits of new born babes. Increases 8 week check attendances and higher immunisation rates

- Poetry sessions for people with Chronic illness shown to improve self management of crises

- Dance sessions for patients with cardiac history, to promote activity and have fun

- Visual arts sessions for recently bereaved, shown to be effective particularly when groups formed

- Visual arts for Mums with post natal depression-run with health visitors and fully funded crèche. Has been both popular and effective.
- Leg Ulcer Clinics and visual arts group, managed to increase patient mobility and self esteem and improve healing rates.
- Writing/ storytelling for patients with Dementia. One project created a personal newspaper of patients self reported life history in the early stages which then stayed with the patient record to help carers as the patient deteriorated.
- Asthma- Sculpture group for children to help their understanding of asthma, and have fun with structures built from used inhalers. Artist and practice nurse jointly run.
- School and GP practice joint felt making project. Large wall hangings made around theme of healthy eating and local environment.
- Ceramics for people with arthritis, very popular, tiles made now decorate the surgery.
- Dance/movement sessions for patients with movement disorders e.g. Parkinson's, Stroke, poor mobility.
- Poetry for staff- Poet in residence ran staff sessions exploring joys and difficulties of dealing with patients. Anthology produced.

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