

Condition Management Programme

The Condition Management Programme (CMP) could help patients who have a health condition which affects their ability to work, return to work or to stay in work.

CMP is a free, voluntary, work-focused programme facilitated by healthcare professionals, such as Occupational Therapists, Cognitive Behavioural Therapists, Physiotherapists and Mental Health Nurses.

CMP is a regional programme with a CMP team in each of the 5 Health and Social Care Trust areas. The Programme aims to give individuals strategies and supports to manage their health condition(s).

Broadening of eligibility for CMP – GP practice referrals for those who are ‘in work’

To date CMP has been solely aimed people who are unemployed and employees being supported by Workable (NI) or Access to Work (NI) programmes.

Whilst this remains an important route of referral to CMP, individuals who are **in work** can also now be referred by GP practices to the programme.

What support can CMP provide?

CMP offers advice, education and support on:

- ✓ Dealing with stress, anxiety, low mood, depression
- ✓ Arthritic complaints
- ✓ Back and neck problems
- ✓ Heart, circulatory and respiratory disorders
- ✓ Coping with pain and fatigue
- ✓ Relaxation techniques
- ✓ Communicating with confidence
- ✓ Developing a healthier lifestyle

CMP can help people to:

- ✓ Gain a better understanding of their health condition(s)
- ✓ Learn new ways of managing their health and wellbeing
- ✓ Increase their confidence to cope with health and work
- ✓ Improve their ability to work, return to work or stay in work

CMP can also support GP practices:

- ✓ CMP can support individuals to better manage their own health condition(s) where appropriate and therefore allow GPs to focus their time on clinical care of their patients.

CMP referral process – direct referral to CMP by GP practice or signposting

Referrals can be made directly by GP practices to CMP. CMP teams will then assess the individual to establish if CMP is a suitable programme for them.

CCG can be used to refer patients to CMP. You can find your CMP destination in your local Trust at: <http://electiveopdreferral.hscni.net/ccg-referral-destinations/>. There is a simple template with no bespoke forms required.

Alternatively, if appropriate, the individual can be provided with contact information for CMP and can contact the CMP team directly (signposting).
If both the individual and CMP healthcare professional agree that CMP could be useful, they will work together on agreeing a specific action plan to help the individual manage their health condition and the healthcare professional will then support them to deliver the action plan. The programme can last up to 12 weeks. Sessions are on a one-to-one basis, with the opportunity to take part in group workshops.

Referral Criteria

- At work but requiring support to manage health issues to remain in work
- Considering Fit Note in relation to health issues impacting on ability to work
- Currently absent from their work role for **12 weeks** or less and require support to manage the health condition/s and return to work
- On benefits, not working at present and experiencing health-related barriers to work

Exclusion Criteria

- Unemployed, not working at present and **not** receiving any benefits
- Attending or about to commence another health programme
- About to undergo investigations/surgery

Contact details

Further information is available from the Health and Social Care Trusts Condition Management Programme teams:

HSC Trust	E-mail address	Contact telephone number
Belfast HSC Trust	cmpinfo@belfasttrust.hscni.net	028 9063 8801
Northern HSC Trust	ConditionManagement.Programme@northerntrust.hscni.net	028 2563 5250
Southern HSC Trust	ConditionManagement.Programme@southerntrust.hscni.net	028 3751 7173
South Eastern HSC Trust	ConditionManagement.Programme@setrust.hscni.net	028 9260 5494
Western HSC Trust	Condition.management@westerntrust.hscni.net	028 7137 6911