

Social Prescribing at the 360 Degree Nurse Practitioner Led Clinic

Background

The **Peterborough 360 Degree Nurse Practitioner Led Clinic** (360 NPLC) is a not-for-profit healthcare clinic serving the community by providing health services to individuals without a primary care physician.

Mission: Provide widely accessible & person-centered care.

Patient Population:

- 78.2% report incomes below the Low-Income Cut-Off
- 44% report food insecurity
- 77.6% report having at least one disability
- 37.5% report homelessness or insecure housing
- 40.2% report mental illness
- 35% are prescribed 5+ medications

Social Prescribing

“Social prescribing is a means of connecting patients to a range of non-clinical services in the community to improve their health and well-being. It builds on the evidence that addressing social determinants of health such as socioeconomic status, social inclusion, housing, and education is key to improving health outcomes.” -World Health Organization, May 2022

Methods

1. Literature review
2. Staff interviews and qualitative analysis
3. Further literature review and recommendations for the clinic

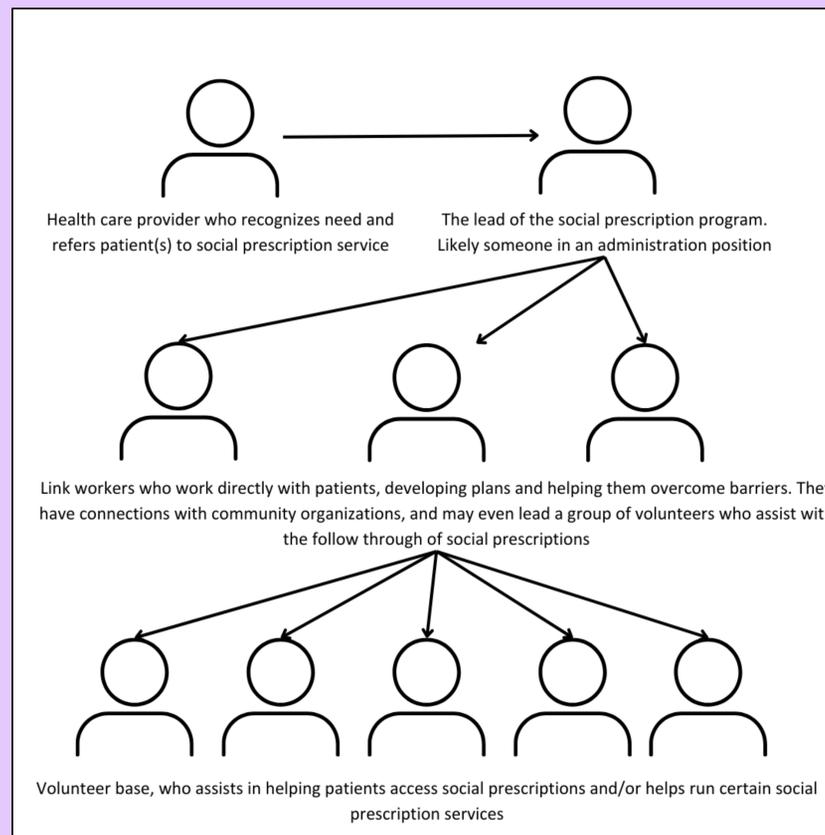
Research Questions

1. Is there a need for social prescribing in the Peterborough area, and specifically at the 360 NPLC?

2. What is the capacity for social prescribing services within the 360 NPLC?

3. Should resources for social prescribing at the 360 NPLC be used for all patients at the clinic, or would resources be best spent if this service was only offered to those experiencing mental health issues?

Potential Organizational Flow



Findings

1. The Peterborough area has a high **population of vulnerable individuals** (homeless, food insecure, suffering addiction, poor mental health). **Current healthcare infrastructure cannot adequately support these individuals**, thus additional creative healthcare support (like social prescribing) could be highly beneficial.

2. **Internal** capacity is limited by funding, physical space, and staffing. Internal focus should be on low-cost, widely beneficial programming such as:

- Dietician access
- Cooking Classes
- Additional laundry and shower services
- Small support groups

External social prescriptions are limited to the organizations residing in the community. **External social prescriptions still require additional clinic staffing** to develop links with community organizations, help patients overcome barriers to access, and follow-up/reassess patient care plans.

3. **Ideally, every clinic patient would have access to social prescribing services**, especially when most are considered vulnerable. Recent funding announcements for a community health clinic, which will work with the 360 NPLC, may further increase access to social prescribing in the community.