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Ms. Louise O'Reilly, TD  
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By email to: [louise.oreilly@oireachtas.ie](mailto:louise.oreilly@oireachtas.ie)

**Ref: PQ 3280/24**

**To ask the Minister for Health what practical, social and emotional supports services are available for patients currently; and if he will make a statement on the matter.**

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Dear Deputy O'Reilly,

The Health Service Executive (HSE) has been requested to reply directly to you in the context of the above Parliamentary Question which you submitted to the Minister for response.

I note that clarification was provided and is set out in Appendix 1.

Community healthcare services span a wide range of areas including; primary care, social inclusion, palliative care, mental health, services for older people, disability services and are provided to children and adults, including those who are experiencing marginalisation and health inequalities. Services are provided by general practitioners, public health nurses (PHNs) and health and social care professionals (HSCPs) through primary care teams and community healthcare networks. Community healthcare services are currently delivered through nine Community Healthcare Organisations (CHOs) and are provided through a mix of HSE direct provision as well as through voluntary Section 38 and 39 service providers and private providers. Details of services relating to your query and links to further resources are enclosed at Appendix 2.

I trust that this information is of assistance to you.

Yours sincerely,

Damien McCallion  
Chief Operations Officer



## **Appendix 1 – PQ and Clarification**

**PQ3280/24: To ask the Minister for Health what practical, social and emotional supports services are available for patients currently; and if he will make a statement on the matter.**

1. Support services provided outside of the acute services including peer support, counselling, psychological supports, support groups, self-management supports that
  - enable patients to live healthily at home
  - Minimise preventable hospital readmissions
  - Reduce requirement for nursing home care
  - Escalate patients at risk of serious health events
  - Improve patients' ability to self-manage their conditions
  - Improve quality of life and social connectedness
  - Equip patients to live well with their conditions
  - Provide access to appropriate information when it's needed
  
2. Cohorts of Patients: Cardiac patients (heart and stroke), cancer patients. But if there were other services in this space being offered to other patient cohorts, this information would be welcome

## **Appendix 2 – Information on Services**



### **Enhanced Community Care Programme**

The Enhanced Community Care Programme (ECC) programme is increasing community healthcare services and reducing the pressure on hospital services. This means more services are now closer to where people live, especially; older people and those with chronic diseases. The programme helps health and social care services to manage care at a local level; prevent avoidable referrals and admissions to acute hospitals, where safe and appropriate to do so; and support the transition from hospitals to the community

Further information is available [here](#).

### **National Heart Programme (NHP)**

Underpinned by a whole-system approach, the NHP aims to improve population health, reduce health inequalities, improve patient outcomes and reduce the burden of cardiovascular disease in the population. The programme is driving an integrated approach to prevention, early detection, slowing disease progression and providing optimal treatment towards enhancing quality and duration of life and will support the delivery of the right care, in the right place, at the right time.

The NHP is the primary reference point for providing cross-service cardiology solutions in relation to new models/pathways of care based on local, regional and national population needs identified priorities and workforce projections.

More information is available [here](#)

### **Counselling in Primary Care (CIPC)**

The HSE NCS Counselling in Primary Care Service (CIPC) provides time-limited counselling to adults across Ireland. This service is available to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as depression, anxiety, panic reactions, relationship problems, loss issues, and stress.

CIPC provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. CIPC operates from over 240 locations situated throughout Ireland, typically in local Primary Care Centres.

CIPC is a client-centred service, Counsellors/Therapists employ a range of psychological therapies depending on the presenting issues and assessed needs of clients who attend. Counselling approaches include person-centred, cognitive behavioural, psychodynamic, integrative and supportive therapies.

Further information is available [here](#).

### **Adult Primary Care Psychology Service**

The Adult Primary Care Psychology Service offers a range of psychological services to people over 18 years who are living in the Community. Primary Care provides psychological assessments and interventions, depending on the needs of the client. Interventions may include group based services such as Stress Control, guided self-help, 1:1 drop-in advice clinics or 1:1 therapy service.

Psychologists in our Child and Family Primary Care also see children (0-17 years of age) with mild to moderate psychological difficulties related to advice, psychological therapy and group interventions.

The HSE works with clients to empower them to manage their mental health and to promote psychological wellbeing.

### **Liaison Mental Health Services:**

Liaison Psychiatry is a sub-specialty of adult psychiatry and refers to clinical services which deliver care at the intersection of mental and physical health care.



Liaison Psychiatry services provide specialist medical expertise of the management of conditions which occur in areas overlapping mental and physical healthcare, and is delivered in general or acute hospital settings.

A key component of the work of the Liaison Psychiatry team is to the Emergency Departments of their hospitals. The service provided to people who present following self-harm in Ireland is guided by the National Guidelines of the National Clinical Programme for people presenting to EDs following self-harm ([NCP-SH](#)).

### **Cancer Supports (Cancer Support Centres and Cancer Thriving and Surviving Programme)**

**Community cancer support centres** are in most local communities and provide support services for cancer patients, their families and carers. The centres provide remote and in-person services. The support services provided by cancer support centres include:

- counselling and psychological support
- manual lymphatic drainage
- physical activity programmes
- survivorship programmes
- complementary therapies

The **Cancer Thriving and Surviving programme** gives cancer survivors a chance to learn self-management skills when moving on from your cancer treatment. The programme is run over 6 weeks and is available at different areas around the country.

The **LACES- Life and Cancer- Enhancing Survivorship** workshop is a workshop for patients at the end of treatment with modules on Healthy Eating, Physical Activity, Return to Work, Coping, Finances, Sexuality, Self-Care and using community supports. This workshop is 2 and a half hours long and runs every week on line for patients all over Ireland.

**CLIMB- Children's Lives Include Moments of Bravery-** is a support programme dedicated to support children coping with a parent's cancer diagnoses. It runs over 6 weeks using therapeutic art and play.

More information on cancer supports is available [here](#).