

# Coordinating Your Care

## A Patient's Guide to MDT Coordination



## **What is Multidisciplinary Team (MDT) Care Coordination?**

‘MDT Care Coordination’ is an additional health review to help you to receive the right care, in the right place, at the right time. It aims to provide you with care that is more coordinated and will prevent duplication.

If you are a patient with a range of illnesses or you have complex needs you probably see many different professionals who help to manage your care and ensure you are getting the best support and treatments available. ‘MDT Care Coordination’ brings together all these professionals to work as a team. This team is called a Multidisciplinary team.

Sometimes this is shortened to ‘MDT’.

## **What is a ‘Multidisciplinary Team’ (MDT)?**

The MDT team is usually led by your GP. The team may consist of a range of health and social care professionals, such as a community matron, a district nurse, a social worker, a therapist, a specialist nurse, and an MDT coordinator depending on your individual needs. One of the team will be your named lead professional. The team will meet together to discuss your treatment, now and in the future and whether:

- you would benefit from having a care plan which will be developed with you
- any of your care can be streamlined and made more effective
- you would benefit from a referral to other services
- you would benefit from further tests
- there is anything else that you could receive to help improve your independence, health and well-being.

## **What are the aims of an MDT?**

The aims of an MDT are to improve the coordination of your care and to improve communication between professionals involved in your care to ensure you receive the most appropriate care for your needs.

## **Who decides if I would benefit from an MDT?**

A health professional involved in your care or your GP will decide if an MDT approach could benefit you and will discuss this with you.

### **What happens if I agree?**

You will be asked to give your consent to have your GP record shared with the professionals involved in your care. Your information will be held in a care plan which is usually kept on a computer. The out of hours doctor, your local hospital and the ambulance service will be able to view your Health and Care summary and care plan if needed. It may help them look after you in an emergency. Your care plan is a confidential document and will only be shared with authorised professionals that you have consented to be involved in your care. You will be provided with a copy of your summary care plan.

### **What part do I, the patient, play in this?**

An MDT coordinator will help you to be involved in planning your care. Your coordinator will liaise with you to ensure you are able to contribute to your care planning and you are aware of the discussions that have taken place at the MDT meetings.

You are able to decline any of the recommendations made or if you decide you do not want to benefit from this additional health review you can tell any of the professionals involved in your care.

### **How long will I receive MDT care coordination?**

MDT care coordination is aimed at ensuring you receive a joined up and coordinated approach to your care. Once this has been put in place, you will be 'stepped down' from MDT care coordination. You will still benefit from the improvements made to your care, but will no longer be actively case managed by MDT care coordination.

If in the future, you require further help from MDT care coordination, you will be asked again to provide consent to share your GP record with professionals involved in your care.



## For further information about this service contact:

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MDT Care Coordination - a part of the Luton Better Together programme jointly commissioned by Luton CCG and Luton Borough Council in partnership with providers across the Luton health and social care economy

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.