

Making Every Contact Count for physical activity in musculoskeletal outpatient physiotherapy

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Background

- Physical inactivity is a major risk factor for long-term disease and death¹
- With only 52.6%² of adults meeting physical activity recommendations, Doncaster is one of the most inactive regions in England
- A large proportions of patients accessing outpatient physiotherapy services are classified as overweight or obese and are considered physically inactive³
- By encouraging and supporting healthy choices each time they interact with a patient, physiotherapists have the opportunity to positively affect the health and well-being of local people

Methods

Process measure data collected via Survey Monkey pre and post-implementation of change

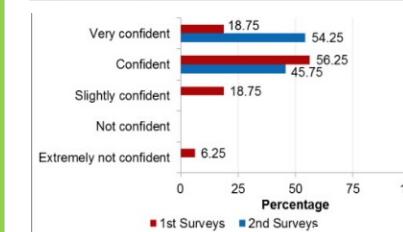
Implement changes according to 3 phases of Plan, Do, Study, Act cycles;

- One physio for one clinic
- All physios at one hospital site for one clinic
- All physios at all hospital sites for one week



Results

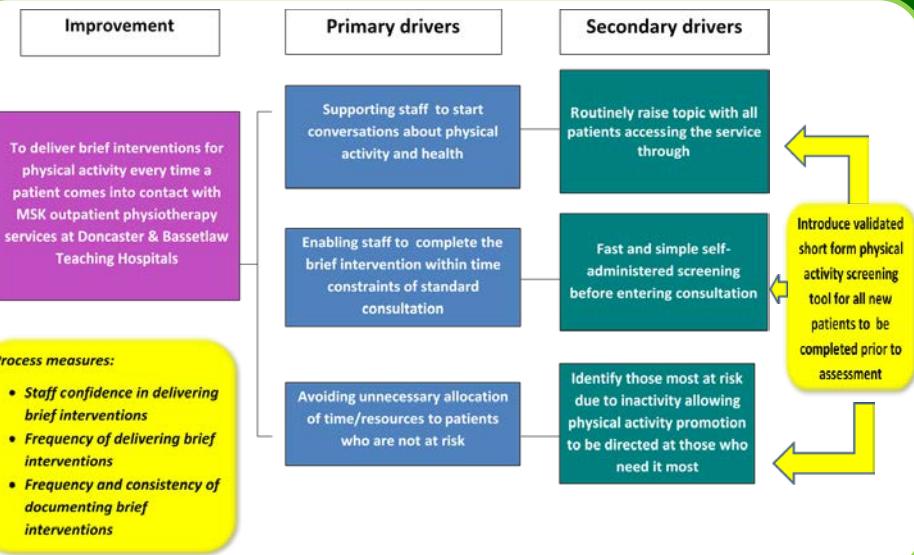
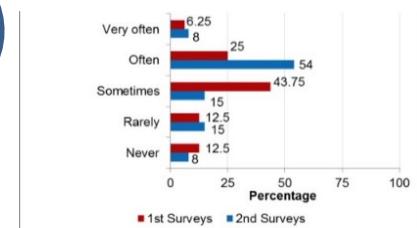
How confident are you to identify patients attending physiotherapy who are at risk due to inactivity?



The question for patients to complete re activity levels gives a really good starting point for discussions to be had I think

The questionnaire for patient to complete was a good way to quickly identify their level of activity

How often do you document outcomes of brief interventions for physical activity in a patients physiotherapy records?



The change

The following validated screening tool⁴ was completed by all new patients accessing MSK physiotherapy;

Physical activity Levels
In the past week, on how many days have you done a total of 30 minutes or more physical activity, which was enough to raise your heart rate? *This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job*

None	1 day	2 days	3 days	4 days	5 days	6 day	7 days
<input type="checkbox"/>							

Participants

Changes were implemented across four hospital sites by all qualified physiotherapy staff (A4C bands 5-8) covering MSK outpatients, rehabilitation and clinical assessment and triage services. All participants were invited to complete process measure surveys before and after changes took place.

16 (32%) staff completed the baseline survey and 13 (26%) completed the post-implementation survey

Purpose

To establish a suitable targeted approach to identifying inactive people accessing musculoskeletal (MSK) outpatient physiotherapy services at Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust in order to facilitate brief interventions for physical activity and make every contact count.

References

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What we learnt

- A targeted approach to identifying inactive people accessing MSK physio supports physiotherapy staff to feel more confident to identify patients at risk due to inactivity (25% increase in staff feeling confident or very confident) and to document outcomes of these conversations more often (31% increase in staff documenting often or very often)
- Physical activity screening can be incorporated into musculoskeletal health outcome measurement as part of routine practice facilitating evaluation of brief interventions
- Further efforts are required to facilitate fast, simple and accurate signposting to local services, written information on health benefits to patients and support documentation

Next steps

- Evaluate implementation of MSK-HQ
- Incorporate physical activity screening, documentation and signposting within MECC service pathway (Way Forward Doncaster)