

# Way Forward Doncaster: A co-designed strategy to support musculoskeletal physiotherapists in Doncaster to implement weight-management guidelines and 'make every contact count'

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## Purpose

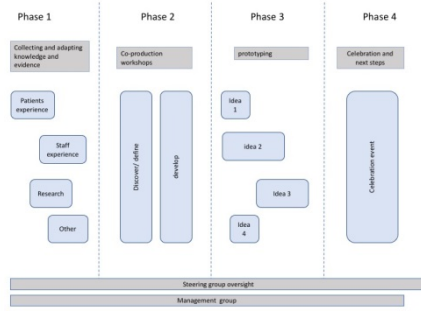
- To improve the health and wellbeing of individuals accessing the Doncaster and Bassetlaw Teaching Hospitals (DBTH) Doncaster musculoskeletal physiotherapy department through the implementation of clinical guidelines relating to weight-management
- To improve Chartered Society of Physiotherapists' (CSP) knowledge and skills in implementation science

## Background

- There are many challenges to implementing guidelines into practice (1)
- The CSP linked with National Institute of Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHC) Yorkshire & Humber and DBTH to explore ways they could support members to effectively implement guidelines into practice
- Doncaster residents have the second highest rates of overweight and obesity in England (2)
- NICE guidance [CG189] Obesity: identification, assessment and management were selected to implement to reflect local need
- The project was named 'Weigh Forward Doncaster'

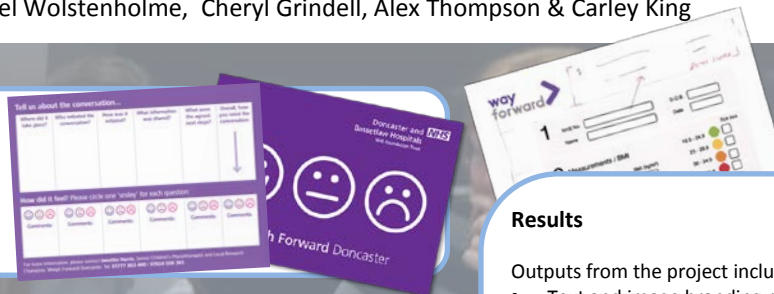
## Methodology

4 phase approach based on principals of co-production



## Phase 1

We gathered lived experiences of staff and patients relating to weight-management discussions through face to face discussion and post cards



## Phase 2

We held creative co-design workshops with staff, service-users, service leads and other health representatives across Doncaster to develop shared understanding of the themes and principles that underpin successful implementation of weight management advice in outpatient physiotherapy consultations



## Phase 3

A participatory and creative approach to developing and testing the key ideas were taken forward to phase 3 co-design sessions. The focus of ideas shifted from 'Weigh' to 'Way Forward' to reflect opportunities to deliver broader public health messages and fulfil AHP commitments to 'make every contact count' Groups culminated in a prototyping clinic where materials and practice could be tested and refined



## Phase 4

Key executive level staff from the hospital trust and wider health and social care community were invited to attend a celebration event. This offered opportunities for team members including patients and staff to speak about their experience and share project outputs



## Results

Outputs from the project include:

- Text and image branding reflecting positive health messages
- Branded appointment letter asking patients to consider if they would like support with 4 key areas of healthy eating, physical activity, alcohol or smoking prior to attending
- Tick box for completion on check-in asking patients if they would like to discuss 4 key areas during their assessment,
- BMI credit-card sized record card for patients and risk category chart
- Prompt card/ documentation record for clinicians allowing quick and easy assessment of risk, appropriate signposting to local services, sensitive and appropriate conversation starters and recording of actions
- Top tips guide to motivational interviewing and neurolinguistics programming for 'difficult conversations'
- An interactive screen linking local and national public health information and services (Your Life Doncaster and One You), display board and four branded leaflets relating to healthy eating, physical activity alcohol/drugs and smoking
- An animation to represent participants' perceptions of an effective healthy-living service to share with commissioners and decision-makers [video link: available at: <https://www.youtube.com/watch?v=tPN22k8LF-E>]

## Conclusions

- Attention to coproduction resulted in pragmatic and contextually specific outputs fit for purpose in the clinic environment.
- Through working towards a solution we were able to maintain participation throughout, and ensured the project was far more than a consultation with stakeholders.
- Clinical staff were able to see not only that the research knowledge was brought to bare on their clinical practice but that the form was within their control to influence and determine
- Further work is still underway to evaluate local implementation with plans to upscale across the trust
- Proposals are in development in collaboration with Public Health Doncaster

## References

- HOLMES, B., BEST, A., DAVIES, H., HUNTER, D., KELLY, M., MARSHALL, M. & RYCROFT-MALONE, J. 2016. Mobilising Knowledge in Complex Health Systems: A Call to Action. Evidence & Policy, 1-21.
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