



Physiotherapy Outpatient Screening Clinics – Productivity Report 2010

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Key points

- Background
- Drivers for Physiotherapy led Outpatient Screening Clinics
- Clinic data for 2010
- Multi-disciplinary Clinics
- Future directions

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Physiotherapy Clinic Enablers

- Long wait list Outpatient clinics – Cat 3¹
- GP referral rates very high
- Shortage of Surgeons
- Medical champion
- Proven role for physiotherapy clinics ²



Physiotherapy led Outpatient Clinics

- Standard pathway within Outpatient service since 2006
- Reduced the waiting times to first Outpatient appointment
- Provide safe and effective management
- Support: Orthopaedics, Neurosurgery
- Funding - Physiotherapy budget

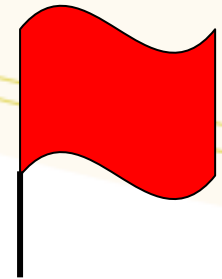
Ensuring Safe Practice

- Experienced musculoskeletal physiotherapists, post-graduate qualifications
- Co-location with specialist
- Approved procedures²
- Strict triage criteria
 - Screening for serious pathology

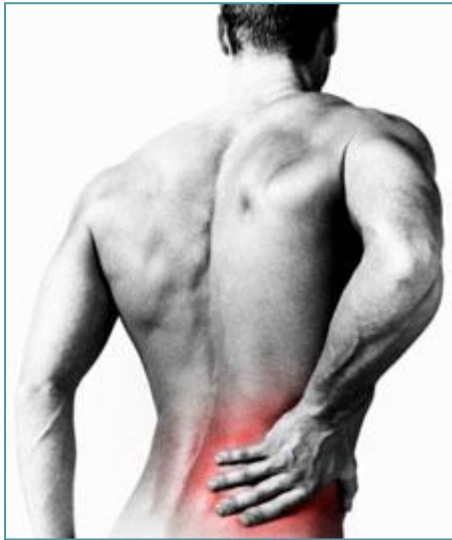


Clinic Procedures

- Routine physiotherapy assessment
 - Screening for serious pathology ²
 - Outcome measures
- Management options
 - Referred for trial of conservative
 - Specialist opinion
- Communication service providers



Proven role for non-surgical management



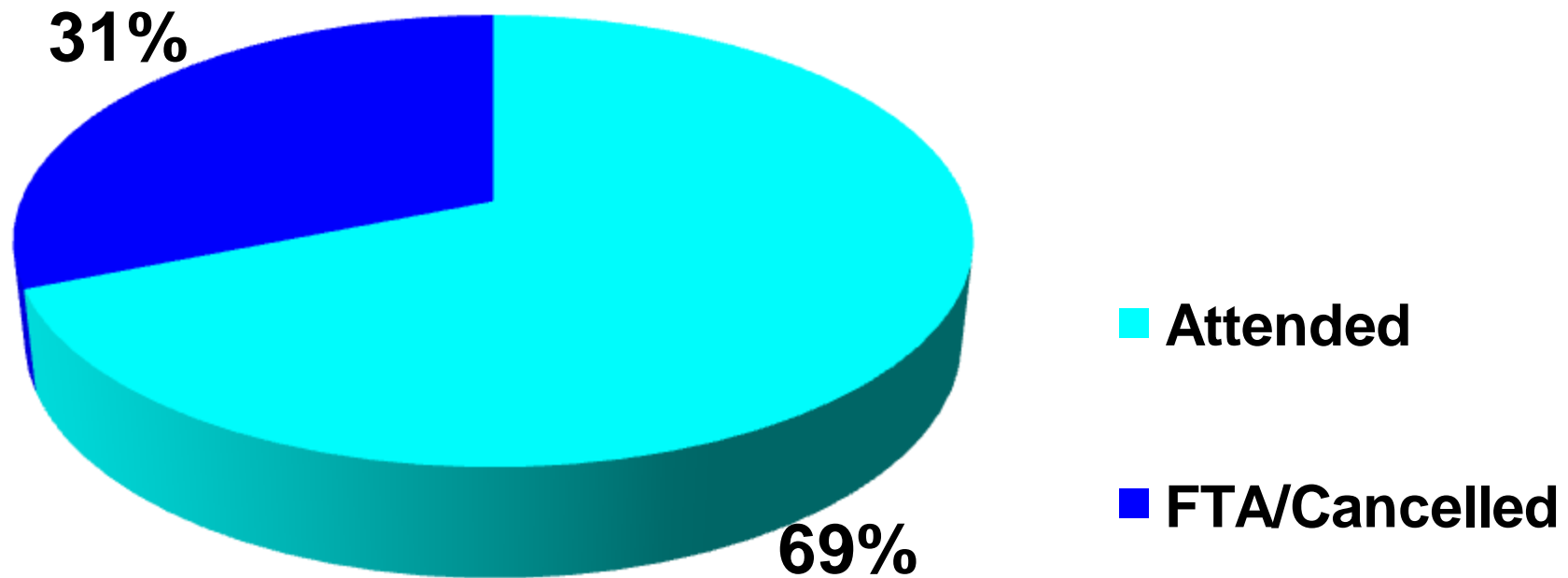
- Back pain = Serious pathology < 2%^{4,5,6,7}
 - 90% is mechanical
 - < 5% is neurogenic and 80% of these improve in 8 weeks
- Majority of low back pain patients there is no role for surgery^{4,5,7}

Physiotherapy Outpatient Clinic Data 2010

- Number of Clinics
- Attendance rates
- Wait times
- New appointments offered
- Rate of referral to surgeons

Physiotherapy led Outpatient Clinic	Frequency Sessions/week	Year Commenced
Osteoarthritis	2.5	2006
Shoulder	1	2006
Back - Orthopaedic	1	2006
Knee	1	2008
Spinal - Neurosurgery	2	2009
Joint Replacement Review	2	2009
Total	9.5	

Average Clinic Attendance Rates



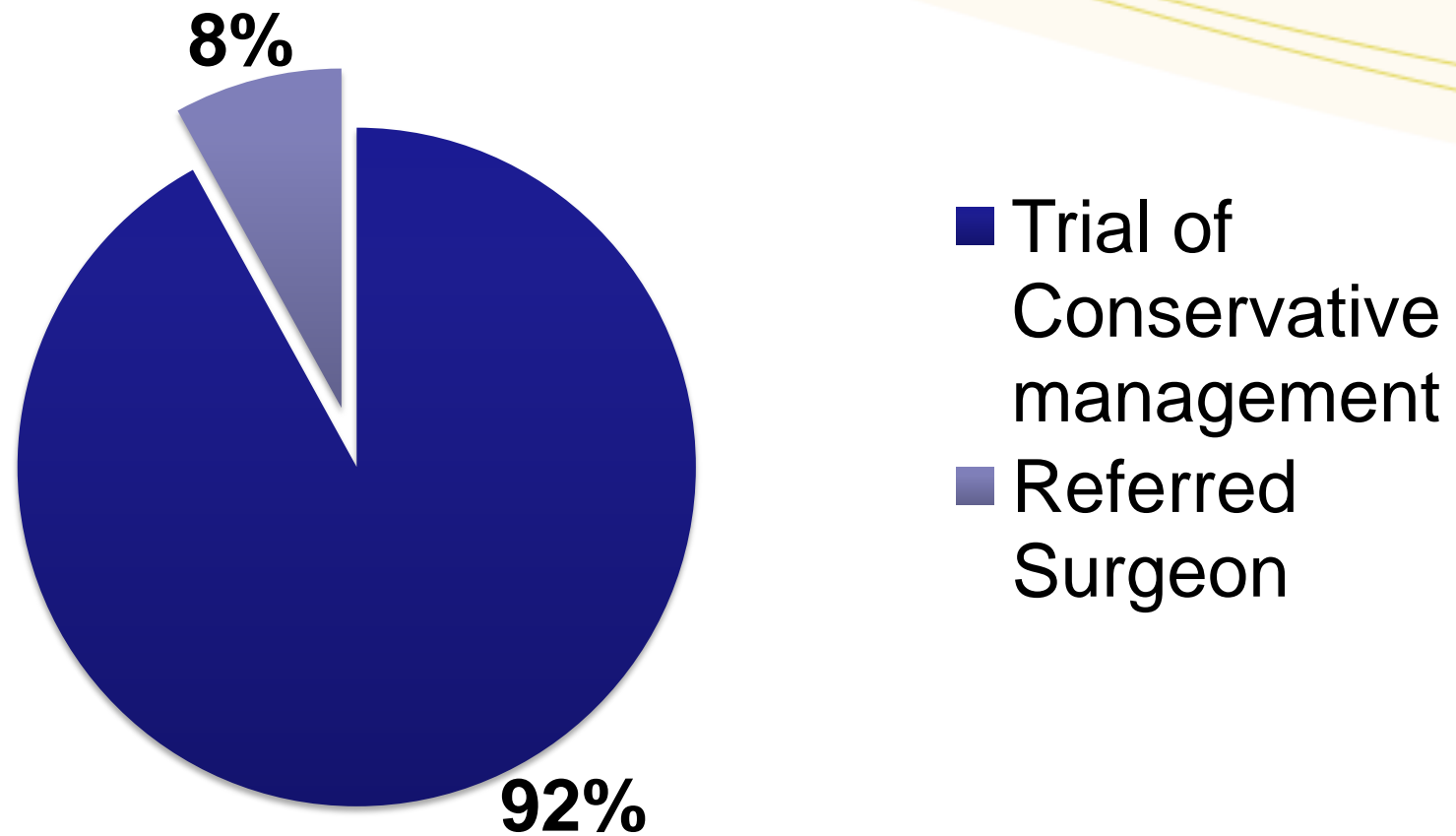
Physiotherapy Clinic	Appointments offered	Average wait - days
Osteoarthritis	601	58
Shoulder	267	56
Knee	71	29
Back - Orthopaedic	267	102
Spinal - Neurosurgery	400	93

2010 Shoulder Clinic Data

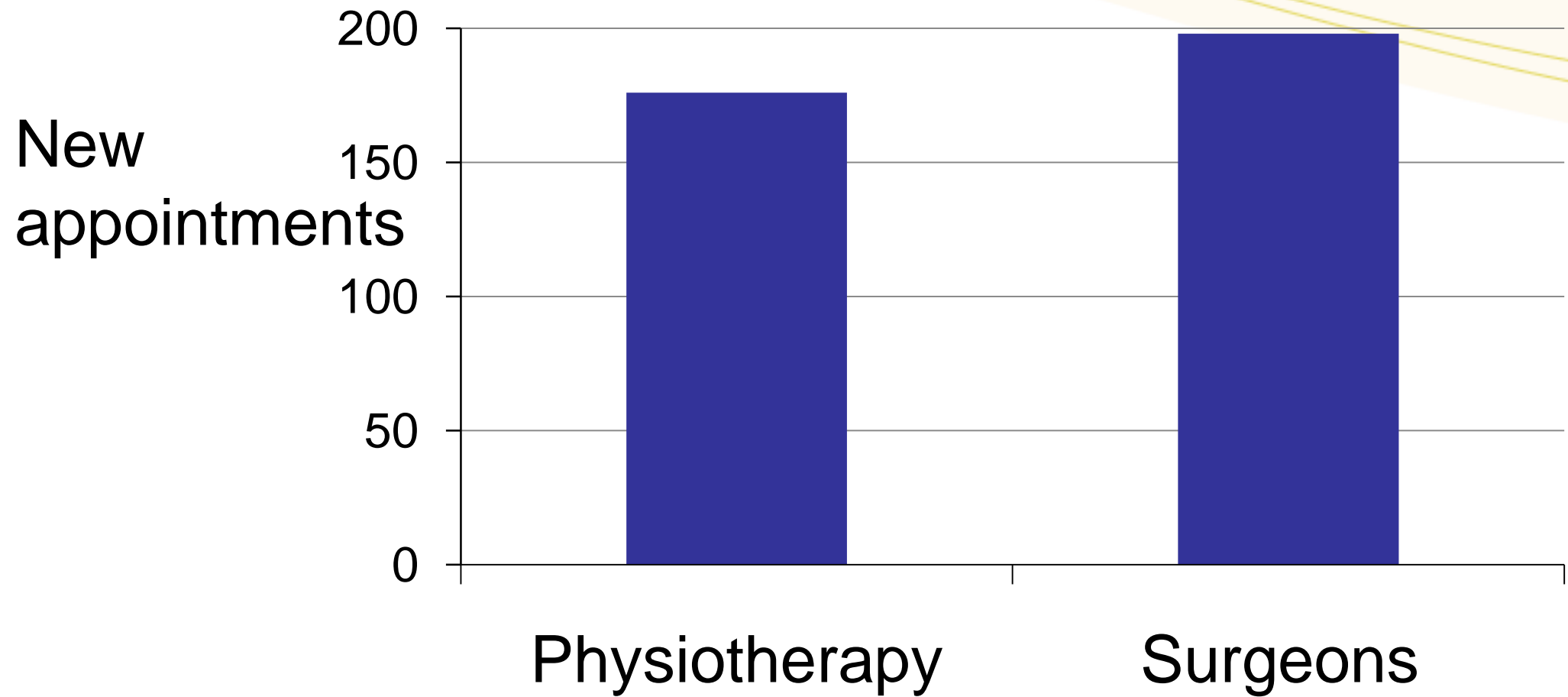
- Rotator cuff tendinopathies⁸
- 267 appointments offered
 - New and reviews
- 172 attendances
- 64% attendance



Management Outcomes Shoulder Clinic



Improving access to first appointments



Impact of the Physiotherapy Shoulder Clinic

- Improved access to the Outpatient Clinics by 42 weeks for people with rotator cuff injuries or

.....295 days

Referral to Surgeon Rates

Initial or review

Osteoarthritis	Shoulder	Knee	Back Orthopaedic	Spinal Neurosurgery
16%	15%	18%	14%	15%

Joint Replacement Review



- New clinic – 2010
- Post operative review of hip and knee arthroplasties
- All patients are reviewed by their surgeon at 6 weeks
- Some are triaged to Physiotherapy Joint Review at 3, 6, 12 months and annually thereafter

Joint Replacement Review

- Potential to offer 400 appointments
 - 163 patients
 - 239 attendances 59% capacity
- Potential time savings for surgeons
- Canada - Reduced surgeons' involvement in post operative care by 70%⁹



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So how many outpatient
appointments did the
Physiotherapy led clinics offer in
2010?

?????

In 2010 Physiotherapy led
clinics offered....

2,006

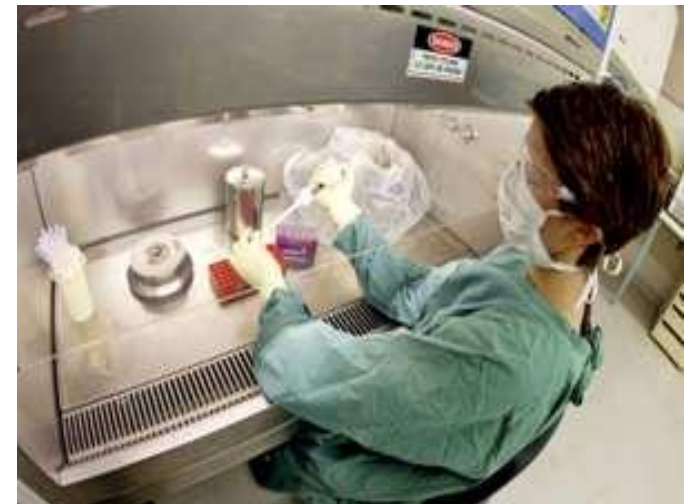
outpatient appointments

Physiotherapy Led Clinics

- Timely access to Outpatient Services for a subset of Category 3 outpatients
- Provision of appropriate management plans
- Facilitated “complex” patient access to surgeons in Outpatient Clinics
- Safe practice with no sentinel events

Improve efficiency

- Access dictation services
- Ordering rights: Investigations
 - MRI,
 - Referral for CS injections,
 - Blood tests
- Expand services – spinal
 - Space allocation/staffing



Multi-disciplinary Clinics

- Botox Outpatient Clinic
 - Neurologists and Physiotherapist
 - Management of spasticity / tremor
- Clinics at RMH = 30
- Total patients = 224
- Physiotherapy = 76
- Improvement in the quality of care



Future Directions

- Neurology Stroke Review - Collaborative
 - Currently stroke patients are reviewed at 6 weeks
 - Returned home from rehabilitation
 - Critical time patients
 - Seek funding for Physiotherapy to provide an assessment and referral, if needed
 - Falls prevention: ~ 75% patients fall in first 6 months¹⁰

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Osteoarthritis Physiotherapy Screening Clinics
Knee Physiotherapy Screening clinic
Neurosurgery Physiotherapy Screening Clinic

Thank you

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