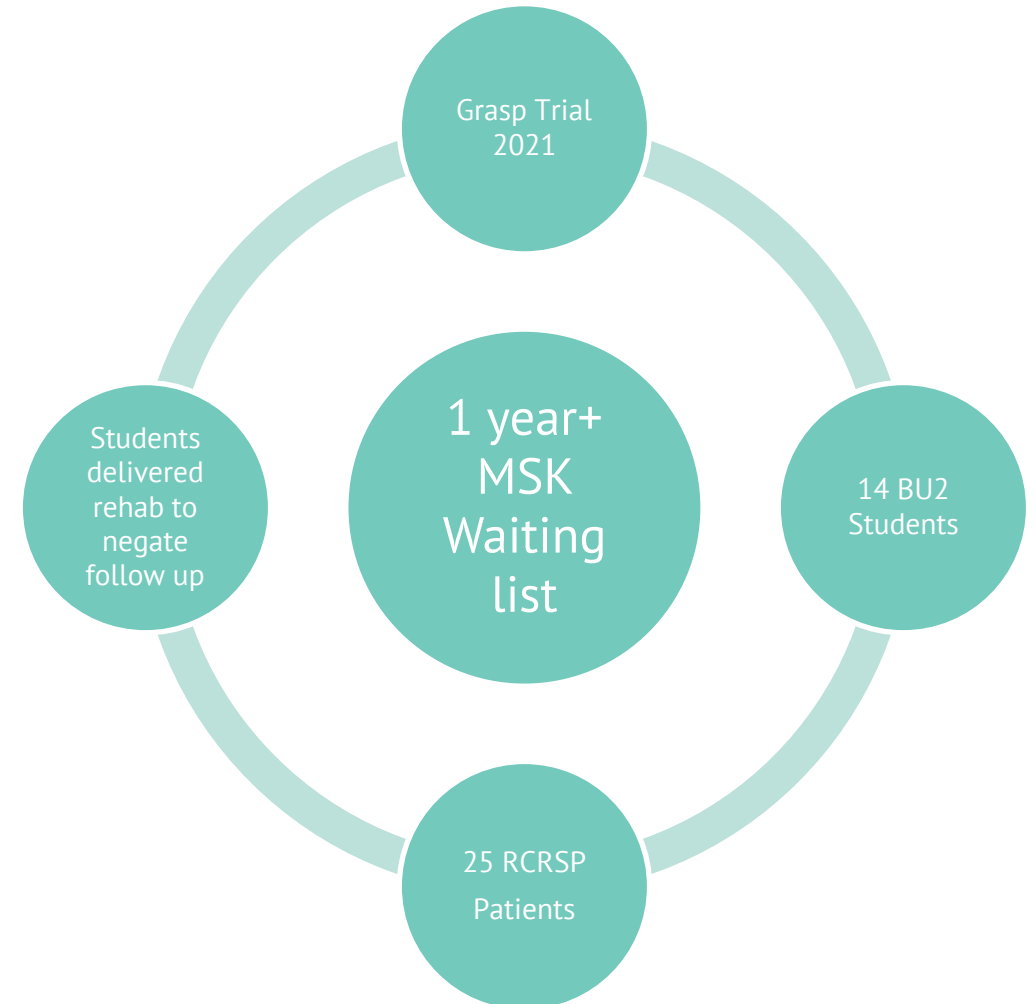


Lightning Talk Session 2: Treating Shoulder Pain collaboratively; an innovative waiting list initiative clinic

Creative collaboration for clinical placements combining physiotherapy undergraduates with a NHS waiting list initiative.



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University Hospitals Dorset
NHS Foundation Trust

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Aims and Objectives



To reduce the New Patient waiting list by offering a one-off session of Quality Physiotherapy assessment, advice, treatment and self management rehab plan to negate follow up.

To offer students an environment to learn, support, communicate and deliver a program to patients whilst gaining placement hours & upskilling as tomorrows workforce.

Collaborative Mass Clinics

Methods

Patients with Rotator Cuff Related Shoulder Pain (RCRSP) identified from waiting list using partial booking

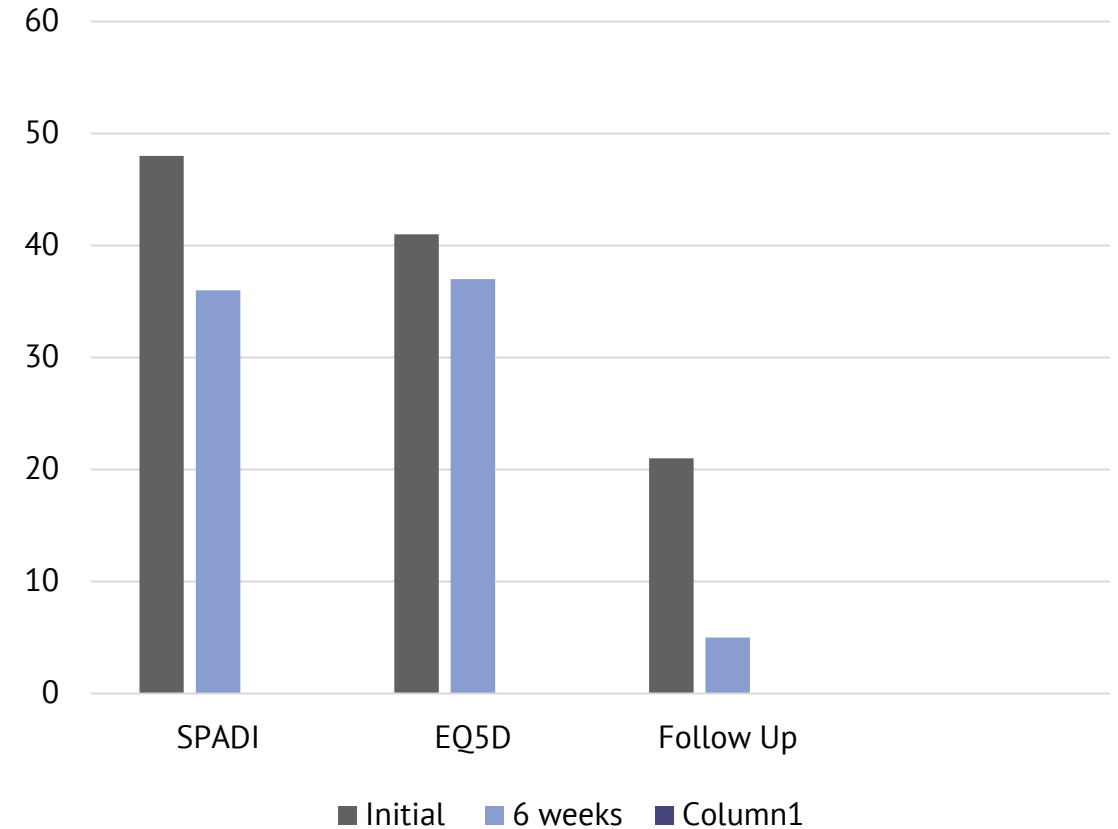
Invited to attend mass clinic for assessment and rehabilitation guidance +/- Steroid Injection

Qualified Physios B5/6/7 assessed all patients

Prescribed rehab from progressive pre-determined program

BU students in pairs delivered rehab program including demonstrations and progressions

Results



Patient and Student experience

5 Responses 26:21 Average time to complete Active Status

1. How satisfied are you with your experience in the Upper Limb Clinic today?

Very satisfied	3
Satisfied	2
Not sure	0
Dissatisfied	0
Very dissatisfied	0



2. Overall how confident are you that you can self-manage your condition after attending your appointment today?

Very confident	2
Confident	2
Slightly confident	0
Not sure	1
Not at all confident	0



3. Could you suggest anything that would have improved your experience in the Upper Limb Clinic today?

4 Responses

Latest Responses

"Maybe could show a picture of the rotator cuff and explain what coul..."

"No"

"see the inner workings of a busy MSK clinic was insightful and highly enjoyable"

"We were given a comprehensive overview of what the day would entail and we had support on hand"

"Teaching exercises to patients was a good confidence builder and helped practise my communication skills"

"It is rewarding to know we made a positive difference to their waiting list and hopefully reduced pain for the patients"

"As students this helps us think outside the box in terms of what our treatment options are"



Conclusions & Feedback

Community;

- Already replicated model and expanded patient inclusion criteria
- Plans to *Think Big* and combine with Poole MSK & Orthopaedic waiting list
- Other teams using this model

Connecting;

- Formal integration into BU Placement models
- Students feedback; positive learning environment
- Placement projects analysing data and presenting

Capacity;

- Need more long-term results, patient feedback and bigger clinics.
- Develop clinic to offer full time placement option
- Trialing different year groups

