

Treating musculoskeletal pain collaboratively, an innovative waiting list initiative using a mass clinic approach

Alex Dunford Physiotherapy Lecturer and Placement Lead, Bournemouth University

Chris Efford MSK Physiotherapy Lead, University Hospital Dorset

Emily Middleton Advanced Clinical Practice Education Lead, Dorset HealthCare

Treating musculoskeletal pain collaboratively; an innovative waiting list initiative using a mass clinic approach

Impact –

**Longest waiter reduction
from 74 weeks to 44
weeks**

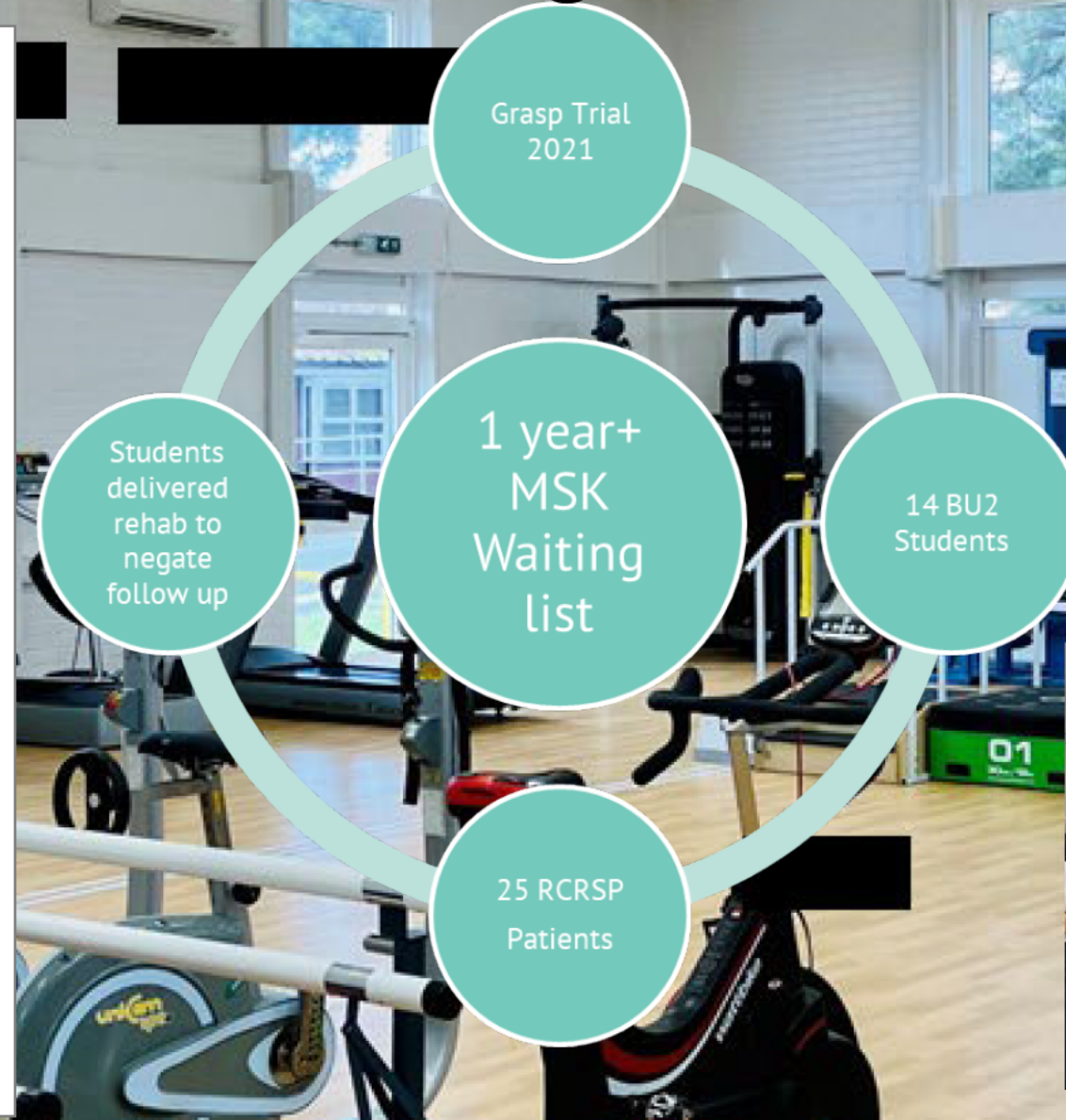
Total patients seen;

Upper limb	160
Mass clinic	506

**Student placement
hours over both clinics;
> 60 hrs**

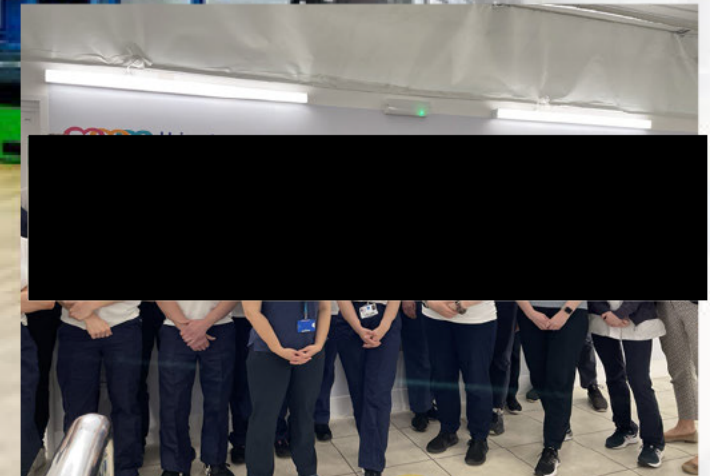
Students trained;

Upper limb	32
Mass clinic	35



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Mass Clinic Evolution: Upper Limb clinics (Phase 1)

134 Patients in database for analysis

Clinics offered at XCH, Poole and at OAC

- Collaborative BU event Oct 2022
- Clinician-Student hybrid model to assure quality care
- Initially 2nd year voluntary cohort then evolved to 1st years on program
- Post clinic –Student placement project reviewing & presenting of outcome measures

Upper Limb patients became shortest waiting list

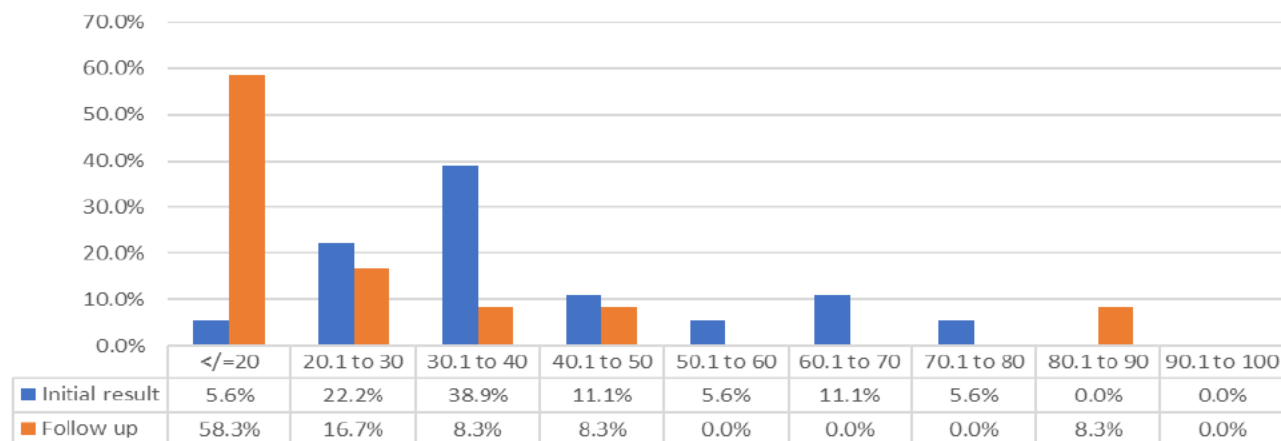
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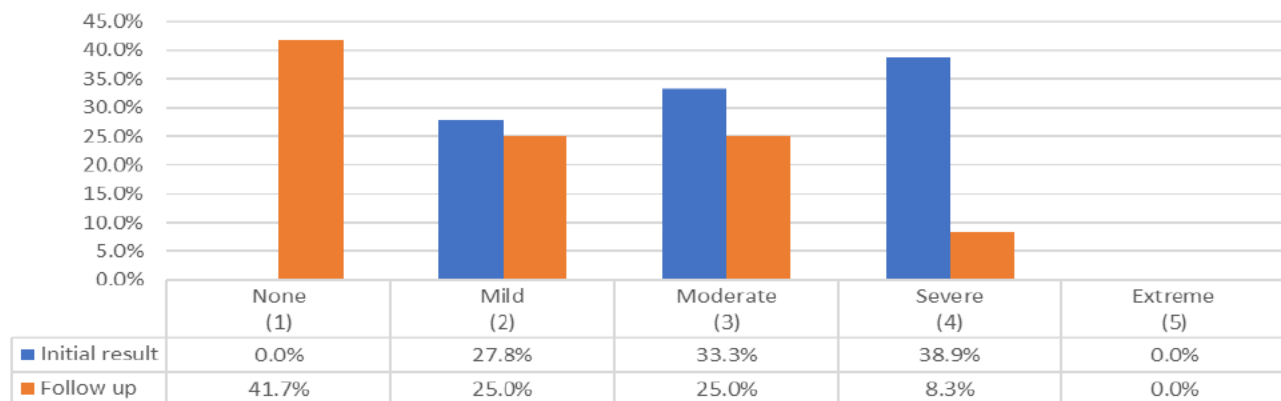
Upper limb clinics efficacy

- Feb 2023 12 month follow up data
 - 22.2% Post clinic follow up
 - 14.74 Improvement on Quick Dash Score
 - Baseline mean 36.97-12month 22.23

QuickDash score



Rate severity of symptoms in the last week: Arm, shoulder or hand pain



Mass clinic next steps (Phase 2 and 3)



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- All body regions assessed
- Clinic set up – based on Upper limb clinic
- Student roles
- 3rd year physiotherapy students
- Pan Dorset staffing

- Progression of student model – followed the patient through the clinic
- 3rd and 2nd year physiotherapy students

Welcome
Conversation

Assessment
Zone

Rehabilitation
Zone

Lifestyle
Zone

Checkout
Zone

Mass Clinic Data

4 Dates

506 patients

4 Dates

12.7% D/C

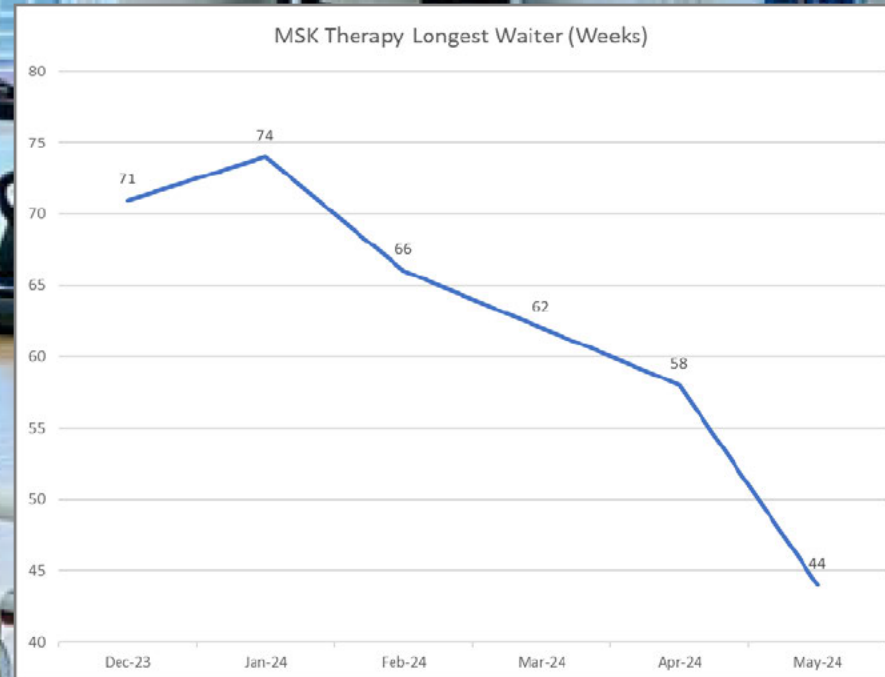
63.0% PIFU

23.4% Follow-Up

5.2% DNA

9.4 / 10

Overall Experience



Zone	% V.Satisfied
Welcome	96%
Ax	91%
Rx	83%
Lifestyle	85%
Checkout	89%

Student feedback



Upper limb clinic

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

“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”

Mass clinic

“very helpful in improving my ability to think of and deliver treatments for patients”

“a very valuable learning experience, which showed a great insight into the MSK world...this was a brilliant opportunity to learn what it was like”

“This experience allowed me to put into practise my MSK knowledge and develop exercises independently for different conditions

“This was an amazing opportunity and I definitely recommend this to all students”

“It was great to talk to patients and work on my confidence and communication skills as well as building on my MSK”



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Questions?

Please contact

Alex-

adunford@bournemouth.ac.uk

Emily-

emily.middleton4@nhs.net

Chris-

christopher.efford@uhd.nhs.uk

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