

# Tay Vision

10 years of Primary Care  
MSK services



# MSK and SEM

**20% - 25% of GP consultations (35% of consultations for over 75yrs)**

**30,000 patients on waiting list in Scotland with low 11% conversion in some centres**

**7.6 million working days lost due to MSK issues**

**£5 billion annual cost (5<sup>th</sup> highest area of NHS spend)**

**Studies regularly note 34% – 43% inappropriate referrals to Orthopaedics**

# MSK Referrals - traditional



# Kings Cross HCCC

- Created late 2005
- Model of MDT approach
- 30% of Ortho referrals deemed “inappropriate”
- Tayside GPs and referral patterns
- Provide MSK excellence
  - Short waiting times
  - Right person right time
  - Access to investigation and expertise
  - Offer range of treatments





# Kings Cross HCCC

## MSK Team



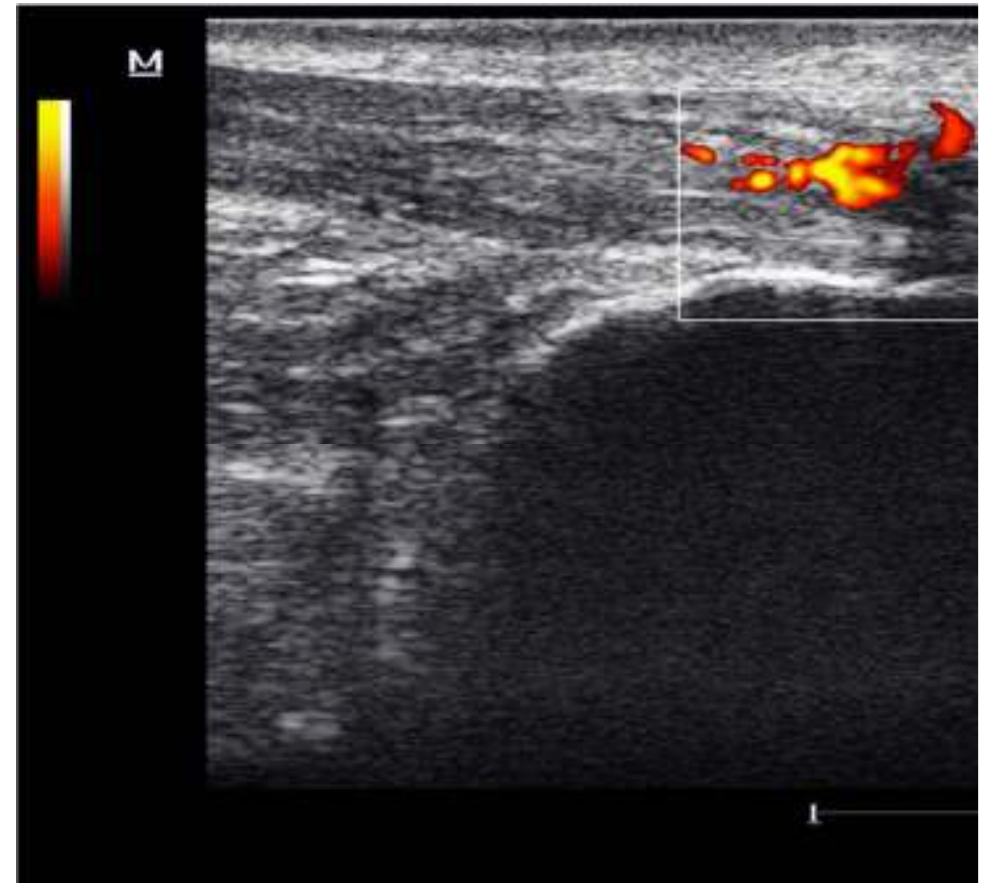
- SEM Doctor
- MSK Physio (6 ESP practitioners)
- Podiatry
- Pain Nurse
- Womens Health Physio
- Admin
- Radiology services
  - Onsite xray
  - Rapid access MRI/US/CT
- Blood testing
- SEM ultrasound

# Kings Cross HCCC



# Kings Cross HCCC

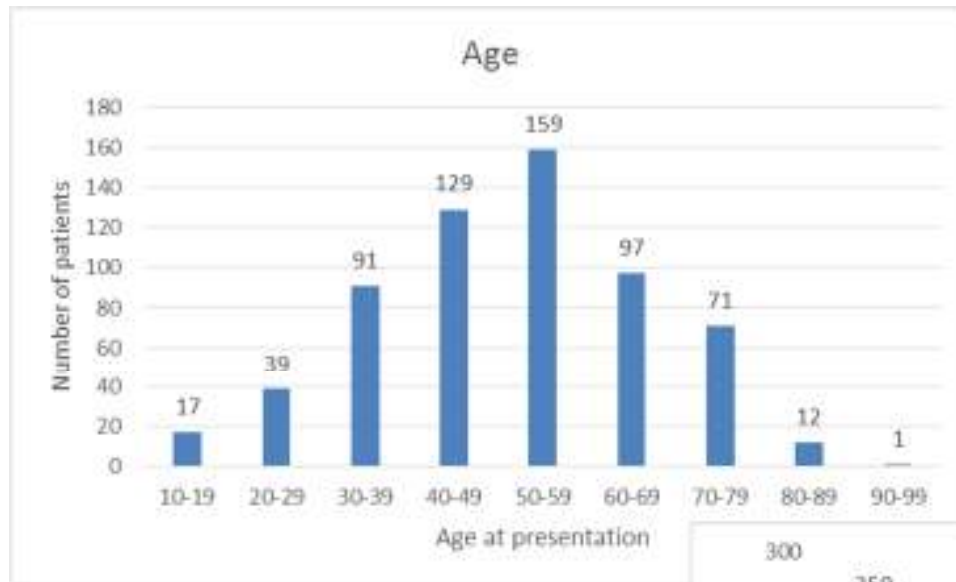
- MDT appointments
- Medication support (cf: CSP regulations)
- Image access
- Gym access
- Biomechanics assessment



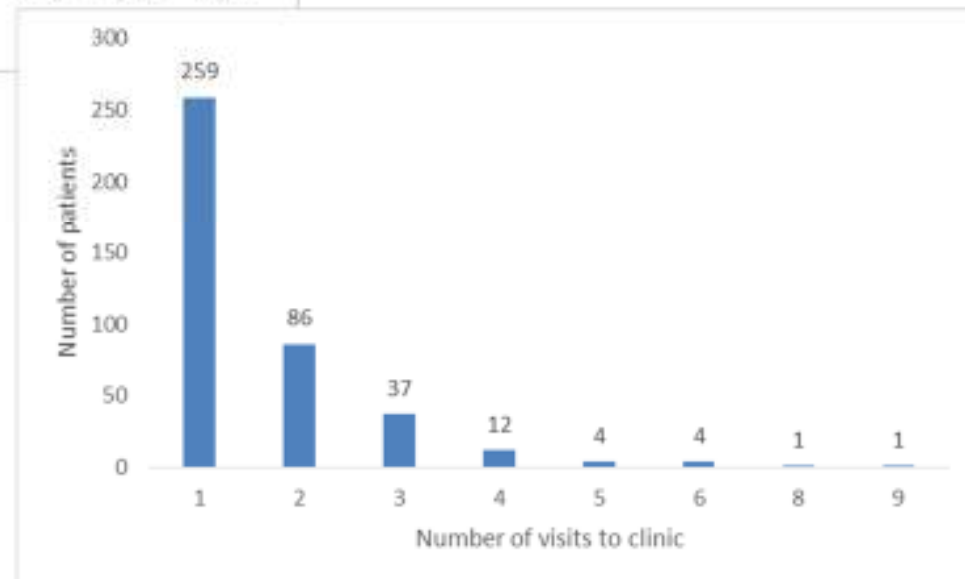
- One session per week with SEM
- Additional 2 sessions per week with just ESP physio



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64% discharged after first appointment

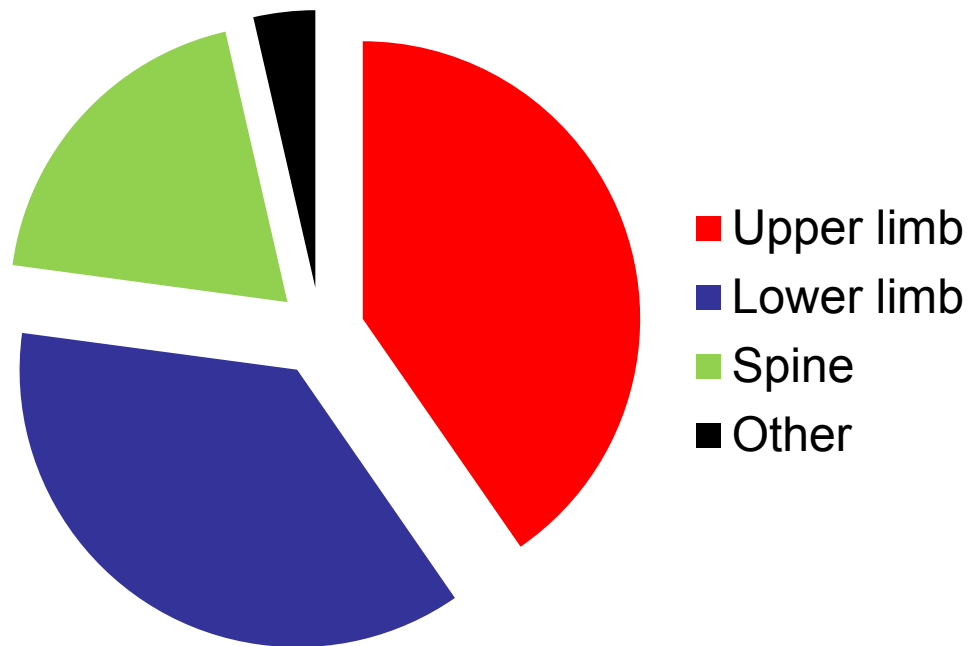


Acknowledgement  
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BSc project, University of Glasgow

# Kings Cross HCCC

Presentation	Number
Back pain	20%
Adhesive Capsulitis	12%
shoulder impingement	11%
osteoarthritis of knee	10%
shoulder pain	10%
neck pain	9%
shoulder bursitis	7%
knee pain	7%
plantar fasciitis	7%
shoulder tendinopathy	7%

## Regions of the body



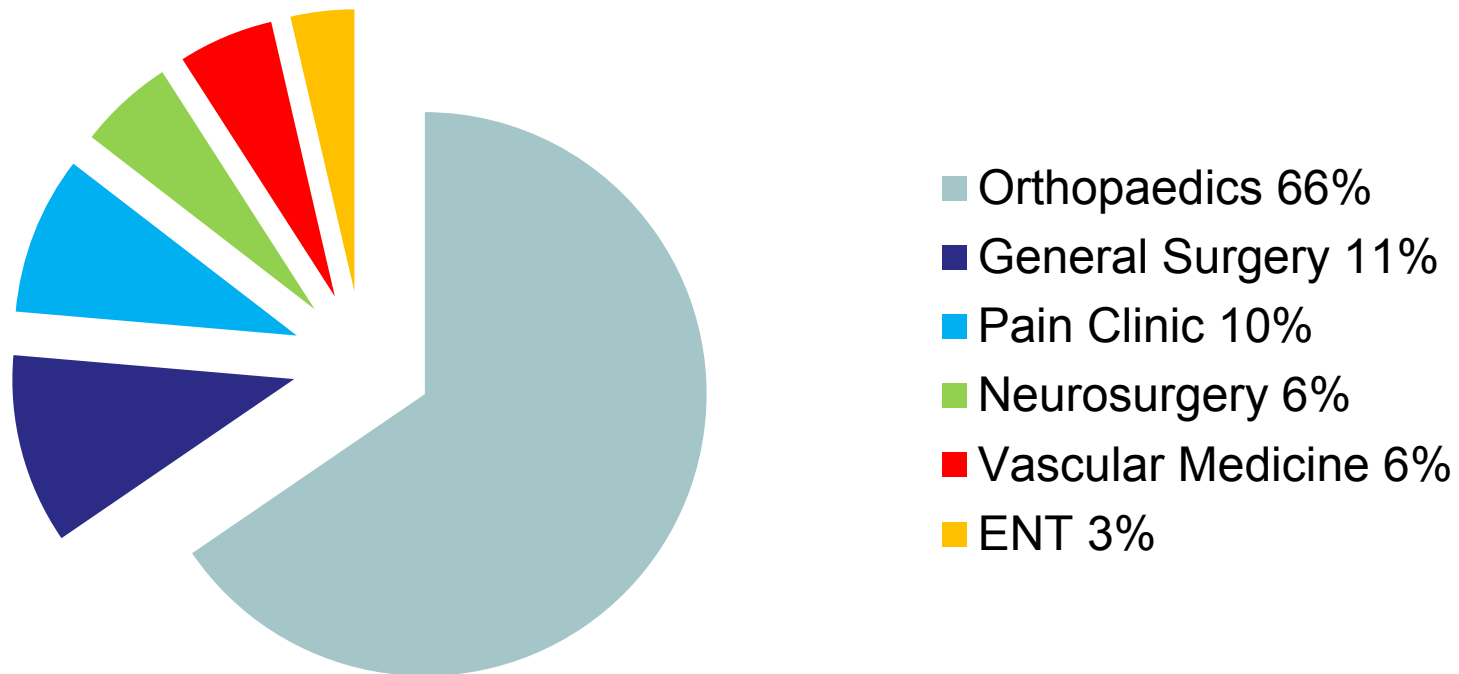
MSK Clinic KXH Audit 2011

# Kings Cross HCCC

Overall, only 4% of patients attending the clinic are referred on to secondary care (Audit in 2011 and 2013)

NICE MSK review – national average 3.2% referral in MSK clinics

## Referrals



MSK Clinic KXH Audit 2011

# Kings Cross HCCC

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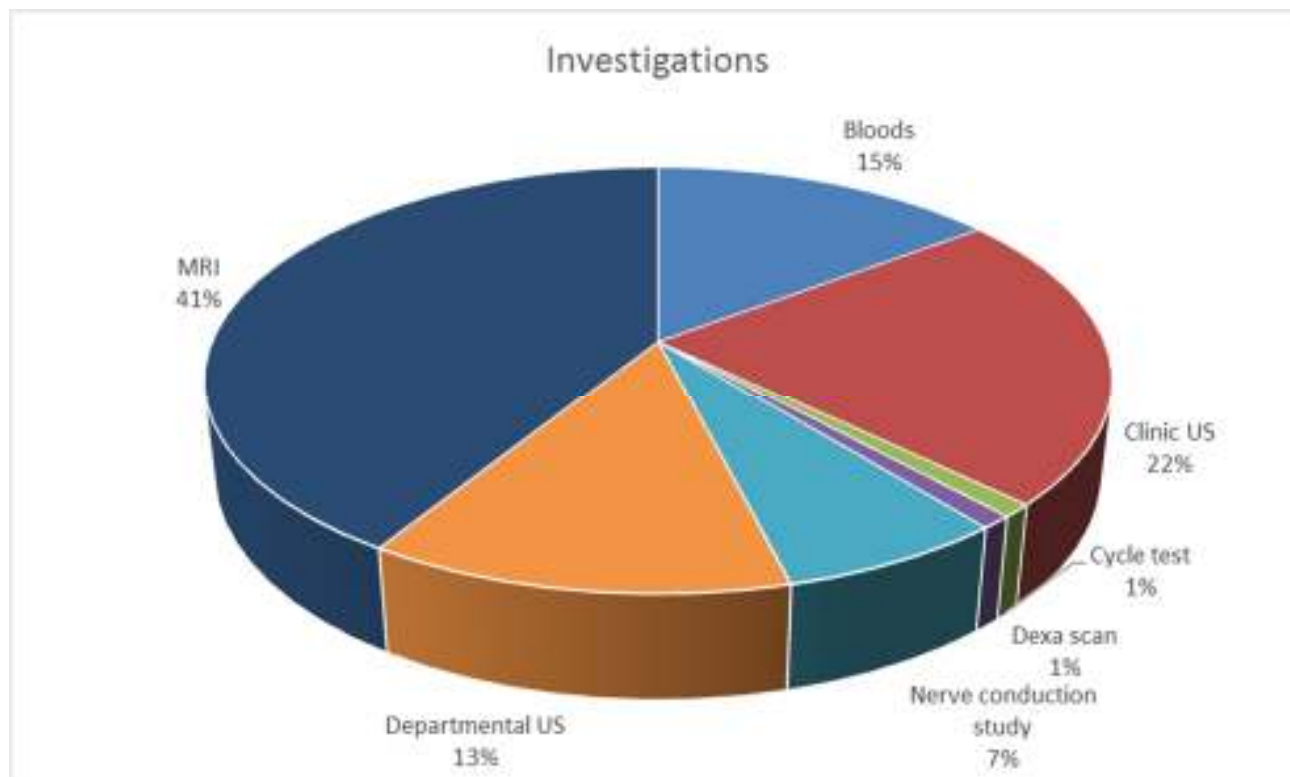
NICE MSK review – national average 3.2% referral in MSK clinics

## Additional referrals

- Podiatry
- Physiotherapy
- Active for Life (exercise referral scheme)



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651 consultations,  
102 Investigations

- 10% MRI rate
- 3% US rate
- 25% injections

MSK Clinic KXH Audit 2011



# Kings Cross HCCC

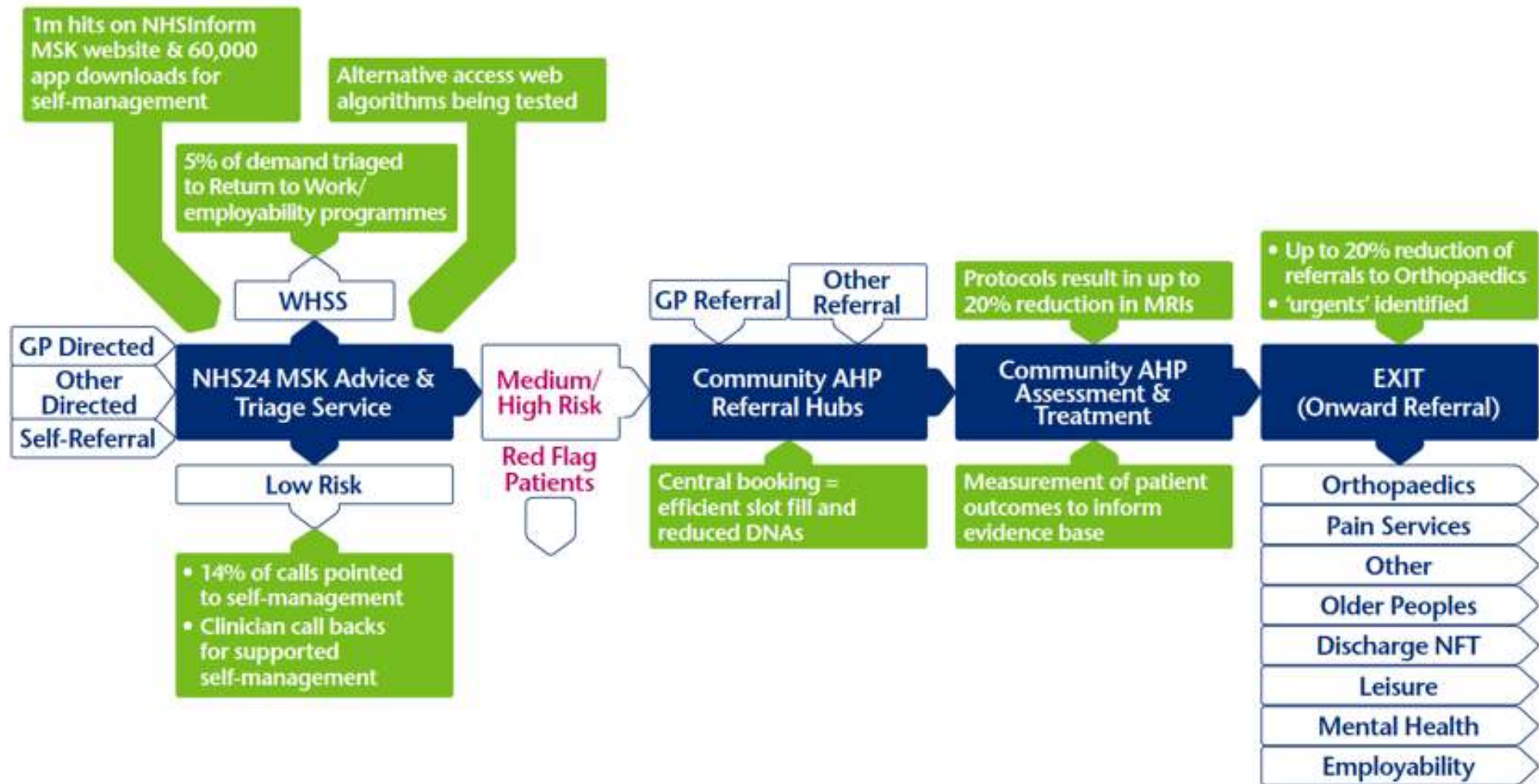
- Referrals now coming from
  - Primary care and NHS 24
  - Outpatient Physio
  - Ortho & Neuro (incl. MS clinic)
  - Pain Clinic
  - General Medicine
  - Women's Health
- Health Economics (estimated)
  - Using the traditional route
    - £85 saving per consultation
    - 700 consults per year = £60k
    - 10 years of clinic (3 session/wk) = £600k SAVINGS



# MSK and NHS Scotland

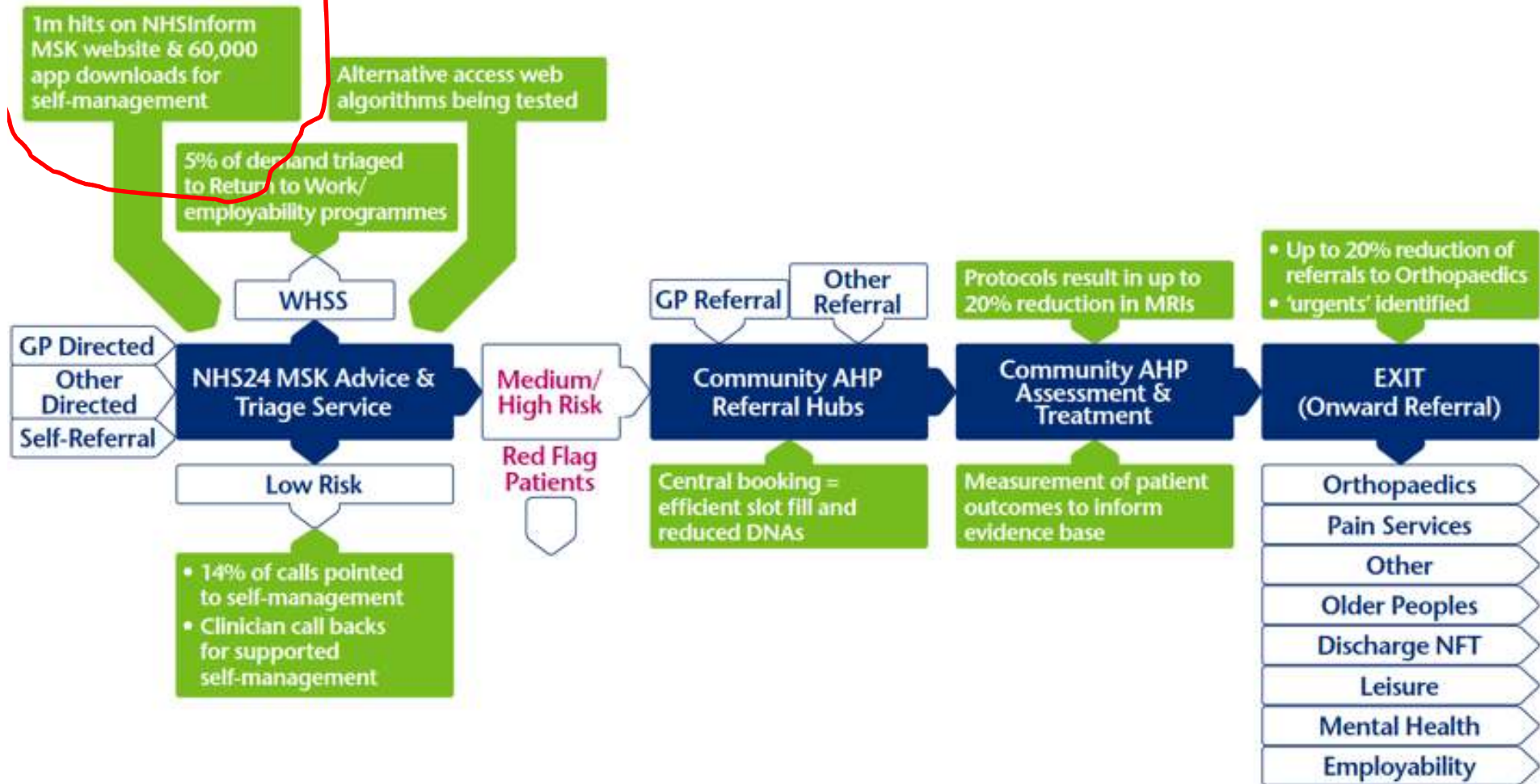


# MSK and NHS Scotland





# MSK and NHS Scotland



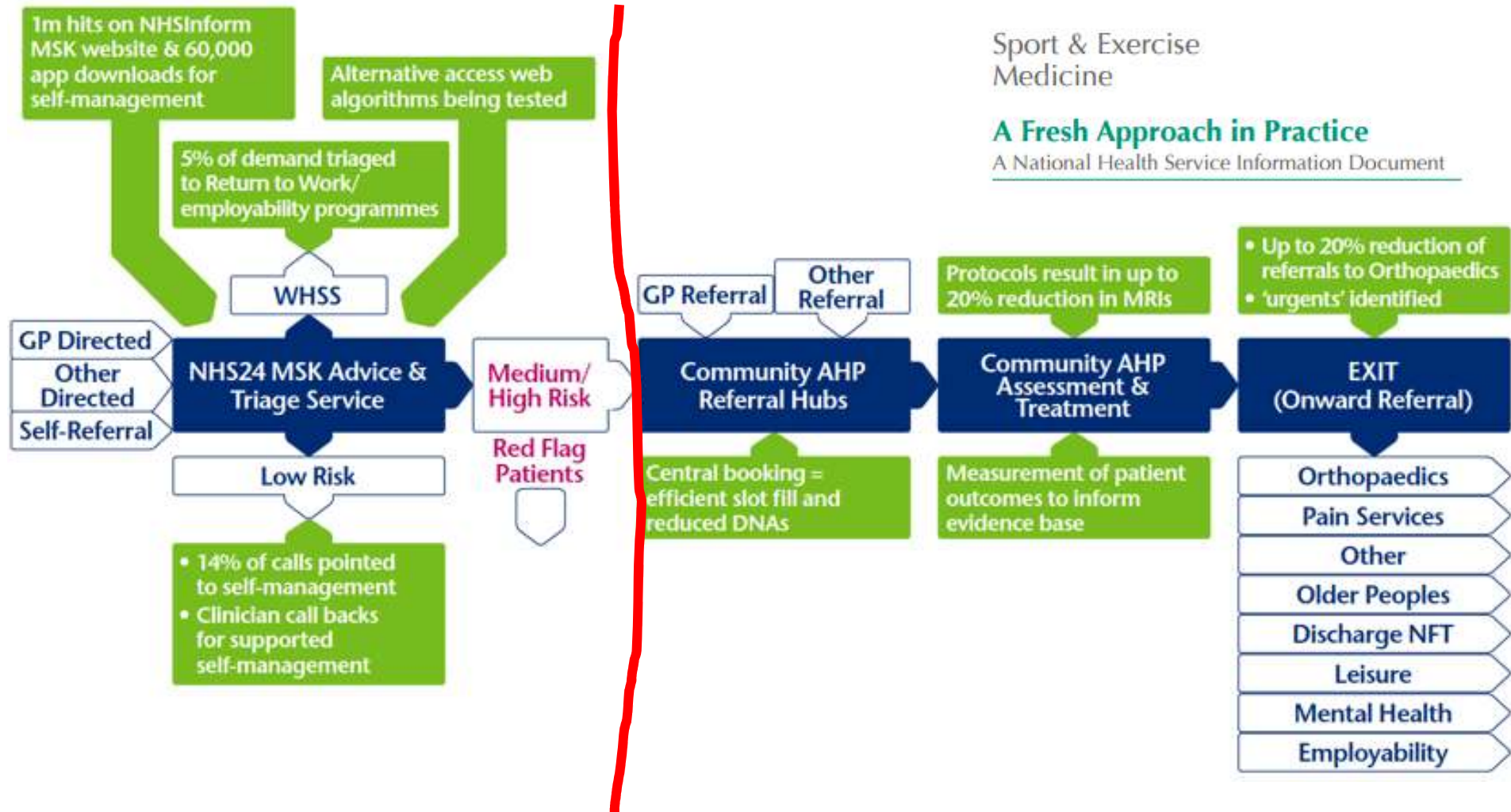
# MSK and NHS Scotland



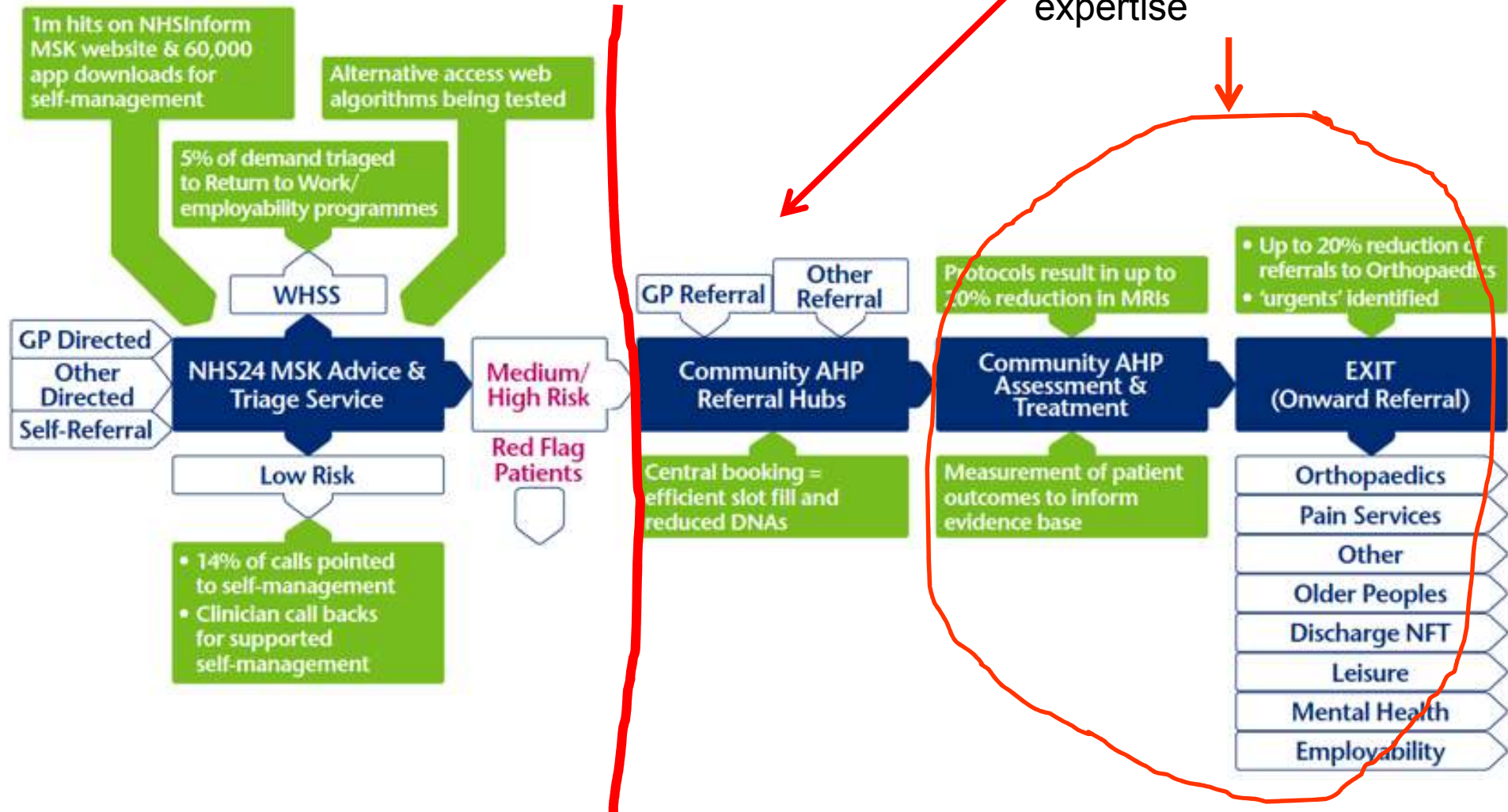
Sport & Exercise  
Medicine

## A Fresh Approach in Practice

A National Health Service Information Document



# MSK and NHS Scotland



# Kings Cross HCCC

- GP education
  - Soft tissue injection courses (Thiel)
  - Online MSK services
    - <https://msksolutions.nhs.scot>
  - Exercise as medicine
  - 5 year GP education strategy



- Service redesign
  - Knee MRI access
  - Shoulder US access service
  - Lumbar spine xray
  - Nerve Conduction Studies

- AHP education
  - Soft tissue injection courses and mentoring
  - Radiology support
  - Supplemental prescribers

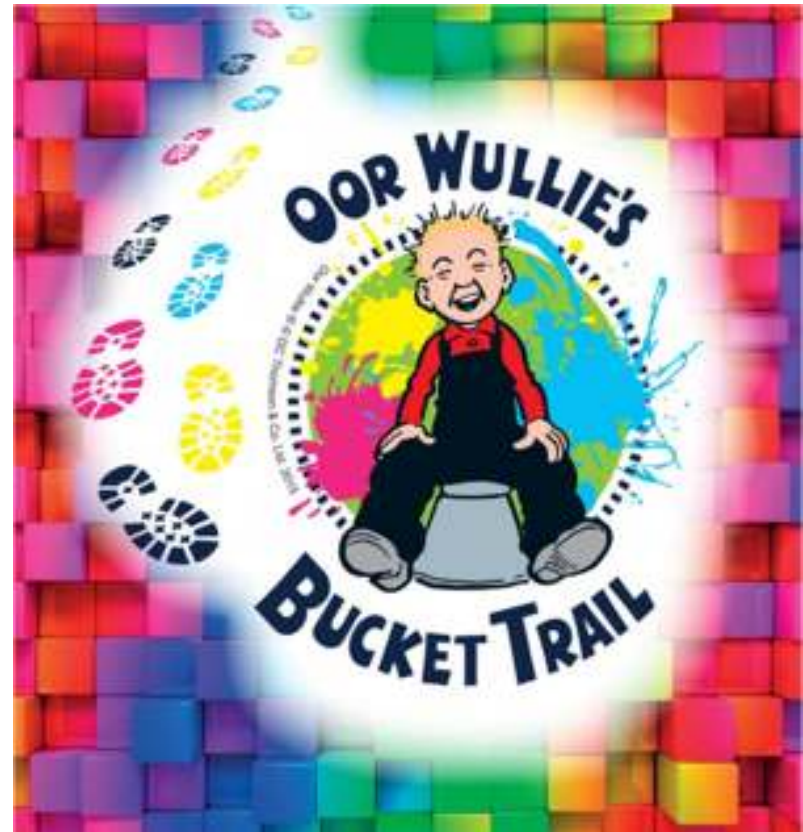
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- Full review of 10 year data
- Application to extend clinic to include Regional Performance Centre
- Widen clinic reach in rest of Tayside
- UK wide lessons





**Dr Niall Elliott**

[nelliott@nhs.net](mailto:nelliott@nhs.net)

[\*\*@dundeesportsmed\*\*](#)