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 (5th 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

- 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
64% discharged after first appointment

Acknowledgement
Alice Donaldson & John Maclean
BSc project, University of Glasgow
Kings Cross HCCC

Regions of the body

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back pain</td>
<td>20%</td>
</tr>
<tr>
<td>Adhesive Capsulitis</td>
<td>12%</td>
</tr>
<tr>
<td>shoulder impingement</td>
<td>11%</td>
</tr>
<tr>
<td>osteoarthritis of knee</td>
<td>10%</td>
</tr>
<tr>
<td>shoulder pain</td>
<td>10%</td>
</tr>
<tr>
<td>neck pain</td>
<td>9%</td>
</tr>
<tr>
<td>shoulder bursitis</td>
<td>7%</td>
</tr>
<tr>
<td>knee pain</td>
<td>7%</td>
</tr>
<tr>
<td>plantar fasciitis</td>
<td>7%</td>
</tr>
<tr>
<td>shoulder tendinopathy</td>
<td>7%</td>
</tr>
</tbody>
</table>

MSK Clinic KXH Audit 2011
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

- Orthopaedics 66%
- General Surgery 11%
- Pain Clinic 10%
- Neurosurgery 6%
- Vascular Medicine 6%
- ENT 3%

MSK Clinic KXH Audit 2011
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

Additional referrals

- Podiatry
- Physiotherapy
- Active for Life (exercise referral scheme)
Kings Cross HCCC

651 consultations, 102 Investigations
- 10% MRI rate
- 3% US rate
- 25% injections
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

1m hits on NHSInform MSK website & 60,000 app downloads for self-management

5% of demand triaged to Return to Work/employability programmes

WHSS

GP Directed
Other Directed
Self-Referral

NHS24 MSK Advice & Triage Service

Low Risk

Medium/High Risk
Red Flag Patients

• 14% of calls pointed to self-management
• Clinician call backs for supported self-management

GP Referral
Other Referral

Community AHP Referral Hubs

Central booking = efficient slot fill and reduced DNAs

Community AHP Assessment & Treatment

measurement of patient outcomes to inform evidence base

Protocols result in up to 20% reduction in MRIs
• ‘urgents’ identified

Exit (Onward Referral)

Orthopaedics
Pain Services
Other
Older Peoples
Discharge NFT
Leisure
Mental Health
Employability

• Up to 20% reduction of referrals to Orthopaedics
MSK and NHS Scotland

1m hits on NHSInform MSK website & 60,000 app downloads for self-management

5% of demand triaged to Return to Work/employability programmes

WHSS

GP Directed
Other Directed
Self-Referral

NHS24 MSK Advice & Triage Service

Medium/High Risk

Low Risk

• 14% of calls pointed to self-management
• Clinician call backs for supported self-management

Alternative access web algorithms being tested

GP Referral
Other Referral

Community AHP Referral Hubs

Central booking = efficient slot fill and reduced DNAs

Community AHP Assessment & Treatment

Measurement of patient outcomes to inform evidence base

Protocols result in up to 20% reduction in MRIs

• Up to 20% reduction of referrals to Orthopaedics
• ‘urgens’ identified

EXIT (Onward Referral)

Orthopaedics
Pain Services
Other
Older Peoples
Discharge NFT
Leisure
Mental Health
Employability

Sport & Exercise Medicine

A Fresh Approach in Practice
A National Health Service Information Document
Kings Cross HCCC

• **GP education**
  – Soft tissue injection courses (Thiel)
  – Online MSK services
    • [https://msksolutions.nhs.scot](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
- 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

nellioott@nhs.net
@dundeesportsmed