

The One Gloucestershire Way



Priority Summary:

Transforming MSK Care

Our ambition

Our ambition is to prevent as many people as possible from developing Musculoskeletal (MSK) conditions (affecting bones and joints), through promoting healthy lifestyles such as a healthy eating and regular physical activity.

Where people do develop MSK conditions, we want to make sure they are supported by the right person, at the right time.

What are we doing?

- We are doing more to support people with common MSK conditions to look after themselves safely, directing patients to high quality information and advice. Patients are also able to self-refer to local physiotherapy and podiatry services when they feel they need more support, without the need to see their GP.
- We have introduced a new triage service, where referrals from GPs are reviewed by specialist physiotherapists and podiatrists who ensure patients are seen by the most appropriate service.
- Physiotherapists are working in some GP Practices to support patients with MSK conditions. The service has been very popular with patients who value the physiotherapist support and need to see the GP less often.

Case Study

Rose, an 83 year old woman from Cheltenham, has been suffering with Arthritis in her hip for a number of years. She was referred to a physiotherapist, who suggested she attend an exercise programme called ESCAPE-pain at her local leisure centre. This rehabilitation programme involved education, self-management and coping strategies and a tailored exercise regime for each person. While on the course, Rose made friends with another woman who she now goes to the gym with.

Rose explains:

"Sometimes when osteoarthritis is giving you a hard time, doing your exercises can ease the discomfort and you feel so much better."



What next?

- We want to ensure our patients continue to access the best possible support and information when they need it. We plan to develop the Physiotherapists working in GP practice service, as well as expanding the ESCAPE-pain programme to help people with osteoarthritis manage their condition.
- We are also working with Active Gloucestershire to raise awareness of people at risk of falling and to help those people improve their strength and balance. This could be through attending community classes or completing exercises in their own home.