

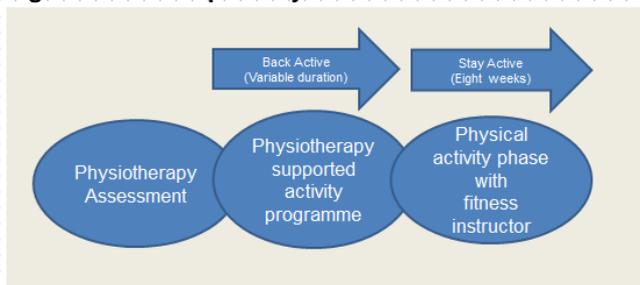
## Impact of a Physical Activity Pathway for Musculoskeletal Conditions: A Clinical-Academic Partnership Service Evaluation

Rachel Young (MSc, MCSP), Alex Thompson (MSc, MCSP) Dr Siobhán McLean (MCSP), Dr Kate Grafton (MCSP)

### Background

Doncaster has significantly higher levels of physical inactivity than the national average (1). Physical activity supports the management of long term conditions including musculoskeletal (MSK). The Doncaster and Bassetlaw Hospitals NHS Foundation Trust (DBH) physiotherapy service has recorded sustained increased referrals. The Back Active/Stay Active (BA/SA) pathway was devised to support patients to become independently physically active for sustainable management of their MSK problem.

### Figure 1: Service pathway



The objectives of this service evaluation were to:

- evaluate long term outcomes
- identify service limitations

### Methods

The service evaluation was registered with Doncaster Royal Infirmary Research and Development Department. Retrospective analysis of records collected from the STarT Back questionnaire (STTB), EuroQoL 5D (EQ5D) and sit to stand repetitions (STSR) generated quantitative data. Data from all three tools was collected from 59 service users upon referral to and completion of the BA programme. The EQ5D was completed by 168 service users upon commencing the SA phase and repeated upon discharge from the SA programme. Qualitative data was gathered through semi-structured interviews with selected service providers and a random sample of service users.

### Results

Retrospective data for a total of 208 service users across the Back Active/Stay Active pathway was included in the quantitative analysis. Eight service providers and eight service users were interviewed.

Table 1: Back Active Data

Tool	Mean pre BA	Mean post BA	P value
SBST	4	3	0.0002
EQ5D	0.58	0.63	0.005
STSR	24	33	0.001

Table 2: Stay Active Data

Tool	Mean pre SA	Mean post SA	P value
EQ5D	0.63	0.81	0.001

Figure 2: Quotes from Service Providers

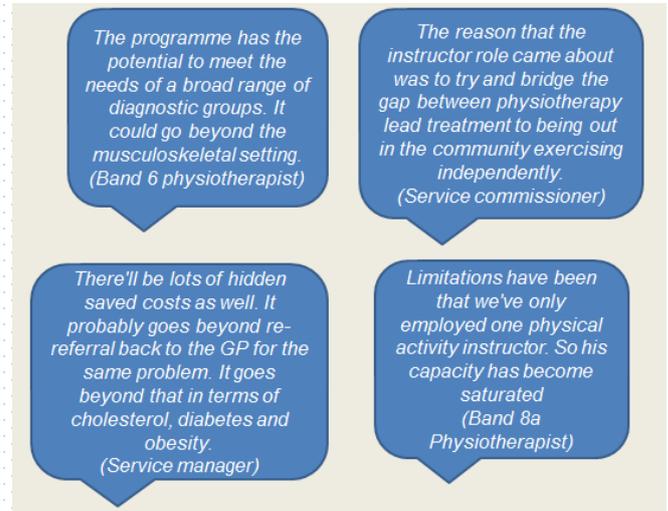


Figure 3: Quotes from Service Users



### Discussion

Data analysed within this service evaluation indicate that the BA/SA pathway is a successful model of patient care. Quantitative data demonstrates improved physical performance and perceived wellbeing associated with attendance upon the programme. Qualitative data indicates sustained improvement in symptoms and a long term commitment to increased physical activity. Limitations associated with the service included session accessibility, none standardised core outcome set and employment of a lone fitness instructor.

### Conclusion

The collaboration between NHS, CCG and leisure based facilities can decrease physical inactivity, improve physiotherapy outcomes and support resource management in the NHS. It is recommended that funding is made available to conduct a prospective study incorporating robust data collection methods to further evaluate the impact of the pathway.

### References

(1) Public Health England (2016) Doncaster Health Profile 2016 (accessed at [www.healthprofiles.info](http://www.healthprofiles.info))