

Manaaki Hauora-Supporting Wellness

Learning Session 2

Wednesday 24 June 2015

Keep on moving



Organisational “Buy in”

Aim: Within (a certain GP practice) 85% of diabetic patients diagnosed with osteoarthritis will receive active management support that will help them improve their functional capacity and help manage their diabetes.

Buy In:

- It involved Outpatient and community physiotherapy and we are looking to partner with primary health
- So far have presented findings to the Mangere-Otara Locality Leadership group
- Potentially looking at working with private physiotherapists
- Next steps is to identify a GP, diabetes nurse to work with in the working group

Measures Summary

Process measures

Number of diabetic patients with diagnosed osteoarthritis

Number who have been referred for a physiotherapy assessment

Number of patients with an active management plan

Number of patients who have completed the programme

Number of patients still physically active 3-6 months later

Outcome Measures

Functional improvement – patient specific functional scale

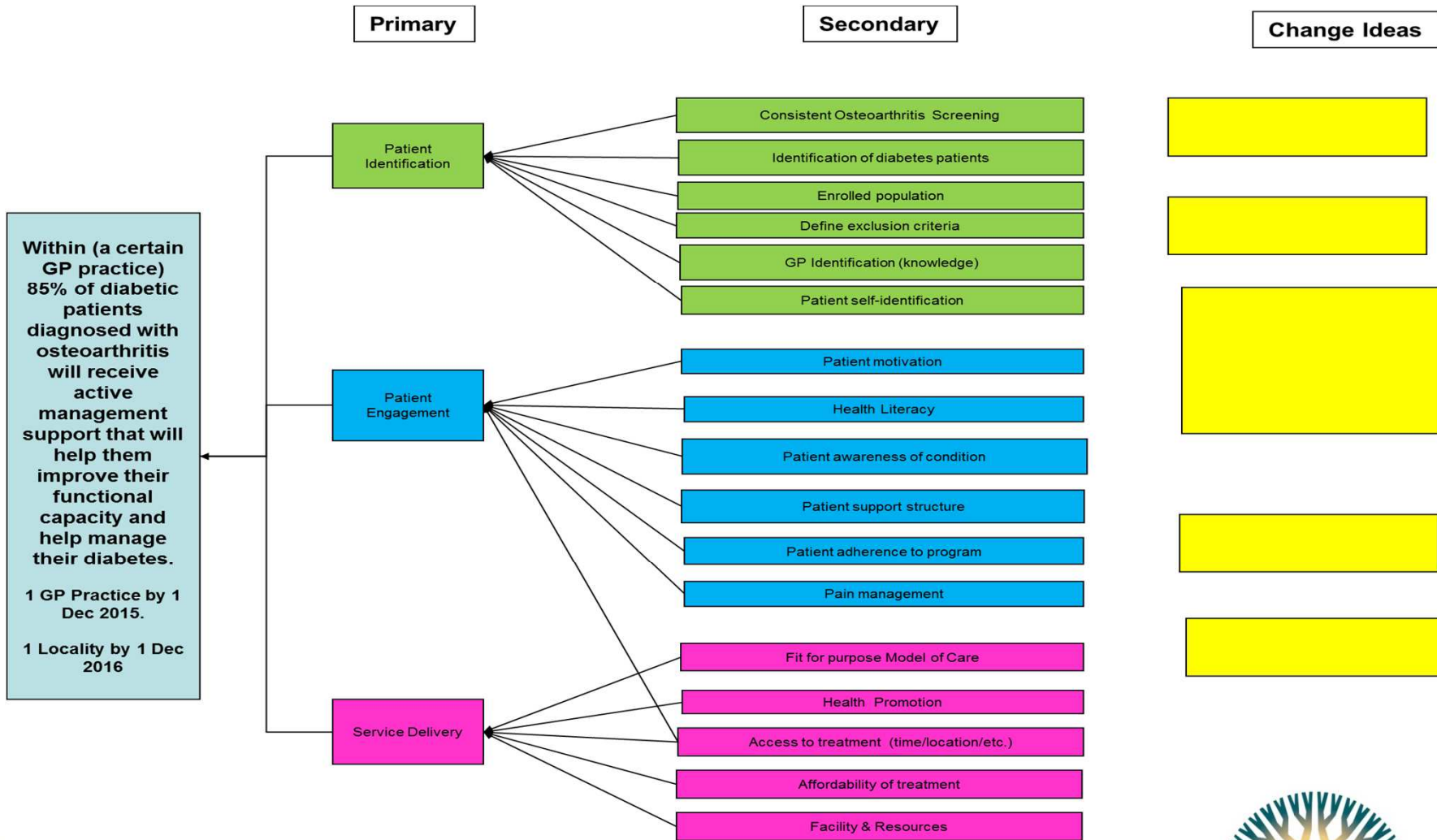
Change in exercise patterns and behaviours

Balance measures

Change in HbA1C

Patient engagement/satisfaction

Driver Diagram



Change Ideas - Themes

- Keep patients moving with diabetes whose ability to exercise regularly is limited by joint pain associated with osteoarthritis
- Develop a program specifically for diabetic patients with Osteoarthritis to empower them to improve their participation in exercise / activity
- Introduce a robust and reliable osteoarthritis / Functional screening process at Primary care level
- Referral pathway to Physiotherapy for patients with diabetes and OA

Planned PDSA cycles?

Designing and testing a programme with patients referred to Home Health Care and Physiotherapy Outpatients.

Highlights and Lowlights

Highlights

- Project Support Team- invaluable
- Team assumptions being challenged by looking at data
- Finding out new knowledge from looking at data

Low lights

- Difficulty identifying patient population despite anecdotal knowledge that problem exists
- Planning taking too long
- Time challenges in a busy existing schedule

Achievements to Date

- We have an agreed aim
- We have a name
- We have looked at some data to confirm the problem
- We have a working group
- We have started communicating with key stakeholders
- Commenced reading the improvement Guide

Collaborative Team Members



Steering group

Paula Seymour

Lisa Ford

Martin Chadwick

Working Group

Emma Rore

Bianca Graetz

Pat Evans