

# Manaaki Hauora-Supporting Wellness

## Learning Session 3

### Tuesday 10 November 2015

### Keep on Moving

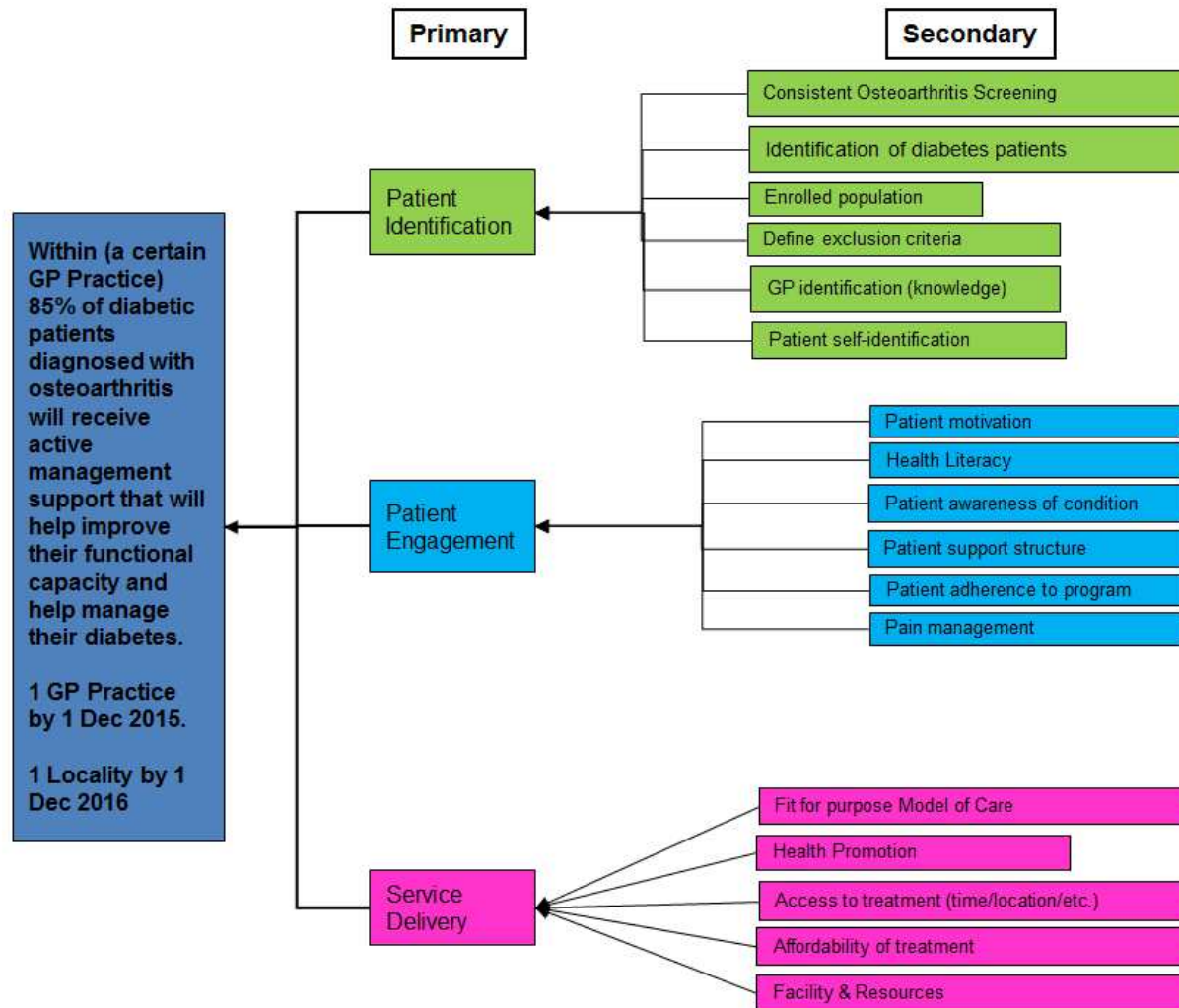


# Aim

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.



# Driver Diagram



# Change Package

Secondary drivers (Theory of change)	Change concepts & change ideas tested	Evidence of Improvement
Enrolled population	Initially taking client from current waiting list  Referrals from a nominated GP practice, therefore identify inclusion criteria	PDSA cycle
Client awareness of condition	Interactive education sessions on: Osteoarthritis, Diabetes, Pain management, and pharmacy	Gained feedback from 2 clients following the OA presentation PDSA cycle
Client support structure	Peer support – exchanging telephone numbers  Interaction between clients	Client feedback questionnaire PDSA cycle
Access to treatment (time/location/etc.)	Initial trials held in MMH gym, therefore limited time slots available.	Client feedback questionnaire PDSA cycle

# Potential for Spread

- Initial trials are held in the AT&R gym, however it is planned that future trials will be held in the community setting across Localities.
- Currently we are focused on patients with OA and Diabetes however patients with other long term conditions such as (eg hypertension, respiratory conditions) may benefit from this type of programme.
- Future state we aim to utilise private practice physiotherapy departments to implement the programme

# Achievements to Date

- Multidisciplinary involvement in the working group (diabetes, physiotherapy, health psychology)
- **HOLISTIC APPROACH**
- Framework for change package around education and exercise. Dates set.



# Most successful PDSA cycle

- Testing the OA presentation – feedback from 2 patients prior to using in the group education session was positive
- Testing the screening tools – planned patient DNA'd for screening – potential for learnings.

# Measures Summary

- The Patient Specific Functional Scale (Goals)
- Muscle Power
- Range of Motion using Goniometer
- 10 meter Walk Test
- 30-second Chair to Stand Test
- Tinetti falls
- NRS Pain
- Analgesia taken (grammes per week)
- Blood Sugars
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- Euro Quality of Life (EQ-5D)
- Patient Health Questionnaire (PHQ-9)



# Highlights and Lowlights

- Alignment of group to a shared vision
- Engaged working group
- Learning a new methodology
  
- Slower progression than we would have liked...but things are moving faster now

# Collaborative Team Members

