

Keep Moving

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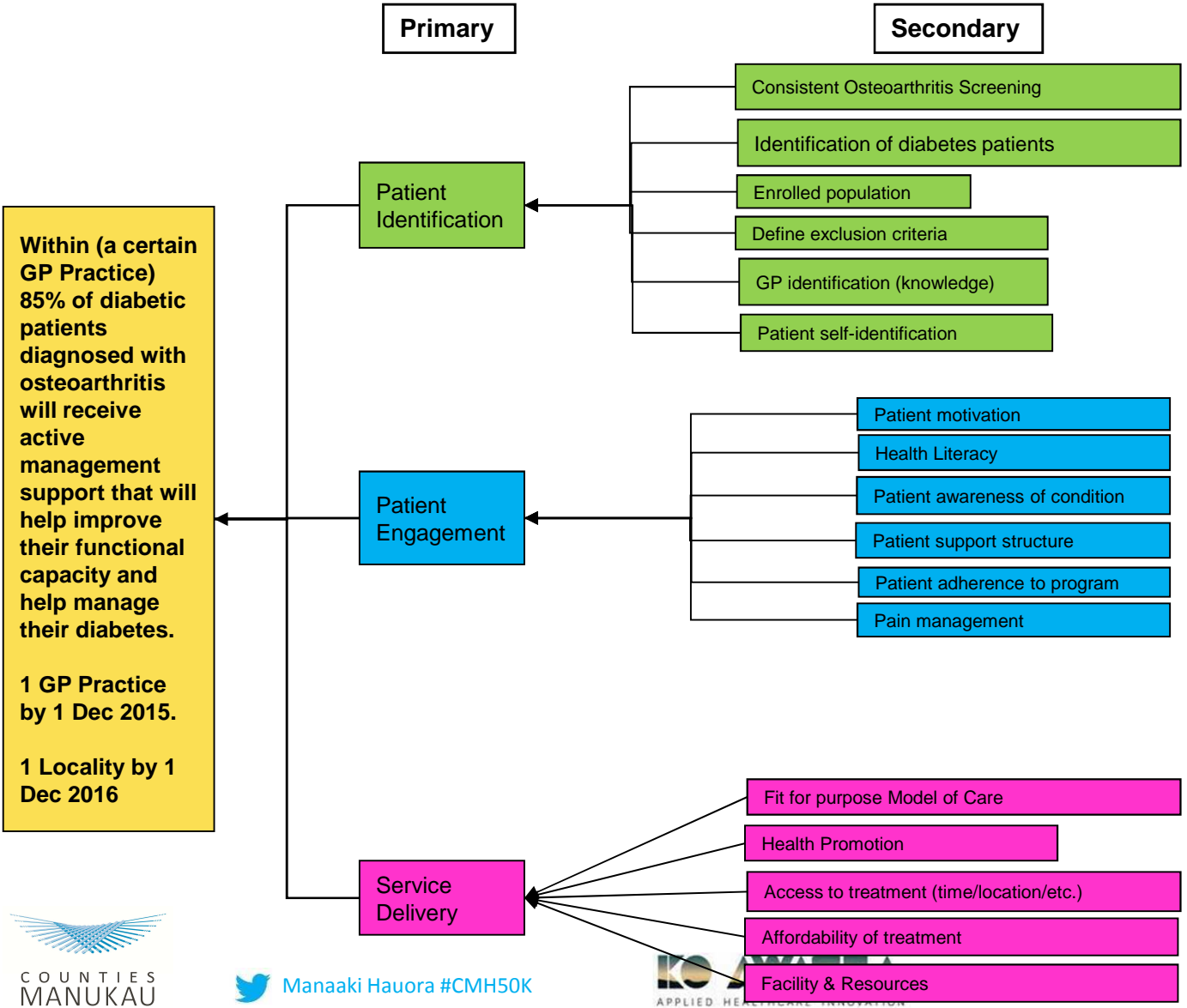


Aim

- 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.



Keep On Moving (Driver Diagram)



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

1 GP Practice by 1 Dec 2015.

1 Locality by 1 Dec 2016



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Dashboard

Reach – 9 patients

% Patients with diabetes and OA receiving active management support (overall and by GP practice)

No. of sessions attended per patient (out of 8 – at least 75% i.e. 6 expected)

No. of patients offered programme

No. of patients attended assessment session

No. of patients commenced programme

Change in the Tinetti Balance Assessment Score

Change in the PSFS Score






Change in the HbA1c

Change package – Still testing

- Initial assessment form
- Group exercise programme
- Location for the programme
- Education sessions

Keep On Moving PDSA Tree

Key

-  Adopt
-  Adapt
-  Abandon
-  What next?
-  Testing



PDSA's / Key learnings

- Assessment – change layout/content of the form to better meet our needs.
- Recruitment – improve our process of contacting patients.
- Location – Patients prefer locations outside of the hospital
- Exercises – be prepared. Flexible exercise options for patients at risk of hypo

Risks and associated plan of action

- Staffing limitations
- Venue
- Multiple co-morbidities
- Similar programmes –
collaboration, not competition!

Highlights

- Multidisciplinary approach
- Motivation
- Commenced assessments
- Identified large patient list (from current wait list)
- Utilizing equipment and venue sourced by other Counties Community Projects