

Manaaki Hauora-Supporting Wellness

Learning Session 5

Tuesday 21 June 2016

Keep On Moving

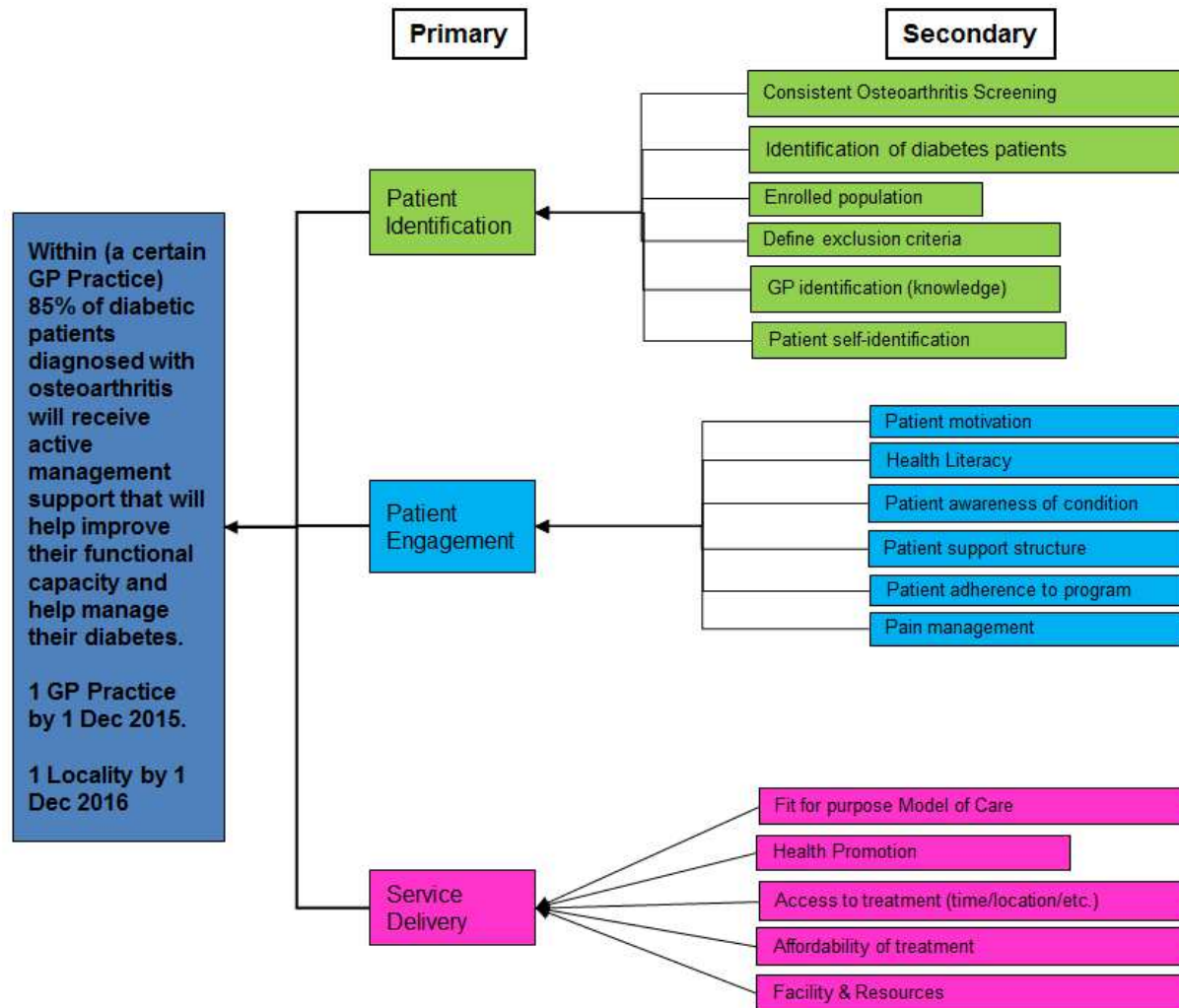
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Aim

- Within Greenstone Medical Centre 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



Keep On Moving - PDSA Tree



Secondary Drivers

- Identification of diabetes patients
- Define Exclusion Criteria
- Practice knowledge of patients
- Patient Self Identification
- GP Identification
- Timely diagnosis of OA
- Health Literacy
- Patient Motivation
- Patient Support Structure
- Pain Management
- Patient support structure
- Fit for purpose model of care
- Health Promotion
- Upskilling physio's around DM mgmt
- Access to treatments (time, location etc)
- Facility and Resources

COUNTIES
MANUKAU
HEALTH

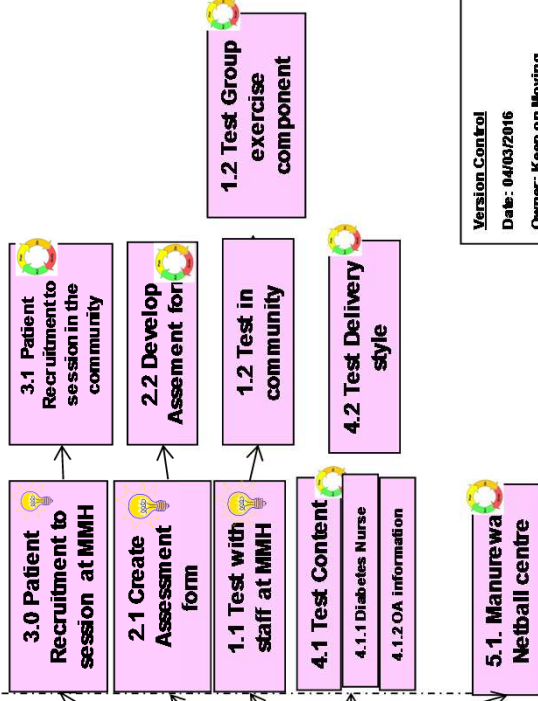


Specific Change Ideas

- Questionnaire available in public places for self screening
- New CMH intranet referral form
- Diabetes nurse (or District Nurse) to do internal referral to Programme for OA and DM in community
- Involving family/whanaau
- Success Stories
- Peers support
- 3.0 Invite Patients to Classes
- 2.0 Assessment Form
- 1.0 Exercise Programme
- 4.0 Education Sessions
- 5.0. Find Location

PDSA's

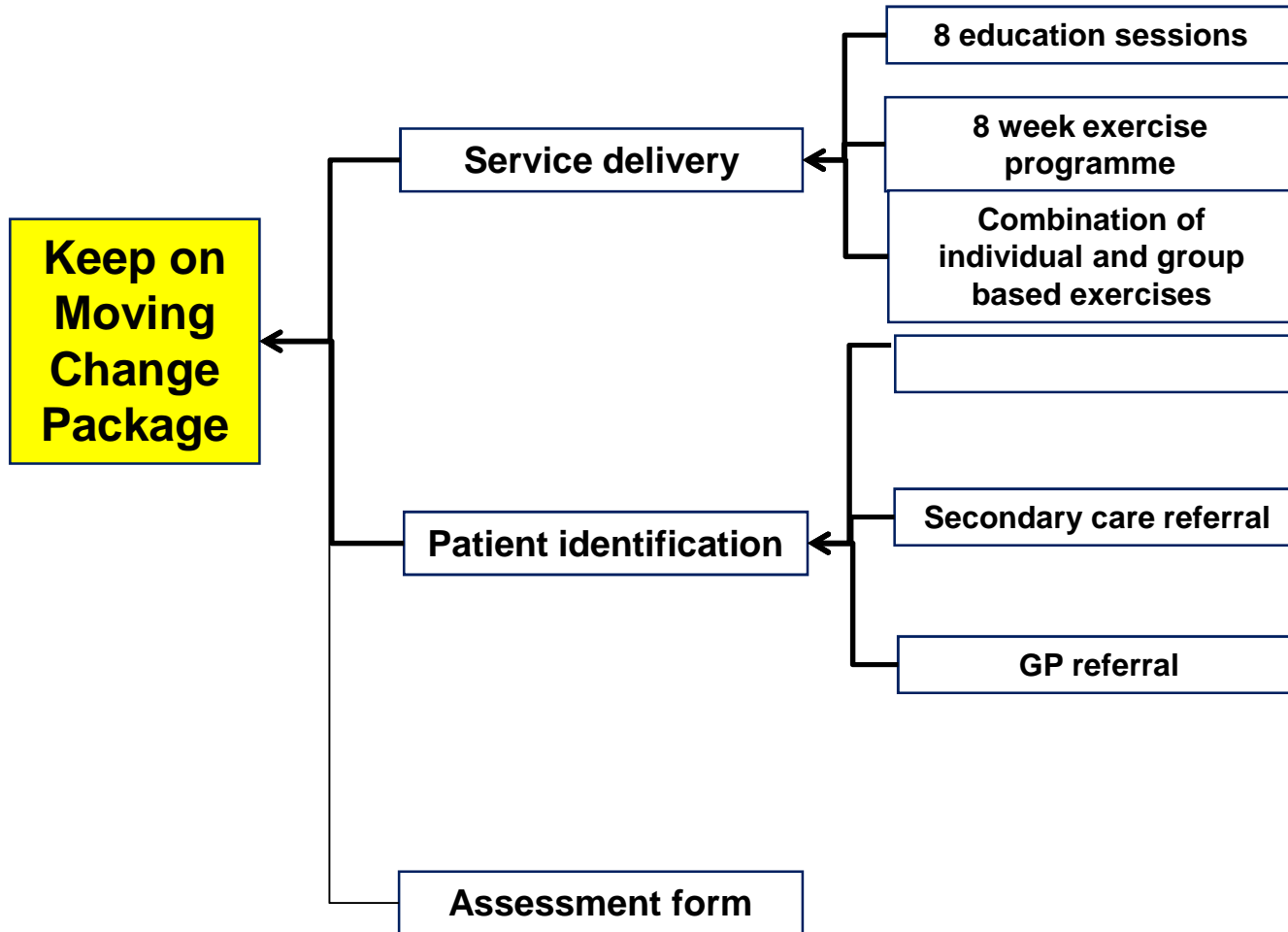
Focus is on testing patient identification for next few weeks



Version Control
 Date: 04/03/2016
 Owner: Keep on Moving
 Folder: W. Manaaki Hauora – Keep on Moving



Change Package



Ask and Offer

Ask: Our 2 greatest unresolved challenges are:

- Understanding how peer support could work in our setting and getting someone into the role
- Developing a process to get referrals direct from primary care
- What can participants do once they've finished the 8 week course?

Offer: The 2 greatest challenges we have resolved are:

- Group based exercise structure promoting laughter
- Venue – community based, accessible

Patient & Whaanau Story

- Mrs X did not feel the class would benefit her and needed encouragement to attend.
- She managed to meet her goal of being able to dance with her husband and so he will book a cruise as a reward.

Outcome measure	Pre Keep on Moving	Post Keep on moving
10MWT	21sec	12sec
30sec sit to stand	4	4
Tinetti balance assessment	21	27
PSFS: Difficulty going up/down stairs	0/10	6/10

Achievements to Date

- *Good Engagement and Feedback from participants*
- *Education: informal discussion*
 - *Encourages questions and discussion within the group*
- *Class structure: first 30mins of the class includes a group warm up and then individual exercises in blocks of 3 and the last 30mins is group based exercises*
 - *Encourages conversation, laughter, breaks down language barrier*

