

Test of change – Physiotherapy outreach service for major trauma patients

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WHY A CHANGE WAS NEEDED

- Rehabilitation is a critical component of the major trauma pathway (1) and embodies the Scottish Trauma Network's principle of, "Saving Lives, Giving Lives back"
- Challenges to the provision of rehabilitation include service fragmentation and poor continuity and coordination of care which extend waiting times for rehab (2)
- In September, 2023 a review of the MTC follow up clinic identified unmet physiotherapy needs in 14 out of 120 patients.
- 2 patients required physiotherapy to address balance, mobility and falls risk.
- 8 needed input to address musculoskeletal problems.
- 4 self-referred to private physiotherapy.
- Following consultation with key stake holders a 6 months test of change was agreed to deliver short term outreach physiotherapy to a sample of major trauma patients



AIMS

To implement and evaluate short term outreach physiotherapy treatment to major trauma patients

WHICH PATIENTS?

- No current physiotherapy input
- Physio needs could be addressed in 4 sessions or less
- Reduced mobility/confidence
- Recurrent falls
- Reduced function of upper limb or lower limb
- Specific functional restriction affecting return to work/study

INTERVENTION

- Patients identified during follow up clinic
- Optional outreach physiotherapy appointment offered
- Patients contacted following clinic to book appropriate appointment time
- Aim to book appointment within 1 week of referral
- 3 types of appointment – in Horizons, at home or virtual
- Appointments booked onto trak and linked to clinic appointment
- Treatment targeted towards patient centred goals.
- Outcome measures used – Tinetti, AROM, achievement of goals
- Patient Satisfaction questionnaire sent out to patients following conclusion of input.

Patient	Age	Type	Need	Goal (achieved)	Outcome
1	27	F2F	UL rehab	Yes	D/C
2	63	Home	Mobility	Yes	D/C
3	17	F2F	UL rehab	Yes	D/C
4	65	Home	UL rehab	Yes	D/C
5	42	F2F	LL Rehab	No	DNA
6	26	F2F	LL rehab	No	DNA

OUTCOMES

- 12 patients had unmet physiotherapy needs
- 4 patients were excluded as they had longer term rehab requirements.
- 2 patients declined an appointment
- 6 patients were given appointments for outreach physiotherapy
- Time between clinic date and appointment ranged between 5 and 20 days
- 3 patients were sent questionnaires, 2 were returned
- Both patients felt listened to, and supported.
- 1 patient did not know where appointment was to be held

SPECIFIC PATIENT FEEDBACK:

"Visits to home after discharge built up my confidence so much"

"Psychological support during my rehabilitation recovery was particularly helpful. In addition to this my right arm was limited, however with their encouragement and support, I was able to strengthen and use my arm more fully"

NEXT STEPS

- Continue test of change for further 6 months to optimise data
- Consider inclusion of patients identified at 3/12 clinic with longer term physiotherapy needs
- Continue to collect patient satisfaction feedback

REFERENCES

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