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Implementing a web based and mobile application exercise prescription programme in MSK Physiotherapy Outpatients at GSTT

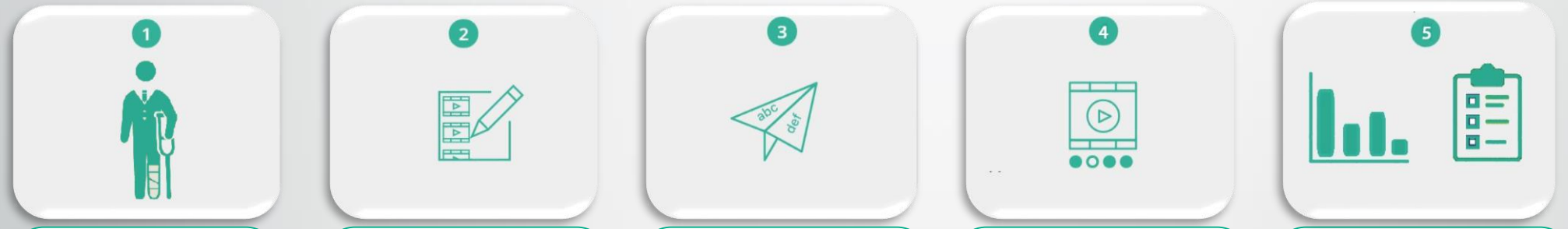
Background:

Patients attending MSK Physiotherapy Outpatients are regularly provided with supporting material documenting physiotherapy home exercise programmes / advice to adhere to in order to optimise their rehabilitation outcomes (Mclean et al. 2010).
The GSTT Physiotherapy department currently only have the capacity to provide supporting material to patients which is handwritten / self-drawn by therapists or from published booklets approved by the Trust / external organisations.
This method of provision could risk optimal patient adherence to exercise programmes / clinical outcomes. Looking to address this issue, GSTT successfully gained approval to trial Physitrack in July 2017, a digital platform for healthcare practitioners to provide home exercise programmes and track patient adherence.

Aims:

- Trial Physitrack with 4 MSK conditions commonly seen in the Fracture Clinic at STH over a 3 month period; Achilles tendon ruptures (repair / conservative management), Anterior glenohumeral dislocation, Weber A ankle fractures and Distal radius fractures (surgical / conservative management).
- Evaluate patient exercise adherence
- Evaluate patient and staff experience and satisfaction

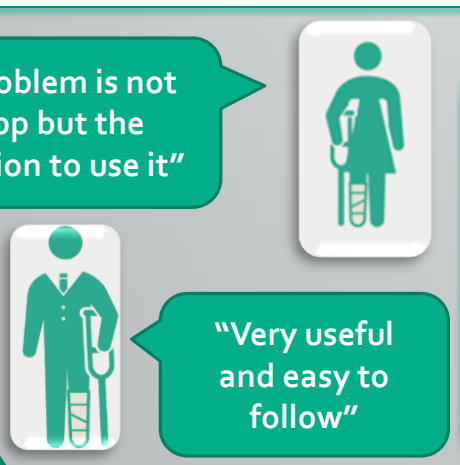
How Physitrack was used in this trial:



1. Patient seen in Fracture Clinic at St. Thomas', meets inclusion / exclusion criteria and consents to Physitrack trial
2. Physiotherapist selects exercise programme for patient on Physitrack. Patient told to complete programme 1 x daily and record adherence
3. Patient sent email with instructions to how to complete exercise programme on Physiapp or via web browser. PDF print out is also offered
4. Patient completes exercise programme with ability to view videos of exercises via mobile app or web browser. Patient can set reminders to aid
5. On physiotherapy follow-up, patient adherence recorded and patient experience and satisfaction questionnaire completed

Results:

- 19 of the 39 patients enrolled in the trial (48.72%) engaged in Physitrack via their requested method of exercise prescription. Most common method utilised was via mobile application.
- For patients who used Physitrack the average level of exercise adherence was 2.87 x weekly. For patients that attended their follow-up appointment, average adherence increased to 3.78 x weekly.
- 15 questionnaires were completed by patients that utilised Physitrack. From the digital content Physitrack offers, approximately 93% of patients found videos either 'fairly useful' or 'very useful'. Approximately 86% of patients 'agreed' or 'strongly agreed' that Physitrack was easy to use, felt confident using Phyistrack and found the way the exercises were provided was convenient.
- For staff that utilised Physitrack (n=3) 100% 'agreed' they would like to use Physitrack frequently with patients



Conclusions & Implications:

Patient & staff experience and satisfaction feedback was generally positive from the sample acquired. No control group was used to compare patient adherence / outcomes when utilising Physitrack and this should be reflected upon alongside the financial implications of purchasing Physitrack / other alternative digital exercise prescription programmes. This trial supports the benefits of using a digitalised exercise programme within the GSTT Physiotherapy Department.

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References:
McLean, S. M., Burton, M., Bradley, L. & Littlewood, C. (2010) Interventions for enhancing adherence with physiotherapy: a systematic review, Manual Therapy, 15(6), 514-521. doi: 10.1016/j.math.2010.05.012