

Implementation of a web and smartphone based exercise prescription program in MSK Physiotherapy - Initial results of a service evaluation

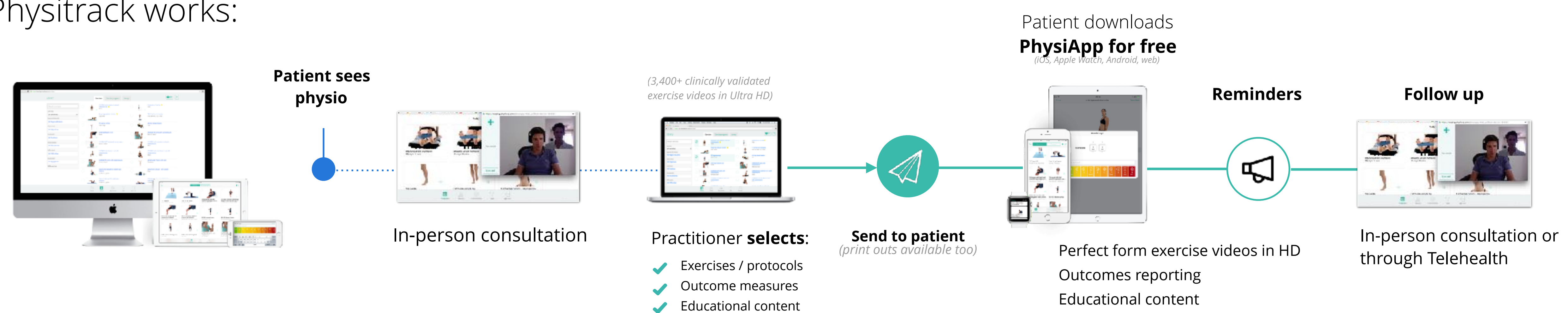
B Wanless, St. George's University Hospital NHS Trust, London

Purpose

To directly compare exercise programme delivery via a digital solution versus a paper based programme with the following three key aims:

- Evaluate the adherence to agreed exercise programmes
- Evaluate the impact on generic patient reported outcome measures (PROMS)
- Evaluate the patient's experience when engaging with an exercise programme and their interaction with clinicians

How Physitrack works:



Methods

The following data was collected and prospectively analysed from a random selection of patients (n = 94) :

- Adherence to exercise recorded via app/web (n= 56) or tick sheet on paper based programmes (n = 38)
- PROMS data was analysed across the groups at discharge
- Patient experience data was gathered via questionnaire's and telephone interviews.

Results

- Despite Physitrack being made available to all clinicians, only 65% of patients were given an exercise programme using the system
- Adherence to exercise was better for patients using the digital platforms (36%), compared to a paper version (28%)
- There was no significant difference in PROMS between groups
- Patient experience was positive for using the web and smartphone based platforms

"I loved the app. The reminders and the videos really helped me get on top of my exercises"



"The videos were a useful reminder as otherwise I think I may have forgotten how many [exercises] I was supposed to do"



"Really great idea . It made it easier to contact your physio with questions about your exercises"



Conclusions

- Adherence to exercise was 25% better when using a digital solution
- Patient experience and engagement with clinicians and the service was improved by using a Physitrack
- Clinicians engagement needs to be considered when implementing digital exercise prescription programs in physiotherapy

Implications

Early results of this ongoing service evaluation are encouraging. There is huge potential to improve adherence to exercise and patient experience when accessing physiotherapy by using digital solutions. More work needs to be done to realise this potential.

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@STGMSKPhysio

@benwanno

@physitrack



benwanless@nhs.net

sales@physitrack.com