Physiotherapy: buzzing with ideas for Greater Manchester
Physiotherapy prevents and reverses damage and disability. It is based on a social and empowering model of care putting patients in the driving seat of their own health.
Physiotherapy maximises independence, minimises disability and reverses damage. Physiotherapists are experts in musculoskeletal (MSK) health, rehabilitation and self-management for people with a range of long-term conditions.

They are autonomous, regulated practitioners, qualified to independently assess and diagnose, and to identify and manage patient risk effectively.

**Improving system efficiency** 
Physiotherapy staff work at the interface between settings and are key to joining up services, reducing admissions to hospital and shortening the length of time people spend in hospital.

Many advanced practice physiotherapists can prescribe medicines, order and interpret investigations – freeing up the valuable time of GPs and consultants.
One in five GP appointments are with musculoskeletal patients.

How it works:

**Bury Integrated MSK Service in partnership with Bury CCG** sees patients with MSK, rheumatology and persistent pain related conditions via a single point of access. 1914 patients accessed the service over 12 months, 75% were managed within the service and 226 steroid injections were administered freeing up valuable GP time. A telephone results service is convenient and provides faster access to specialist opinion. Community support services are also utilised to support patients’ self-management of long-term-conditions. 100% of service users stated they would recommend the service.

**Physiotherapists working within General Practice** deliver the changes to primary care needed to improve population health.

MSK health problems account for 1 in 5 GP consultations\(^{(1,3)}\), are the most common cause of repeat appointments and results in high levels of unnecessary medicine prescribing and referrals for investigations and into secondary care.

The majority of these can be effectively supported by a physiotherapist without any need to see a GP.\(^{(4,5)}\)

General Practice physiotherapy posts and patient self-referral to physiotherapy services frees up GP appointments, cuts costs and reduces waste.

Nine out of ten GPs say they have confidence in the model\(^{(6)}\) and it is backed by the Royal College of General Practitioners and the British Medical Association.\(^{(7)}\)

**GM aim: same day access to primary care**

In West Cheshire physiotherapy services across two NHS Trusts provide direct services for 36 GP surgeries. They have:

- Saved GP /locum time - value £540k / year
- Decreased plain x-ray and MRI referrals by 5.9% and 4.9% - value £111k / year
- Decreased orthopedic referrals by 2% - value £70k / year
- Reduced referrals for ongoing physiotherapy treatment by 3% - after a year-on-year increase of 12% over the previous 5 years
- 99 % patients rated the service good or excellent
- 91% GPs rated the benefits of the service to their practice at least 8 out of 10.
Physiotherapy support workers and therapists reduce the risk of falling, through enabling people to strengthen bones, increasing muscle strength and have the confidence to exercise safely.

Physiotherapy group exercise programmes reduce falls by 29% and the risk of falling by 15% and through individual exercise programmes by 32% and 22% respectively.\(^8\)

If everyone aged 65 or over who are at risk of falling were referred to physiotherapy within Greater Manchester 8432 falls that would otherwise result in an A&E attendance would be prevented. This would save £12,138,983 from the devolved health budget in Greater Manchester\(^9\), more if social care costs are taken into account.

Identifying those at risk of falling in order to get people the help they need can be done by any health and care worker or carer. The CSP has developed a guide that explains how: www.csp.org.uk/getupandgo

**GM aim:** support for people to stay well and live at home for as long as possible, with 2,750 fewer people suffering serious falls

MORE PHYSIO WOULD PREVENT 8,423 SERIOUS FALLS IN GM SAVING THE NHS

£12 million EVERY YEAR
Physiotherapy rehabilitation helps people to beat cancer through supporting physical activity and exercise.

Rehabilitation gets people back on their feet following surgery, illness or injury through exercise, education and support.

If someone is coping with a long term condition, have fractured a hip or had a stroke, having rehabilitation after leaving hospital makes all the difference. It is the difference between regaining health and independence or being left in failing health and permanently disabled.

Exercise can dramatically reduce mortality rates – for example by as much as 50% for bowel cancer. Disease progression can also be reduced by exercise – by 57% for people with prostate cancer.(10, 11)

Chronic obstructive pulmonary disease (COPD) is in the top five conditions accounting for emergency and unplanned hospital admissions.(12) Physiotherapy staff run pulmonary rehab classes for COPD patients – as a result they spend 50% less time in hospital and are 26% less likely to be readmitted after they’ve gone home.(13, 14)

GM aim: 1,300 fewer deaths from cancer

GM aim: 580 fewer deaths from respiratory disease

COPD patients who attend pulmonary rehab classes spend 50% less time in hospital.

The Chartered Society of Physiotherapy
The Salford Royal Specialist Breast Care Physiotherapy Service

Research shows that for a proportion of the three million people diagnosed with breast cancer annually, life prolonging treatments are associated with complications and side effects that can lead to functional limitations and disabilities.\(^{16}\)

The Salford Royal Specialist Breast Care Physiotherapy Team was established in 2010 as part of the multi-disciplinary outpatient service, to tackle this issue. The team supports patients at all stages during their breast cancer journey, through physiotherapy treatment and supported exercise – for example running pilates classes for people with breast cancer. This Gold Standard service supports people to regain their mobility and function, and improve their quality of life through a physically and emotionally testing time. It is often described as the ‘eyes and ears of the service’.

“A personal and caring team who treat every patient as an individual”
- patient testimonial

GM aim: 600 fewer deaths from cardiovascular disease

Physiotherapy staff run cardiac rehab programmes – which reduce mortality, improve health, improve quality of life, and reduce the length of hospital stays and readmissions.

NICE advises that cardiac rehab is cost effective, and each Quality Adjusted Life Year gained by a patient costs £8000, far less than the level they consider affordable (£20,000 - £30,000).\(^{15}\)

Half of patients with cardiovascular disease have additional health problems - back pain, arthritis, diabetes or COPD. Without expert support, these can be a barrier to the physical exercise necessary to get back to health.\(^{17,18,19}\)
The sooner someone can get access to advice and support from a physiotherapist, the less time they will need to be off work.

**How it works**

Physiotherapists from Pennine Acute Hospitals NHS Trust have introduced ‘Health Chats’ into their patient consultations, to support patients in making healthy lifestyle choices to sustain positive behaviour change.

All staff are trained to have brief conversations in: becoming more physically active, stopping smoking, healthy weight, safe alcohol limits and mental health issues.

The service has formed partnerships with and signposted to over 20 public, private and voluntary sector support organisations.

Documented ‘Health Chats’ rose from 24% to 74% over an 18-month period.

**GM aim: a healthy workforce**

MSK is the second largest cause of sickness absence. Early access to physiotherapy benefits individuals, workplaces and the economy.(20)

The government is now actively looking into physios issuing fit notes, which would further reduce demand for GP appointments.(21)

The sooner someone can get access to advice and support from a physiotherapist, the less time they will need to take off work and the less risk there is of acute problems becoming chronic.

For most people in Greater Manchester this means being able to quickly and easily see a physiotherapist within primary care.

Those who work for larger firms can benefit from access to physiotherapy.

**John Lewis staff**

reporting an injury receive a triage call from Physio Med within four hours, and initial assessment from a physiotherapist within three days. Over 12 months 2,324 staff engaged with the service and JLP estimated it saved 41,010 working days and £2,676,000.

**100 fire brigade staff**

with chronic MSK conditions followed a programme provided by Crystal Palace Physio Group including work-specific exercises. There was an 85% reduction in time off work – a £27 return on every £1 spent.

as part of occupational health services. Large employers who have done this say it saves money and improves productivity.
The Physiotherapy Workforce

A GM stakeholder
In Greater Manchester the Chartered Society of Physiotherapy (CSP) has 2,286 members, made up of registered physiotherapists, physiotherapy support workers and students.

The CSP represents 90% of all registered physiotherapists. We are active locally and committed to working with the Greater Manchester Combined Authority, commissioners, providers and community organisations to improve the health and wellbeing of people in Greater Manchester.

A GM asset
The physiotherapy workforce is a Greater Manchester asset that should be utilised – both looking at how the existing workforce can work in new ways and ensuring sufficient workforce supply.

Physiotherapy programmes are over-subscribed and because of the shortage of physiotherapists, courses recruit well and graduates find it easy to find work.

Greater Manchester can unlock this potential by:

✔ Deploying physiotherapists with advanced practice skills in primary care – directly accessible to patients

✔ Increasing the number of physios qualified as independent medicine prescribers

✔ Prioritise community based rehabilitation to keep people out of hospital

✔ Work with Manchester Metropolitan University and University of Salford to increase the number of physio graduates

✔ Expanding the physiotherapy support workforce working under the direction of registered physiotherapists

✔ Strengthening physiotherapists’ involvement in research collaborations to inform innovations in service delivery.

Physiotherapy supports people across a wide range of long-term conditions

www.csp.org.uk/greatermanchester
WE COVER MORE THAN YOUR BACK

www.csp.org.uk/theevidence
References


