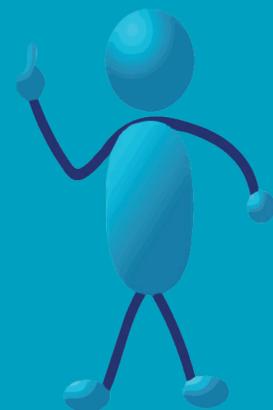


Healthy Mind, Healthy Body:

A collaborative service re-design in an MSK environment

Karen Oliver and Kelly Holehouse – East Lancashire Hospitals NHS Trust (ELHT)



Primary Objective:

To empower the local population to manage their own health and wellbeing alongside any MSK conditions utilising existing resources.

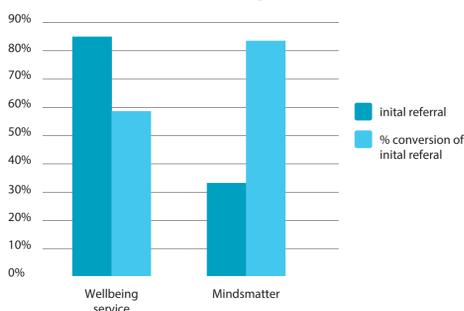
Background:

Blackburn's population is one of the 20% most deprived in England; the patients accessing physiotherapy demonstrate low levels of physical activity, biopsychosocial issues, multiple physical problems and co morbidities.

A new solution was needed....



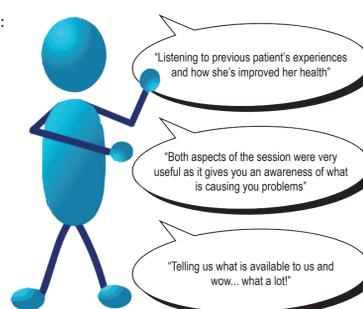
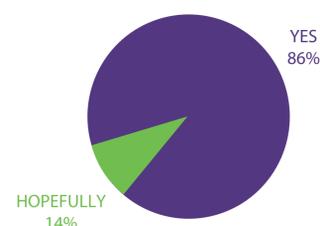
Initial referral and conversion rate to other wellbeing services after attending a HMHB session



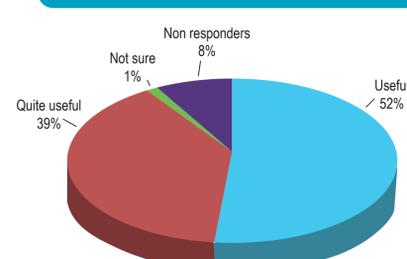
Patient perceptions of HMHB value

- ✓ Motivational Ethos
- ✓ Link between mental and physical wellbeing
- ✓ Access to information on management options and support available

Patient feedback results in regards to the question: 'After attending the session will you change any aspects of your lifestyle?'



Patient Feedback Data Summary Following Attendance at the 'Healthy Mind, Healthy Body' session



Conclusion:

This pilot is an example of innovative and cost-neutral service collaboration and demonstrates physios are pivotal in delivering public health messages that encourage self-management of health and wellbeing in an MSK setting.

Intervention Impact

- Single intervention addressing multiple health issues of multiple patients in one contact, resulting in better use of community and NHS resources
- 91% uptake of services
- 100% intended lifestyle change

Local impact

- Empowered and enabled team to become agents for change
- MECC approach to 6000+ patients annually
- Holistic management of patients preventing over-treatment and de-medicalisation of care

Service wide impact

- Service wide implementation across 8 sites in East Lancashire, has potential to reach 40000+ patients, impacting avoidable GP contacts
- Integration of health prevention into routine service

Wider health economy

- Changing current health behaviours reduces the burden on NHS services
- Mental health Costs =£70-100billion
- Obesity costs =£6.1 billion
- Shape future service provision with CCGs
- Raising profile of public health interventions