

PHYSIOTHERAPY-LED LOWER LIMB



Tyneside Integrated
Musculoskeletal Service

VIRTUAL GROUP CONSULTATIONS (VGC)

*"Go for it. VGCs have great benefits.
Make sure you have good patient selection &
a trained facilitator to maximise for success."*

Lisa Wigham - Clinical Specialist Physiotherapist

OUR CHALLENGE

We had a large cohort of patients with lower limb tendinopathies, all requiring similar advice & support.

We had long patient waiting times of 10-14 weeks to see a member of our team.

Lots of emphasis on patients to self-care prior to even getting a first appointment.

Current service provision was very time intensive.

WHAT WE DID

- We designed our VGC implementation programme with support from the Group Consultations team
- We recruited patients from triage directly into VGC. This worked really well and saved time.
- Our administration team were trained to lead on the patient recruitment process as well as sending out pre session and follow up questionnaires. We plan to include short personal info video with invite now
- The facilitator & clinician worked together collaboratively to develop our in-session results board & patient information, to ensure we covered the right metrics for this group.
- Based on success of initial programme we are splitting patients into VGC groups for knee and foot/ankle

THE IMPACT VIRTUAL GROUP CONSULTATIONS HAD



Pain Levels
Reduced

from 5 to 3
(VAS)



Quality of Life
Increased

in EQ5D5L
measurement



Increased
health rating

from 70 to 75 in
'Patient Health Thermometer'

WHAT PATIENTS TOLD US:

'I liked the idea of sharing my experience with others in the group & listening to the clinician advising others.'

'These session are well organised with plenty of time to speak to the clinician.'

I definitely felt well listened to & was given appropriate advice & further referral.'

'I think this is a really good idea. It has been invaluable to my recovery. Not sure if it came about because of COVID or you did it before, but either way a great idea.'

For more information about how we can help you to set up & implement Group Consultations, please contact our team at:

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