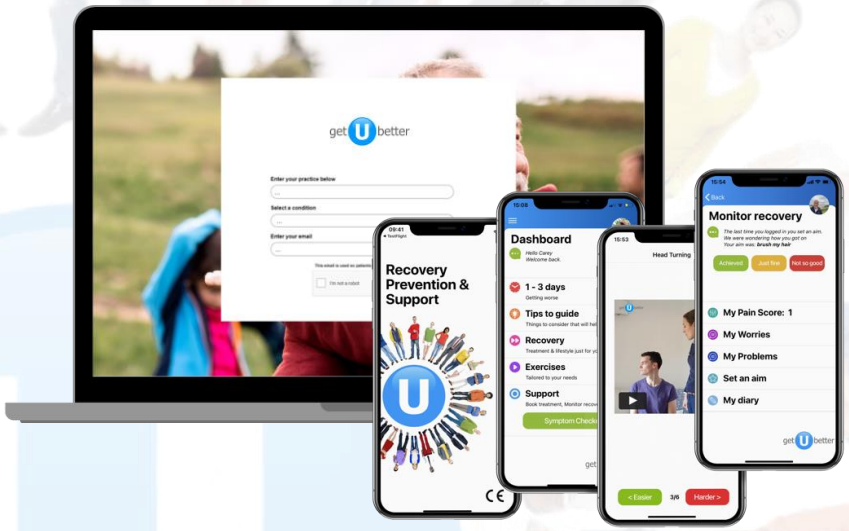
Digital self-management of all common musculoskeletal conditions across an Integrated Care System (ICS)



INTEGRATED, LOCALLY CONFIGURED,
AND **DIGITALLY ENABLED MSK PATHWAYS**

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REAL WORLD DATA AND EVIDENCE

Publications

PEMAT-AV Understanding 86% Action 88% (Wanless et al 2019)

Reduces physio referrals by 20% (Hin 2021)

Reduces GP appointments by 13% (Hin 2021)

50% reduction in prescriptions (Hin 2021)

Positive user and clinician feedback (local data and Hin 2021)

Behaviour change evaluation (Berry et al 2021)

JMIR FORMATIVE RESEARCH Berry et al

Original Paper

A Tailored App for the Self-management of Musculoskeletal Conditions: Evidencing a Logic Model of Behavior Change

Alice Berry[1], BSc (Hons), MSc, PhD; Carey McClellan[2], BSc (Hons), PhD; Ben Wanless[3], BSc (Hons), MSc; Nicola Walsh[1], BSc, MSc, PhD

getUBetter Evaluation Report

Prepared by Dr Andrew Walker & Helen Sheldon & Zoe Zambelli

Health Innovation Network South London

SBRI HEALTHCARE

get U better®

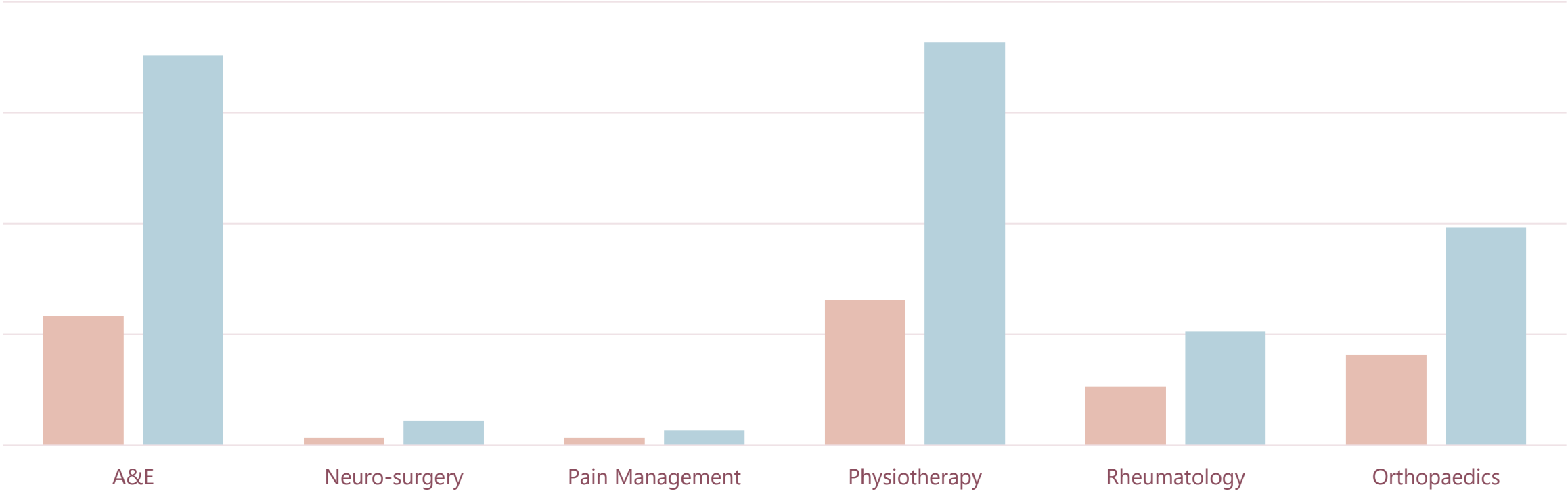
Real world data - Quantitative

St George's University Hospitals NHS
NHS Foundation Trust

Secondary Care Impact

	getUBetter	Usual care
People	**706**	**11,570**
Went on to have hospital appt	**112**	**4,859**
	16%	**42%**

Pre-pandemic data extracted from primary care and cross-referenced against secondary care appointments



A whole pathway approach to self-management

Primary care
GP practice
and FCP

Local
treatment and
Services

Digital first
Automated referral

SPOA referral

Secondary
Care

Waiting list support

Urgent
Care

Long Term conditions

escape pain
Supported by Orthopaedic Research UK

leva
Pain Management Programme

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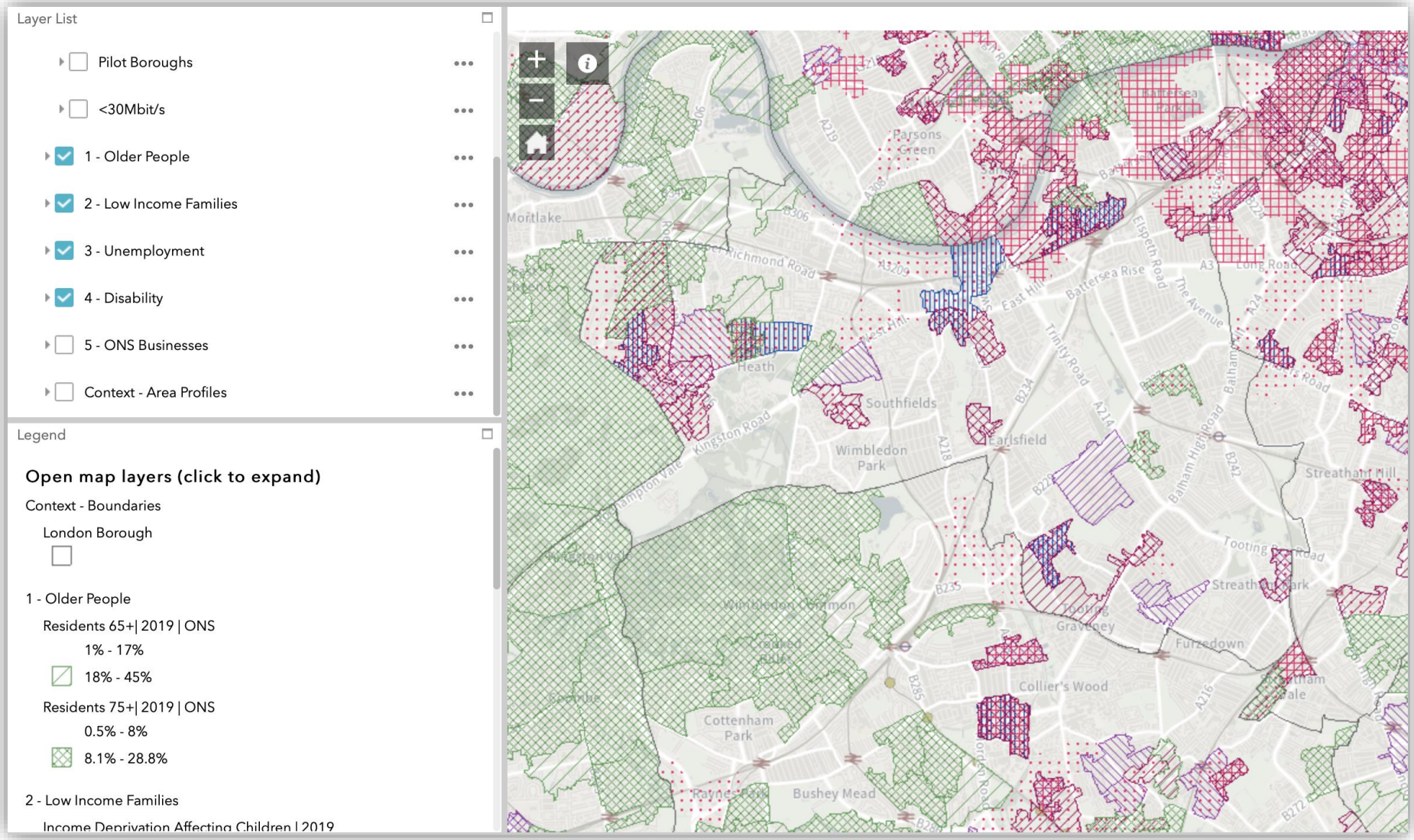
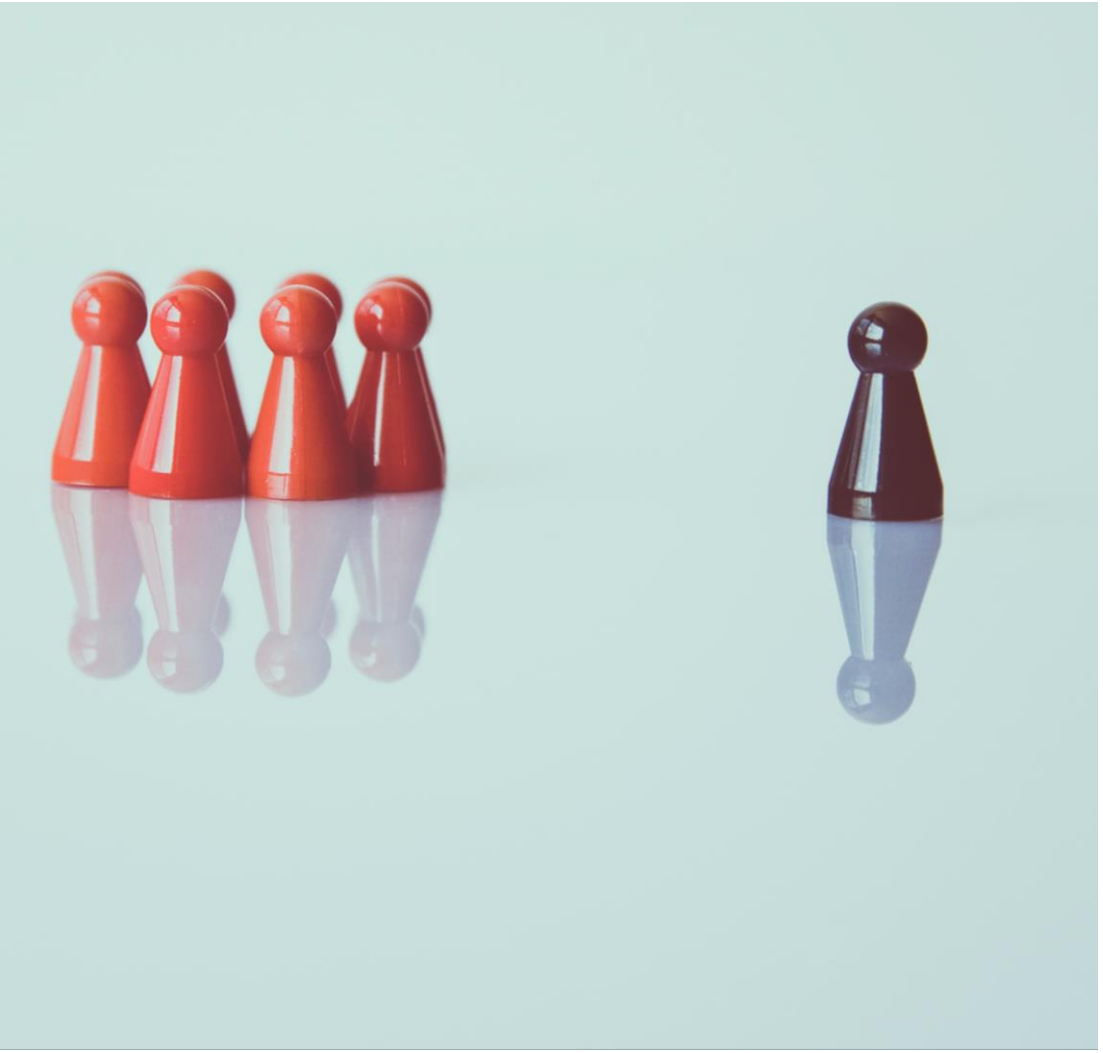
Digital Inclusion



Phase 1 Mapping

Using the London Office of Technology &Innovation (LOTI) inclusion toolkit we mapped areas of potential digital exclusion

Digital Inclusion



Results due late 2023 👀

Phase 2 - Questionnaires

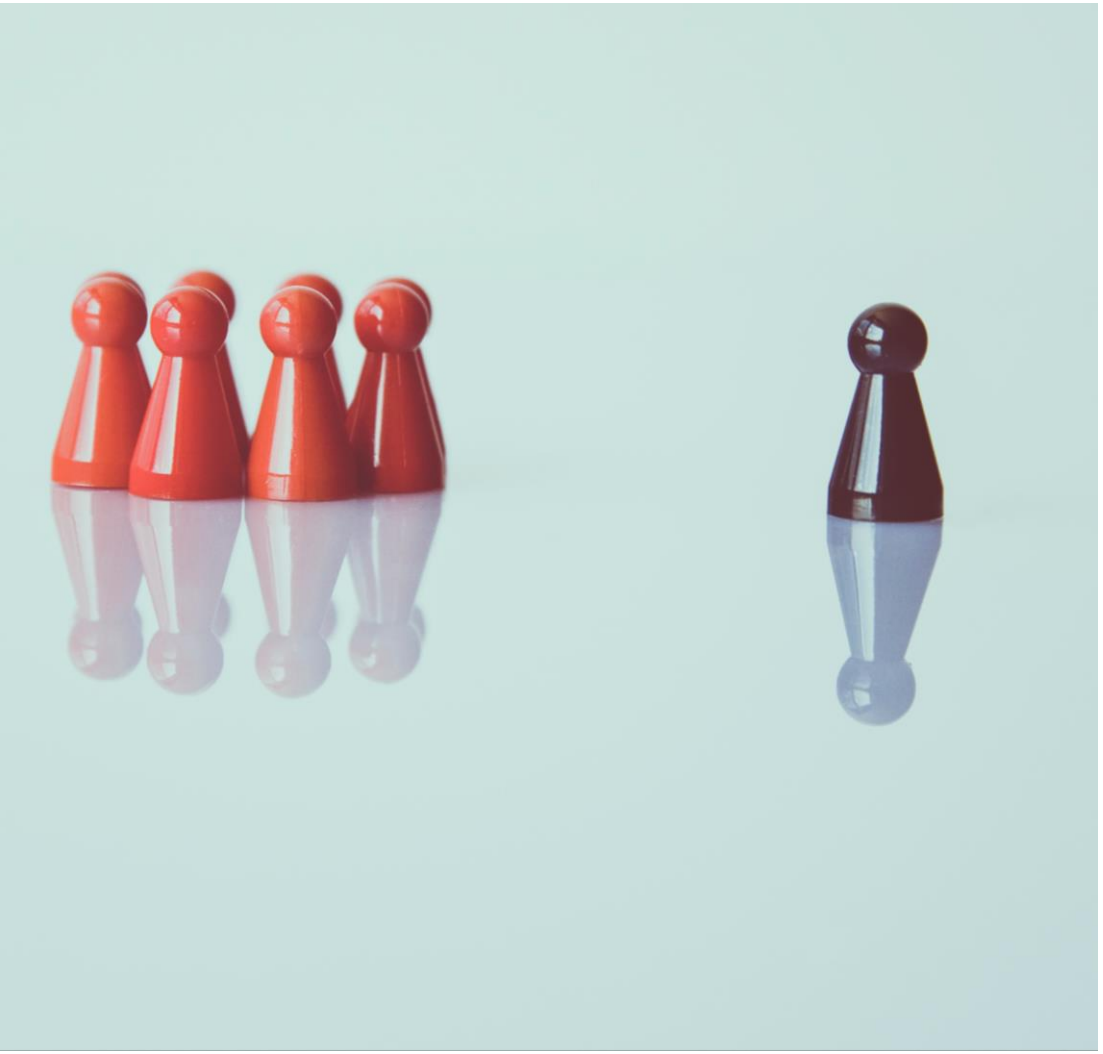
Acceptability of the SWL Self-Management app for patients and clinicians.

- Theoretical Framework of Acceptability (Sekhon et al 2017)
- Theoretical Domains Framework (TDF) v2 (Michie et al 2014 and Atkins et al 2017)

Phase 3 – Semi-structured Interviews

We used the Theoretical Domains Framework (TDF) v2 (Michie et al 2014 and Atkins et al 2017) to create a topic guide for patient and clinician interviews.

Digital Inclusion



Results

We used a six step thematic analysis process as described by Braun and Clarke (2006)

Beliefs

Barriers

Enablers

Solutions

@benwanno

	Published Evidence	Orcha rating	DTAC	System Integration	Focus	Country
Self-Back	☑	☒	☒	☒	LBP	Denmark Norway
Joint Academy	☑	☒	☒	☒	OA	Sweden
Hinge Health	☑	☒	☒	☒	All MSK	USA
Kaia	☑	☒	☒	☒	All MSK	Germany
getUBetter	☑	91%	☑	EMIS	All MSK	UK
ESCAPE-Pain Online	☒	73%	☒	☒	OA	UK
Ampersand	☒	70%	☑	☒	RA	UK
Suffolk AHP	☒	☒	☒	☒	AI MSK	UK
exi	☒	☒	☒	☒	LTC's	UK
Rehab Me	☒	☒	☒	☒	All MSK	UK