A Multidisciplinary Group Rehabilitation Programme for Enhancing the Management of Patients with General Musculoskeletal (GMSK) Pain

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17 May 2017
Launched in October 2015

SOPC of the Department of O&T of the QEH

Early comprehensive assessment and coordinated care planning

To evaluate the effectiveness in managing the growing service demand and improving the well-being of GMSK patients
Programme Evaluation - Outcome Measures

**Clinical Outcomes:**

*Generic*
- Pain intensity (NPRS)
- Subjective overall satisfaction (NGRCS)
- Pain Self-Efficacy Questionnaire

*Disease-specific*
- **Back:** Roland-Morris Disability Questionnaire (RMDQ)
- **Neck:** Norwick Park Neck Pain Questionnaire (NPQ)
- **Knee:** Western Ontario & McMaster Universities Osteoarthritis Index (WOMAC)

**Organization Outcomes:**
- Treatment cost (number of treatment sessions)
- New case waiting time
**Results**

### Demographics

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<table>
<thead>
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<tbody>
<tr>
<td>No. of patients</td>
<td>510</td>
</tr>
<tr>
<td>Male/ Female</td>
<td>34%/ 66%</td>
</tr>
<tr>
<td>Age</td>
<td>62.7±14.1</td>
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<tr>
<td>Clinical Assessment</td>
<td>1.8</td>
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<tr>
<td>Physiotherapy sessions</td>
<td>2.5</td>
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### PT OPD Referral

- **Referral for PT OPD (N=278):**
  - Knee Class
  - Back Class
  - Tailored Individual PT

**Discharge rate**

- FU GMSK 0%
- FU ORT (Except GMSK) 34.9%

**Compared to**

- **5% overall discharge rate** in orthopedic clinic
- **D/C from ORT (N=332)** 65.1%

Data as at 2016.09.30
Results & Conclusion

• Effective in improving the **accessibility** and **health outcomes** of GMSK patients

• Further investment is beneficial to increase the capacity in managing growing service demand and improving the patients’ well-being

122 weeks
QEH O&T Waiting Time

27 weeks
ROUTINE CASES

4.9 weeks
GMSK CASES