

# Back Pain Management in KCC

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# Why We Did It ?

2009

## Reason 1

### ◆ Key Performance Index

90th percentile of routine cases over 2 years to begin with



Need  
action

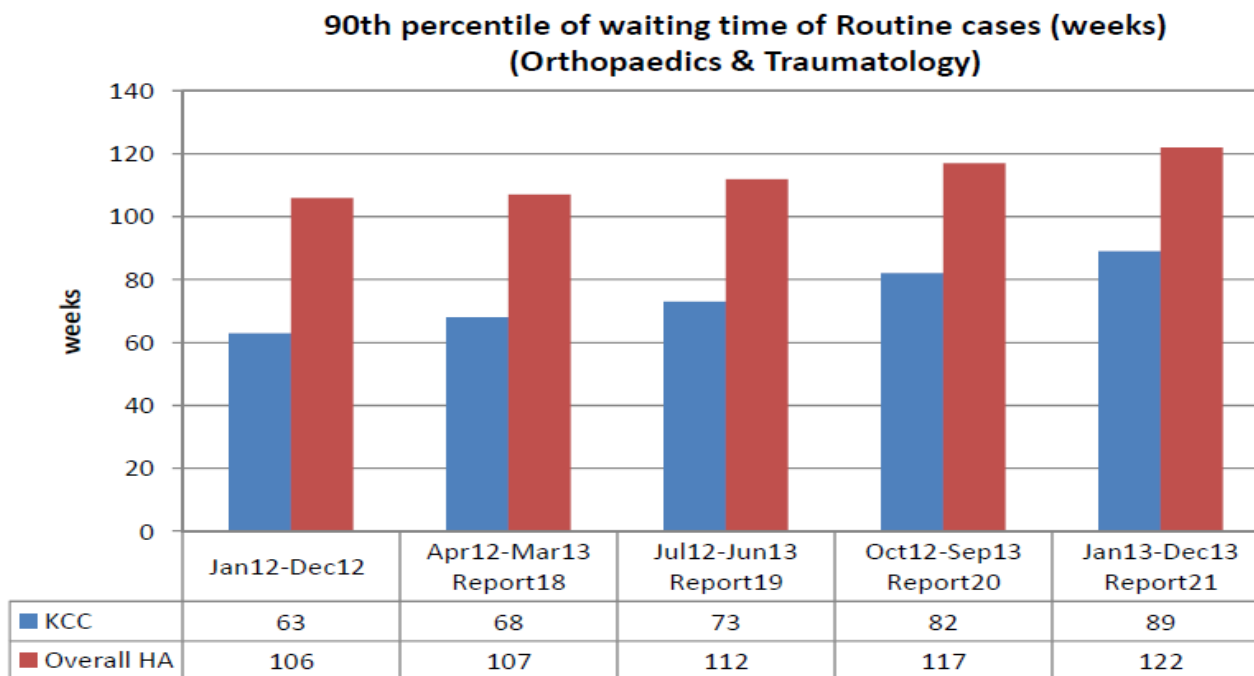
## Reason 2

### ◆ Ever increasing trend of new cases

Ordinary orthopaedic cases going down, but spinal cases going up



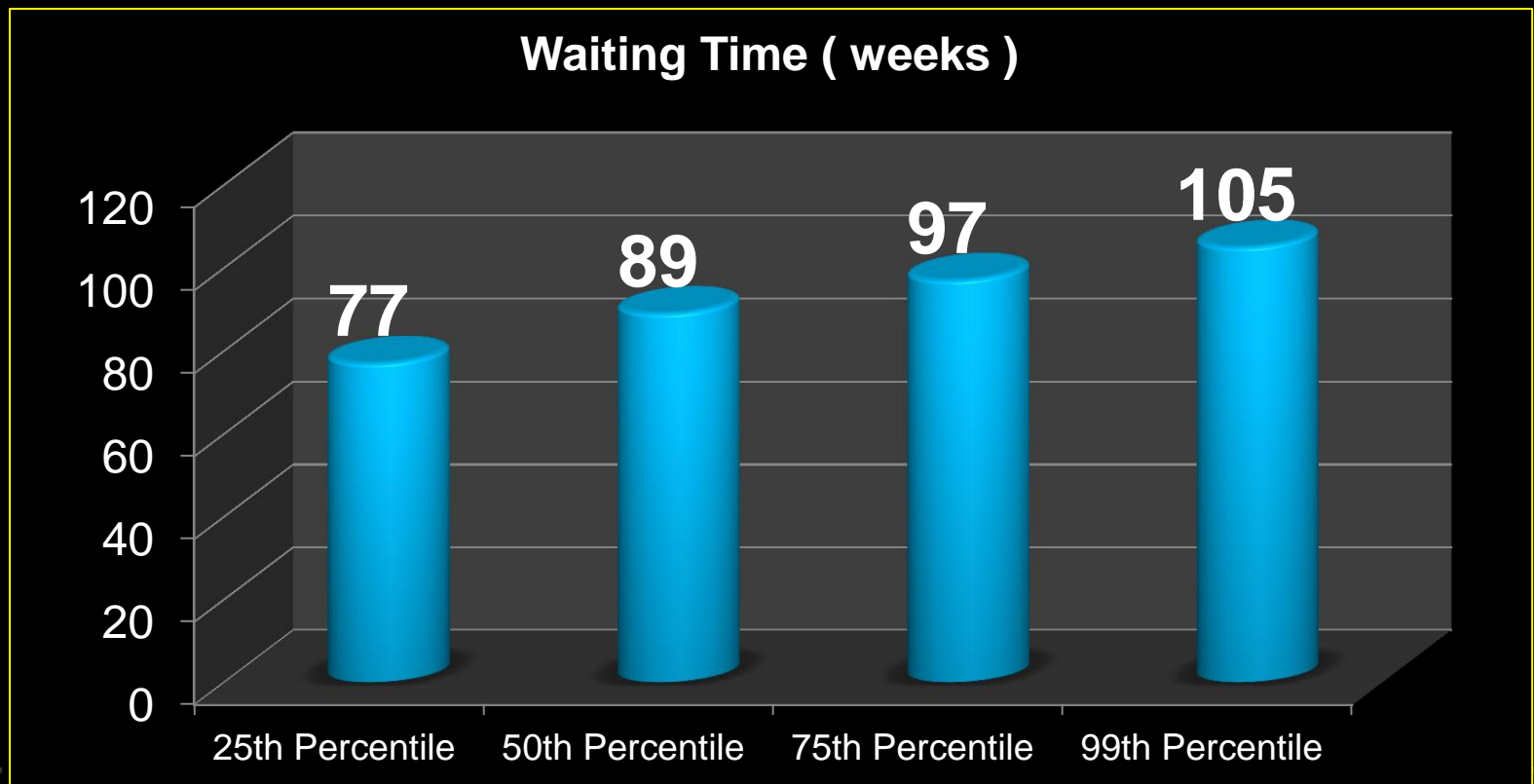
# 90<sup>th</sup> percentile of waiting time of routine cases ( weeks ) ( Orthopaedics & Traumatology )





# Waiting Time Spine Clinic ( 22/4/2014 onwards )

No. of new patients : 1539





# Source Management

- Sharing of our knowledge on which cases orthopaedic specialist can help): mainly A&E and GOPC





# Source Management

- Solicit collaboration with family medicine department in the project.  
Option of Family Medicine Musculoskeletal Clinic 8/week.





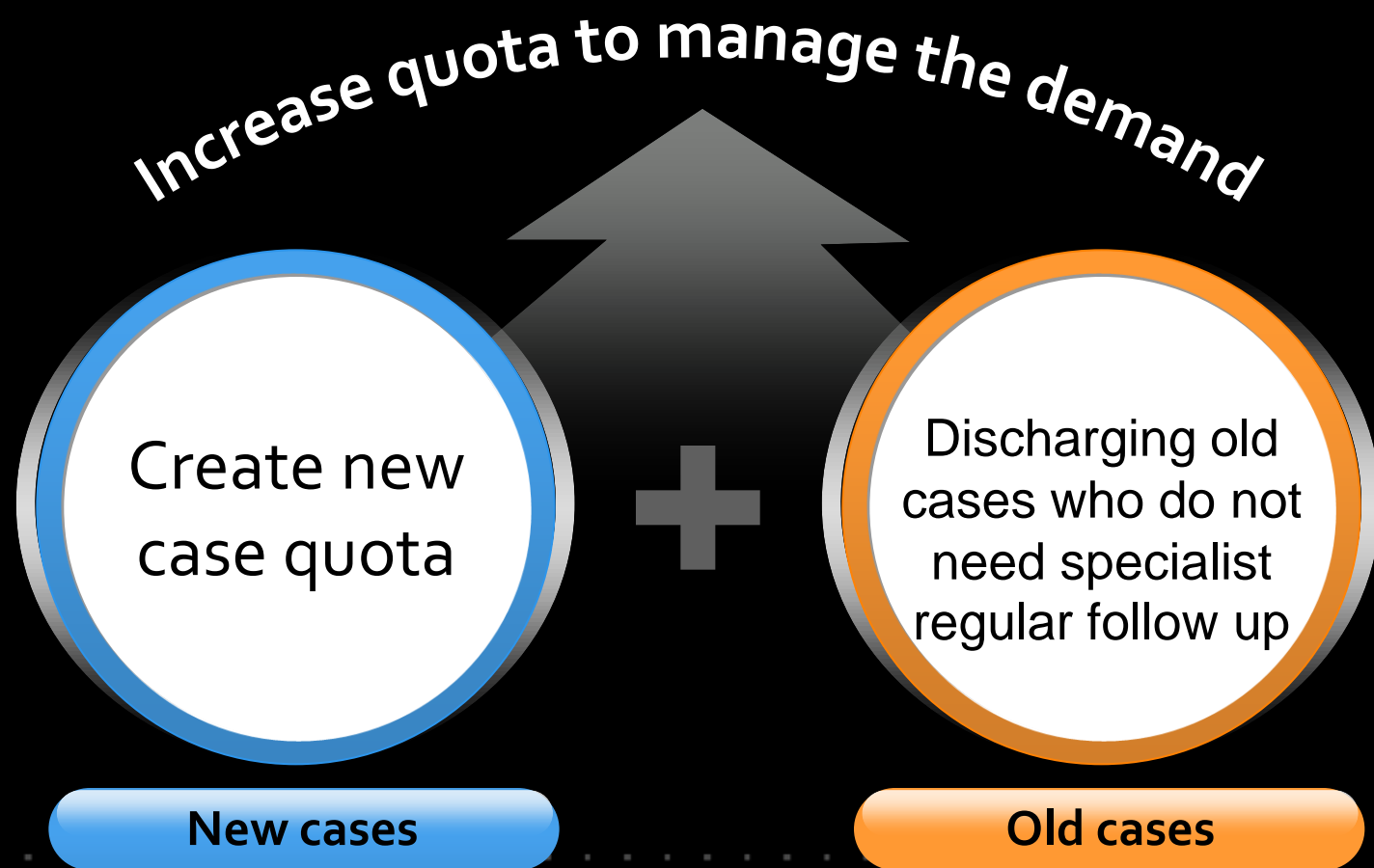
# Resource Management

- Solicit manpower for increasing workloads





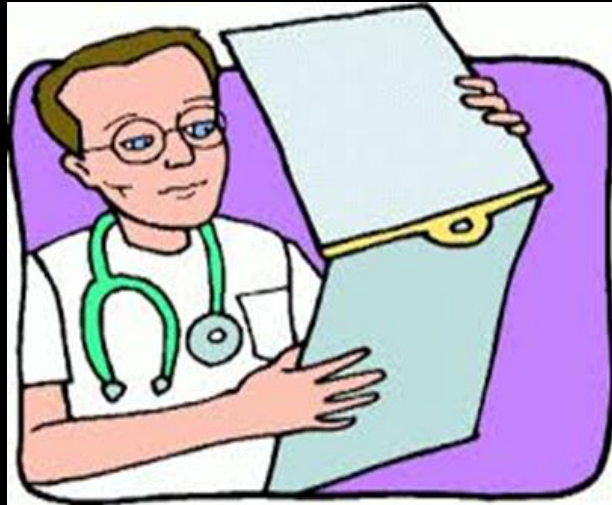
# Resource Management







# Risk Management



Screening by specialists  
(Referrals Screening)



Screening by  
physiotherapists  
(Red Flag Signs)



# Patient Expectation Management



Early physiotherapist intervention in Groups



# Patient Expectation Management



Family Physician Clinic with Earlier Appointment



# Our Success and Failure – Waiting Time

## Failure

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1. Wait for 6 hours for an attendance
2. Wait for 2 years for a 1st appointment



2.5 yr

Waiting time for an appointment is much shortened.

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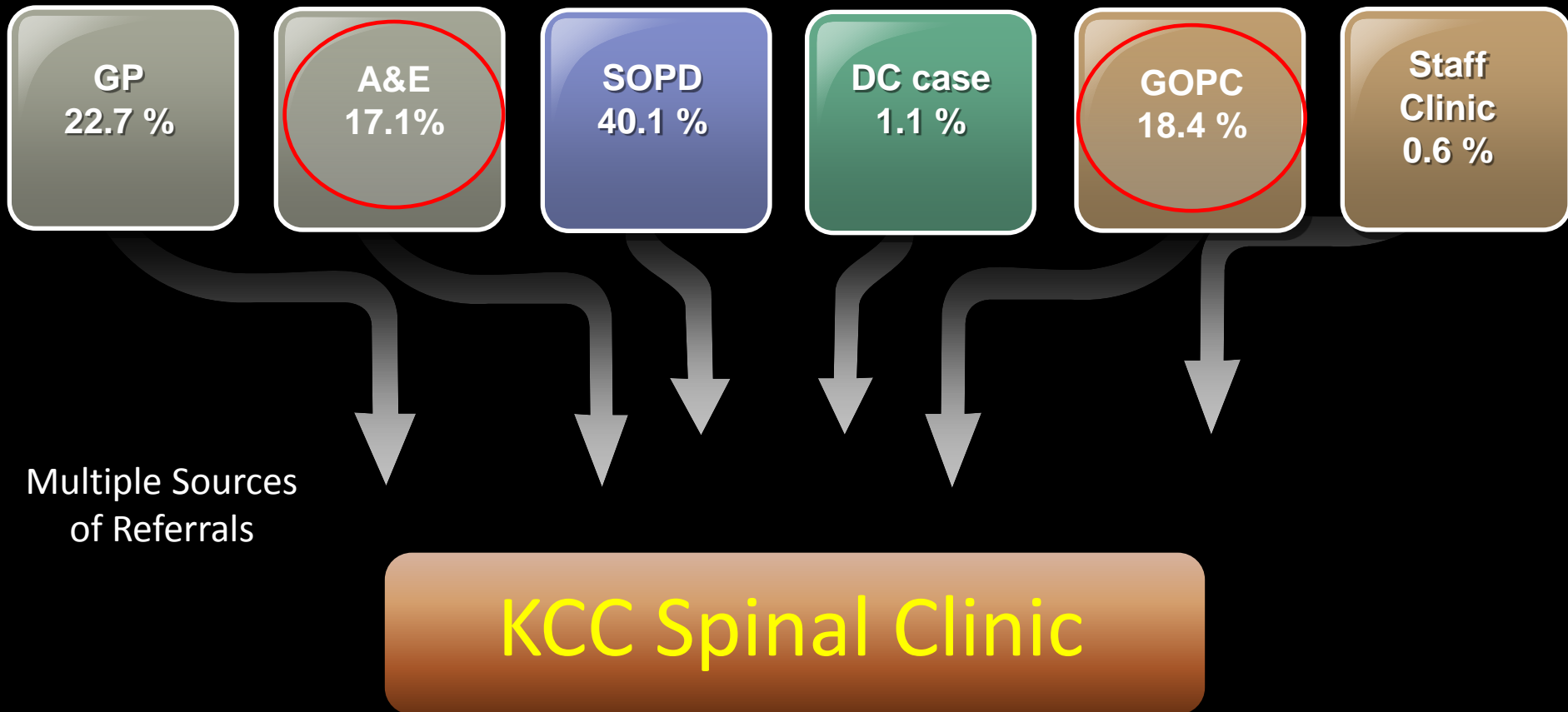


7m

**success**



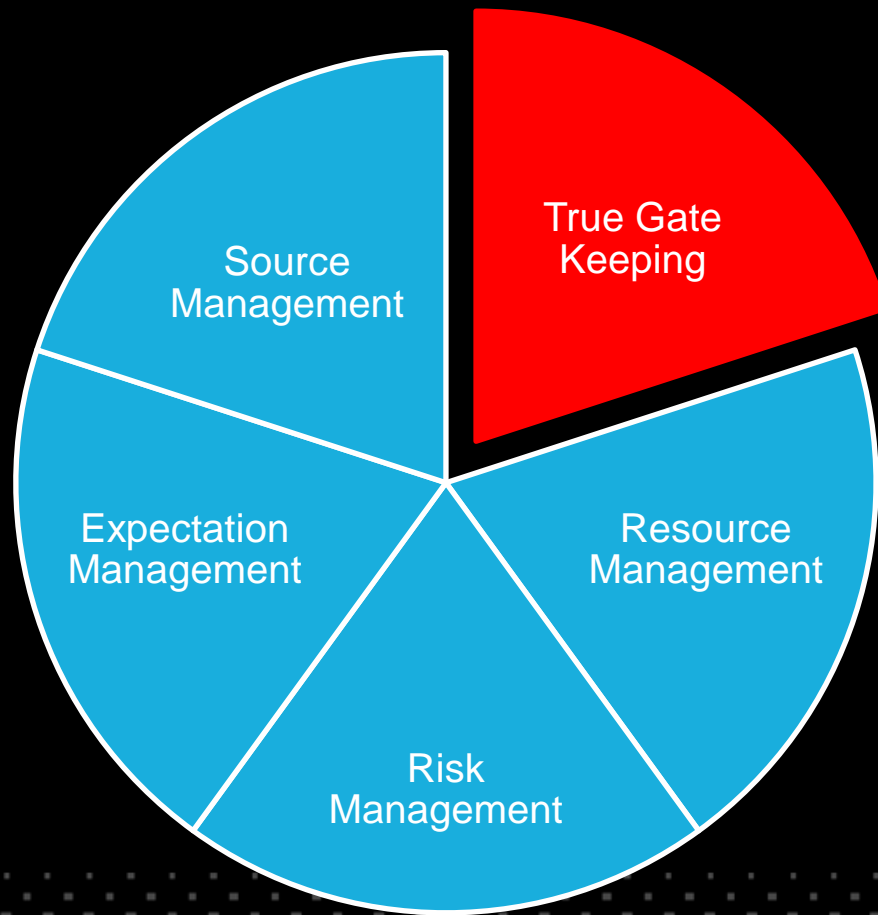
# Our Success and Failure – Source Management





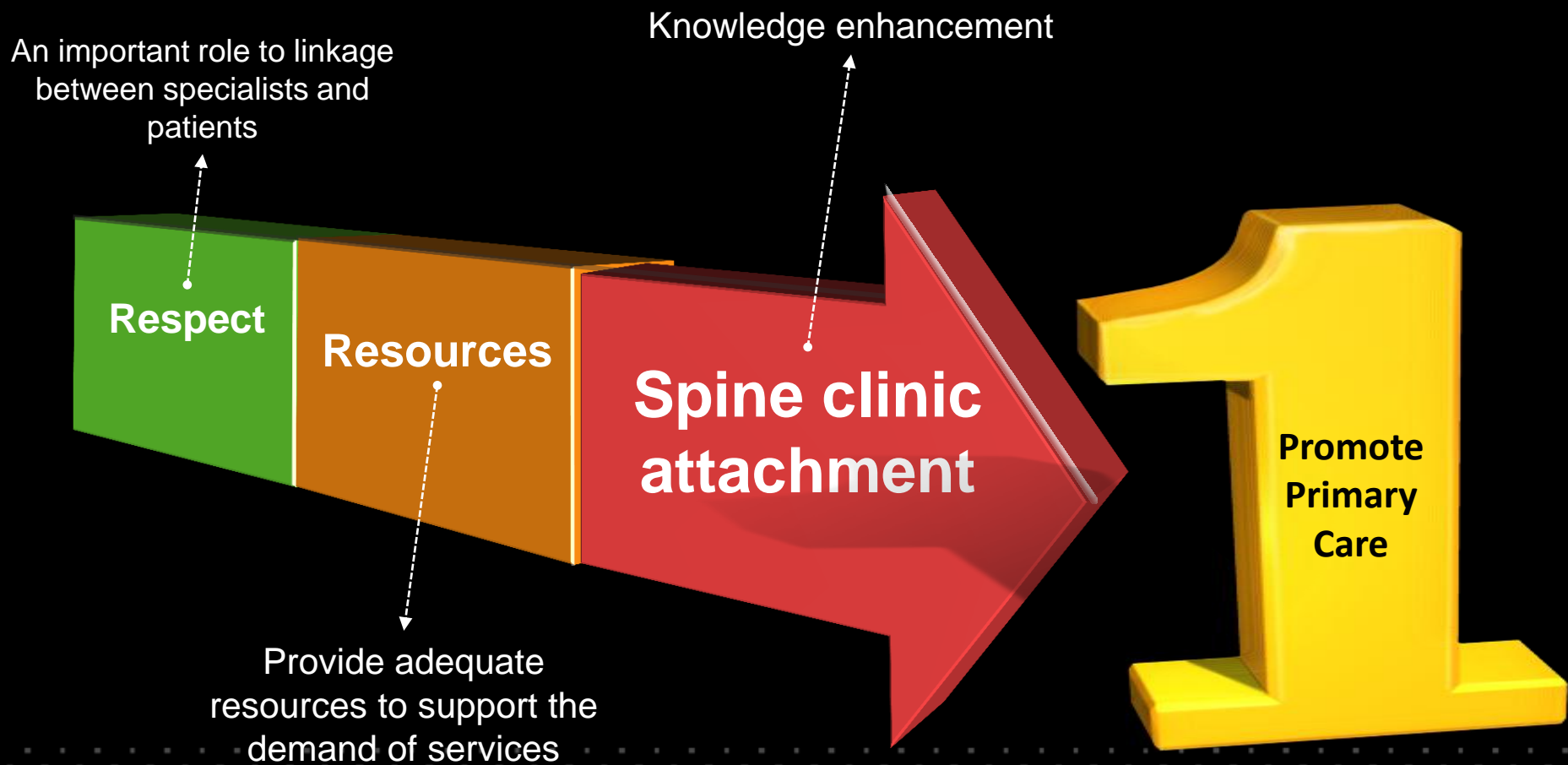


# The Missing Piece





# Gate-Keeping System Enhancement







# Back Pain as a Primary Care Problem - managed in Specialist Care Units

- Back Pain Yearly Prevalence
  - International literature (20-80%, means 38.5%)
  - HK 1995: 21% (J Epidemiol Community Health. Oct 1995; 49(5): 492–494.)
  - Rising Prevalence of Disabling back pain:
    - 3.9% in 1992 to 10.2% in 2006. (The Rising Prevalence of Chronic Low Back Pain, Freburger et al. Archives of Internal Medicine, Volume 169(3) 2009)
- Yearly Prevalence of other diseases
  - Hypertension: 32% (Hong Kong Center for Health Protection)
  - Arthritis: 22.2% (Center for Disease Control and Prevention USA)



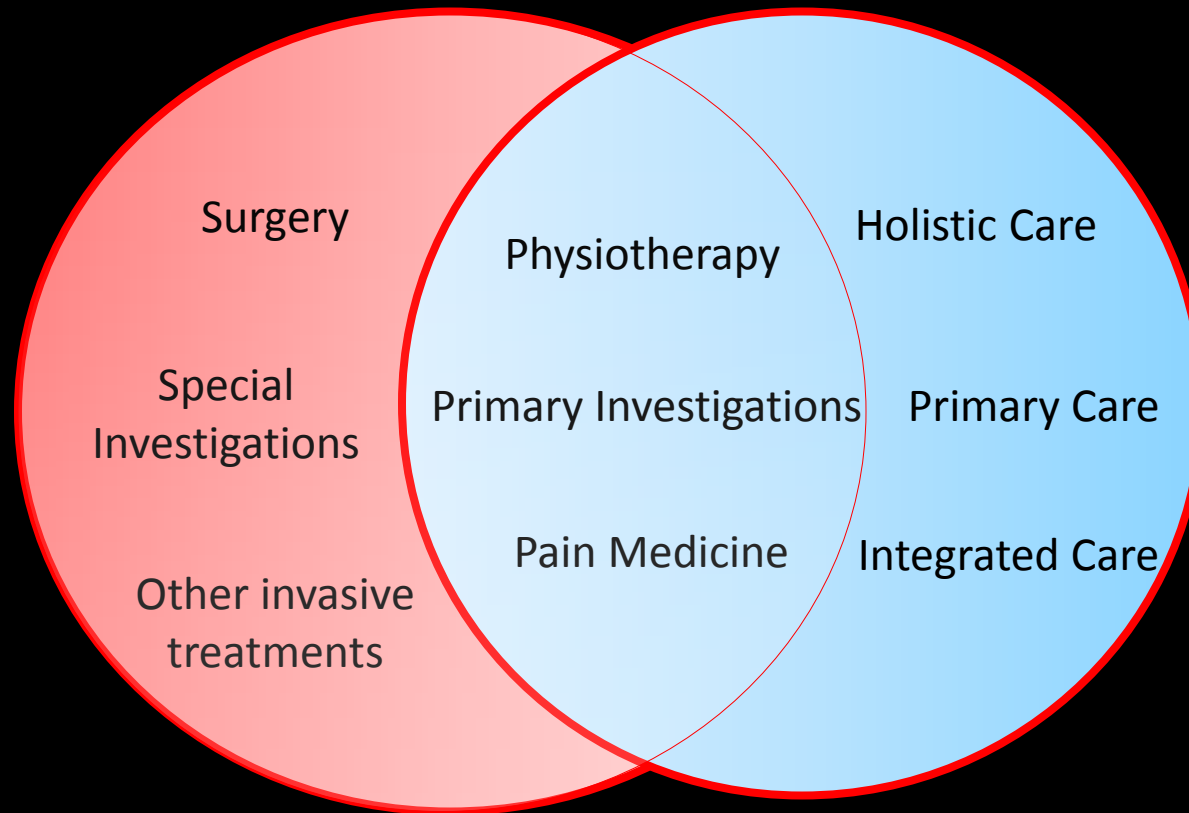
# Management of Back Pain in a Surgical Unit

Surgery Date (Year)	% of new patients required spinal surgery within 1 year of initial consultation
2009	1.50 %
2010	1.61 %
2011	1.50 %
2012	1.74 %





# More or Less, Sooner or Later





# Looking Forward - Towards The Real Gate-Keeping

- What is real Gate Keeping
  - One FM = One SS in money terms
    - One Holistic FM >>> 1 SS in efficiency terms
  - Source management
    - One single focus of our effort
  - Hub of specialist referrals



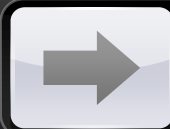


# Last Words

1. Our specialist based services may need some changes. The unbearable load and limited resources is an **opportunity**.
2. Most of our patients are better served not necessarily by better medical technology, but by **better medical care**.
3. For Most of our patients, better medical care means **sooner, integrated and holistic care**.



# Thank You!



Kowloon Central Cluster