

New Service in the Orthopaedic Department at the Mater Adults Hospital

An **Orthopaedic Physiotherapy Screening Clinic and Multi-disciplinary Service (OPSC & MDS)** has been established in the Mater Adults Hospital Orthopaedic Department with the aim to improve access to multi-disciplinary non operative management for those patients for whom surgery is not the first option of management and to decrease waiting times for patients requiring surgery to see an Orthopaedic Surgeon.

Orthopaedic Physiotherapy Screening Clinics have been established as part of the Orthopaedic Outpatient services at five Queensland Health hospitals over the last 2 years and will be rolled out to all major hospitals in the next 2 years. These clinics target patients referred with musculoskeletal conditions who do not need immediate surgery and who will benefit from well coordinated multidisciplinary non operative management.

All referrals into the Orthopaedic outpatients department are triaged by an Orthopaedic Consultant and Specialised Musculoskeletal Physiotherapist and screened for suitability for an appointment with the OPSC & MD Service.

The OPSC is staffed by a physiotherapist with postgraduate qualifications in musculoskeletal physiotherapy. The patient has a comprehensive assessment and management plan developed by the Specialised Musculoskeletal Physiotherapist (SMP). The SMP coordinates the patient's non-surgical management and case discussion occurs between the SMP and the Orthopaedic Consultants as required. The OPSC is fully supported by a designated multidisciplinary team which includes physiotherapy, occupational therapy, dietetics and nutrition and psychology.

Following completion of management by the OPSC Service, the patient is reviewed. Those patients who still require a consultation with an Orthopaedic Surgeon will resume their original position on the Orthopaedic Outpatient waiting list.

GPs will be advised in writing when their patient is seen in the OPSC, with a summary of the assessment, a management plan and arrangements for follow up outlined. GPs will also be informed when the patient leaves the OPSC Service and what ongoing plans for management have been made.

Analysis of clinical outcome data from patients managed through the OPSC & MD Service at other Queensland Health sites shows a statistically significant improvement in patient's self reported pain, quality of health, quality of life, self efficacy and condition specific outcome measures. Orthopaedic Consultants and General Practitioners reported high rates of satisfaction with the timeliness with which the service is delivered, the quality of assessment and management that is being undertaken and the outcomes being achieved.

GPs are reminded that they should continue to send patient referrals for specialist orthopaedic assessment to –
Mater Adults Hospital, Orthopaedic/specialist Clinic.
Raymond Tce., South Brisbane.

Referrals should include current patient contact details, history of the musculoskeletal problem, management to date, an indication of the current functional limitations and pain and appropriate imaging and blood tests. Other medical history should also be outlined.

Please note the OPSC & MD Service is an integrated component of the Specialist Orthopaedic Outpatients Service for suitable patients identified on triage by an Orthopaedic Consultant and Specialised Musculoskeletal Physiotherapist and all referrals to the Orthopaedic Service should still be directed as outlined above.

There is a similar pilot project commencing soon, in the Paediatric Orthopaedic service. Further information will be available regarding this soon.

For further information about this service please contact one of the OPSC Service staff on PH 3163 8787.
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