

Capacity Building Using a Technology Platform for Exercise & Rehabilitation

Janie Thomson

Head of Physiotherapy, NHS Lanarkshire. Scotland

Aoife Ní Mhuirí

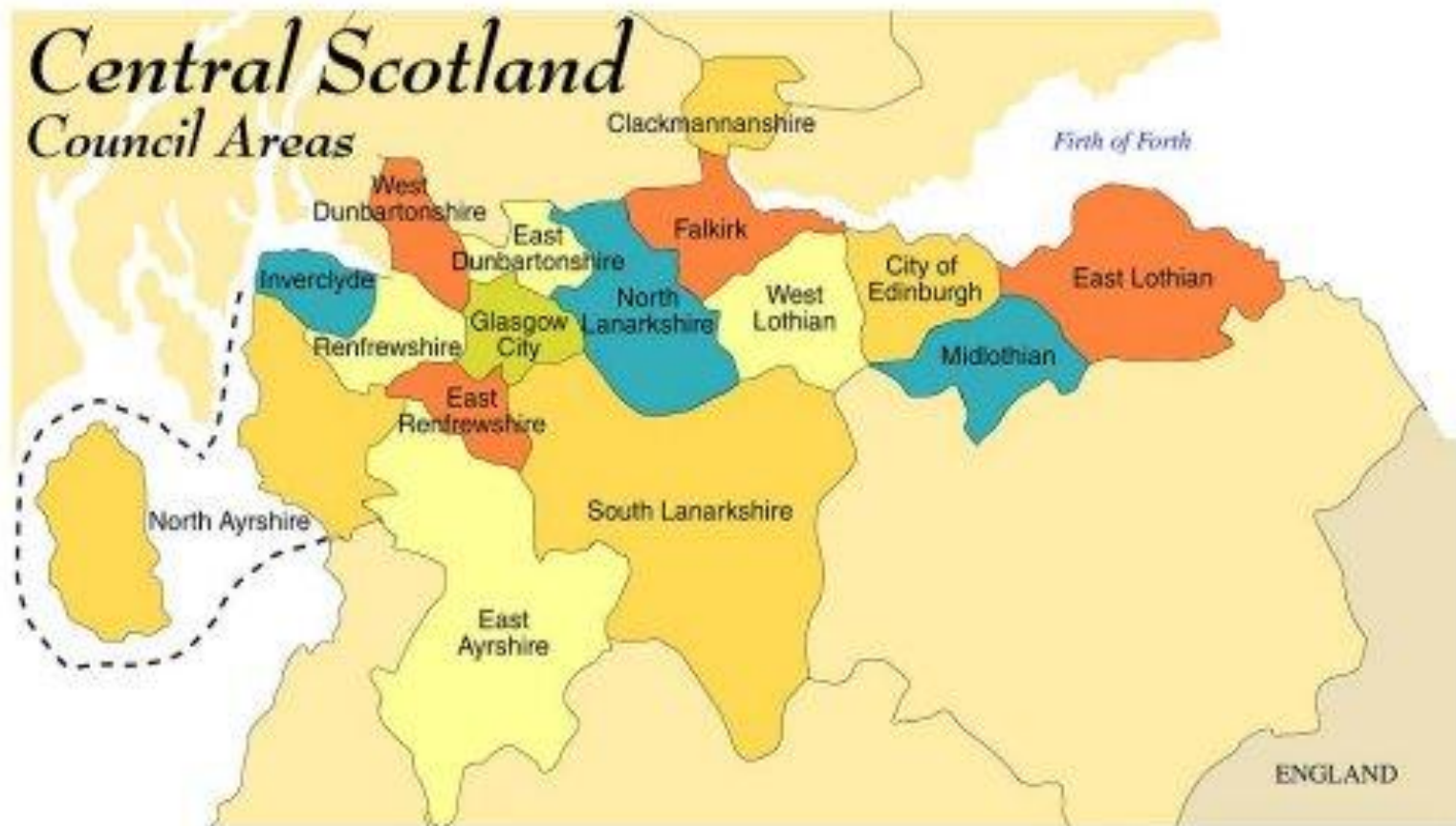
Physiotherapist and Founder, Salaso Health Solutions Ltd.

Scotland

Council Areas



Central Scotland Council Areas







The Challenges

- Building capacity & resilience within a shrinking financial envelope
- Shifting the balance of care from acute to community settings / earlier discharge and prevention of admission
- Remote and rural geography & distance
- Recruitment and retention of staff:
 - Maternity leave
 - Absence

Using Technology to Build Capacity

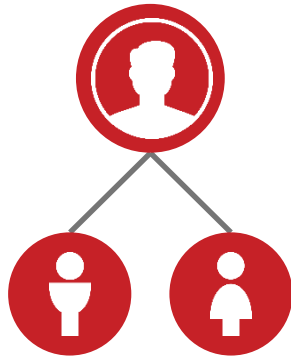
- **Salaso:** web based platform for the prescription and delivery of rehabilitation programmes
- Accessible directly to service users via the internet from their own devices
- Remotely managed from community hospital base avoiding unnecessary travel



Using Technology to Build Capacity

WITHOUT

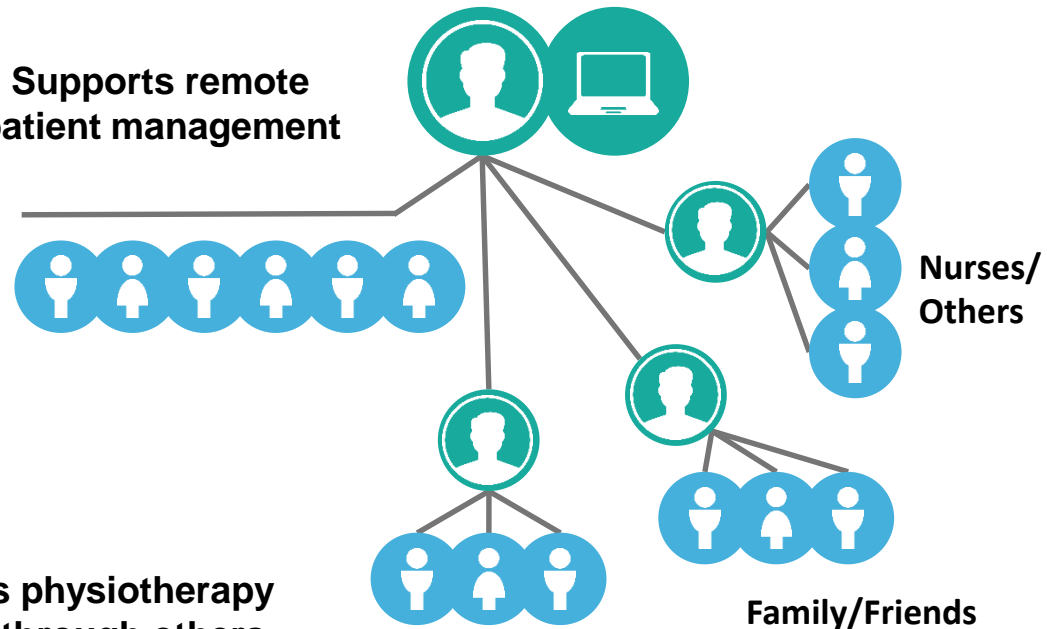
Physiotherapist -
treatments per hour



WITH

Increased productivity &
capacity

➤ Supports remote
patient management



➤ Amplifies physiotherapy
delivery through others

Healthcare Support
Workers

Using the Web Based Platform

- Physiotherapist assessed and prescribed individually tailored programme
- Patient able to access via the web (cloud based platform) www.salaso.com
- Patients who had no web access or were unable to operate the system were assigned a support worker who visited them and delivered the programme
- High definition exercise and rehabilitation videos with individualised instruction
- Outcome measures logged against set goals
- Physiotherapist able to case manage remotely in many cases

The Test of Change

- Capacity, productivity and efficiency was compared by using Salaso over a 16 week period and comparing to an average 16 week period without using the platform
 - Number of patients treated
 - Number of physiotherapy visits
 - Number of support worker visits
- Patient stories and staff satisfaction



Results

- 32 patients participated (18% of total caseload)
- Reduced need for face to face appointments / physiotherapist visits during the test period compared to pre test
- Increased proportion of physiotherapist's time spent assessing individual needs, treatment goals and prescribing and assigning individualised rehabilitation programmes.
- Health Care Support Workers follow up patients by telephone or home visits and progress the exercise programmes, where indicated, under the remote guidance of the treating physiotherapist
- Total saving of £121.92 per patient (staff time plus travel and maintenance saving)
- Tripled Capacity where used in service

Benefits to People

Patients

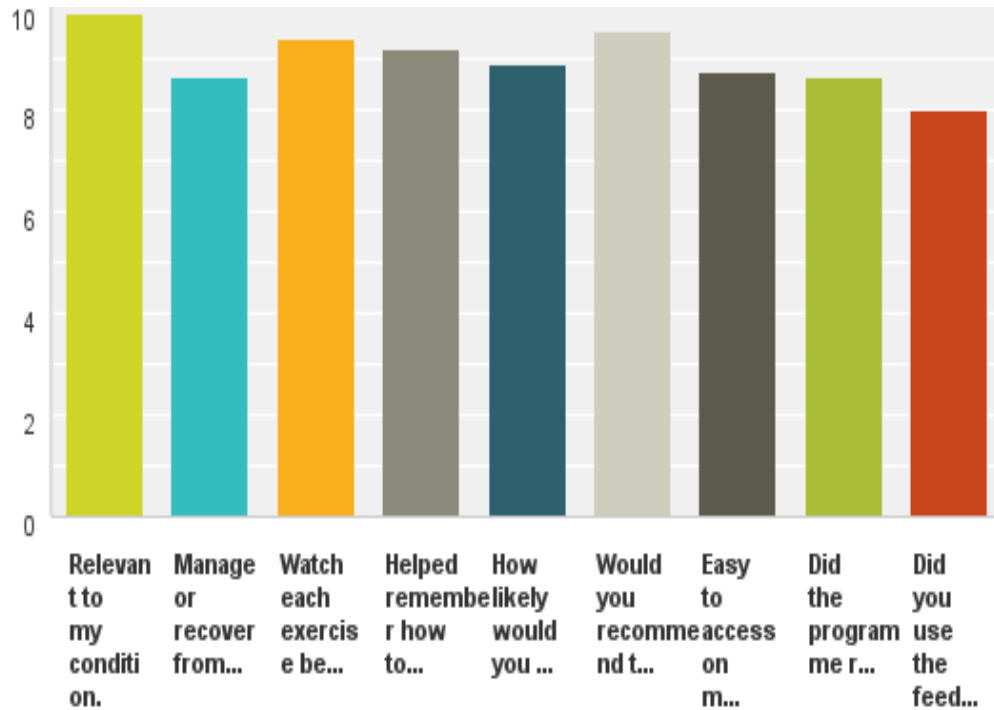
- Increased coping and self management
- Visual instruction easy to follow
- Can log their own progress
- Can message staff independently

Staff

- Increased independent caseload held by support workers
- Increased job satisfaction
- Registered staff more able to cope with the current and increasing caseload
- Registered staff also report being able to keep patients on their caseload for a longer period of time




Please indicate on the scale from 1 to 10 how strongly you agree or disagree with each of these statements:



Ongoing Work

- Orthopaedic inpatients
- Scottish Prison Service

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*~ Creativity is thinking up
new things. Innovation is
doing new things. ~
Theodore Levitt (1925-2006)*