First things First….

- Seek support from the institution
  - Meet with key influentials
  - Network internally
  - Submit a Proposal: brief, high level

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Proposal – Key Elements

- Identify the problem at the system level:
  - unmet needs, Ministry of Health mandate
- Describe the problem at the institution level:
  - high level pressure points (waiting times, wait lists, patient volumes, current resources)
  - Numbers! ….At least 'napkin math'
  - Align with organizational strategic goals

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Proposal – Key Elements

- Provide a Literature Review
  - models of care, extended scope roles
- Describe an opportunity
- Propose a plan
  - available resources, key milestones, timelines

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Do Physiotherapists have the skills necessary to diagnose and triage MSK conditions?

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Childs et al (2005, 2007):

- U.S. Military Physiotherapists (PTs), American PT students
- Standardized web-based exam on common MSK diagnoses in primary care setting (Freedman & Bernstein, 1998)
- PTs and PT students scored higher than med students, interns, residents AND all MD specialists *except* orthopaedists.

BMC Musculoskeletal Disorders 2005; 6(32)
Military Medicine 2007;172

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Moore et al (2005):

- U.S. Army Physiotherapists compared to Orthopaedic Surgeons and non-orthopaedic providers (NOP) on clinical diagnostic accuracy.
- NOPs included family practice physicians, internal medicine physicians, pediatric physicians, emergency physicians, physician assistants, nurse practitioners
- 560 patients with MSK injuries referred for MRI
- Clinical diagnostic accuracy based on MRI findings

J Orthop Sports Phys Ther 2005;35:65-71

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Moore et al (2005):

Clinical Diagnostic Accuracy (based on MRI):

- Physiotherapists - 74.5%
- Orthopaedic Surgeons - 80.8%
- NOPs - 35.4%

- No significant difference between Physiotherapists and Orthopaedic Surgeons

NOTE:

- Nurse Practitioners: 10.1%
- Physician Assistants: 29.1%

J Orthop Sports Phys Ther 2005;35:65-71

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Rymaszewski et al (2005):

- Redesign of outpatient MSK service in Glasgow
- Extended Scope Physiotherapists triage low back, neck, knee and shoulder problems
- Waiting time for outpatient appointment *halved* despite referrals *doubling* in 5 years

Ann R Coll Surg Engl 2005;87:174-80

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Gardiner & Turner (2002):

- Extended scope physiotherapist (ESP) compared to physician colleagues
- Clinical Diagnostic Accuracy of knee internal derangement based on arthroscopic findings
- ESP – close to 20% more accurate than physicians
- 100% of patients listed by ESP gained therapeutic value from scope compared to 79% of patients listed by physicians

Physiotherapy 2002;88(3)

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Daker-White et al (1999):

- RCT comparing extended scope physiotherapist (ESPs) and post-fellowship junior orthopaedic surgeons
- 481 patients referred by GPs for MSK problems
- Main outcome measures: pain, functional disability, perceived handicap
- Patients more satisfied with ESPs
- ESPs incurred less hospital costs

J Epidemiol Community Health 1999;53

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Leveraging the Musculoskeletal Physiotherapist

- Relevant knowledge and unique skill set
- When working alongside orthopaedic surgeons, physiotherapists achieve expert level examination skills
- High value care

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Guiding Principle:
To Set up for Success, follow the Framework

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