First things First....

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

• Provide a Literature Review
  ➢ models of care, extended scope roles

• Describe an opportunity

• Propose a plan
  ➢ available resources, key milestones, timelines
Do Physiotherapists have the skills necessary to diagnose and triage MSK conditions?

- 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.
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

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%

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

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

- 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
Leveraging the Musculoskeletal Physiotherapist

• Relevant knowledge and unique skill set

• When working alongside orthopaedic surgeons, physiotherapists achieve expert level examination skills

• High value care
Guiding Principle:
To Set up for Success, follow the Framework