

# LIVING YOUR **BEST** LIFE

(OSTEOARTHRITIS HIP AND  
KNEE PAIN MSK HEALTH  
OPTIMISATION PILOT)

A REFERRAL GUIDE FOR  
PRACTITIONERS

# WHAT IS HEALTH OPTIMISATION?



- Health Optimisation is the development of a pilot referral pathway to support patients to achieve a healthy lifestyle. This is led jointly by Bristol, North Somerset and South Gloucestershire (BNSSG) Clinical Commissioning Group (CCG) and South Gloucestershire Council's Public Health and Wellbeing Division.
- The aim of this pilot is to support patients to lead a healthy lifestyle particularly those identified as having pain from hip and knee osteoarthritis.
- The pilot will last for 18 months and focus primarily on the weight management and support to stop smoking services delivered by One You South Gloucestershire (OYSG).
- The Referral agencies will include GPs and First Contact Physiotherapists in South Gloucestershire, the Musculoskeletal interface team in Sirona, MSK Surgical teams and Physiotherapy teams North Bristol NHS Trust (NBT) and One You South Gloucestershire which is delivered by a collaboration between South Gloucestershire Council and Southern Brooks Community Partnerships.
- All clinicians along the patient's journey will be encouraged to provide Very Brief Intervention\* and refer the patient in to OYSG.

**What is a Very Brief Intervention (VBI)** - a short positive conversation to engage the patient in improving their health by providing information and making lasting changes to health. It is simply a conversation that encourages the patient to think about and consider change, raise awareness of risk, and inform the patient how to access support when ready. These messages should be repeated by health care professionals at every contact with the patient along their MSK journey.

**An example of VBI** - behaviours such as smoking and being above a healthy weight have been shown to negatively affect the amount of pain you may experience. We know that the best way of stopping smoking and/or managing your weight is with the help of a trained advisor. We have a local service that many people have found very useful – it is part of routine care that we put you in touch with them.

**YES** – refer to OYSG using the weblink and provide the MSK patient leaflet

**NO** – tell the patient this is fine, no need to rush the decision. Let them know they can contact the OYSG team at any time. Give them the leaflet in case they change their mind

## WHO WILL BE ELIGIBLE



- Patients must be residents of South Gloucestershire or be registered with a South Gloucestershire GP.
- Patients who are on the four-week Osteoarthritis (OA) hip and knee physiotherapy treatment group and who are smokers or are obese (BMI  $\geq 30\text{kg/m}^2$ ) will be eligible for referral.
- Referral routes;
  - GP's and First Contact Physiotherapists
  - The Sirona Interface Team
  - Physiotherapy Teams
  - Surgical Teams
- It will be unlikely that everyone offered a referral to OYSG will take this up, but we will learn more about uptake rates during the pilot phase.
- Patients will not be penalised if they do not engage, and surgery will be offered (if appropriate) regardless of engagement with or success of weight loss and/or smoking cessation.

## WHAT YOU NEED TO DO NEXT

Once you have identified a patient who has responded positively to your VBI please either:

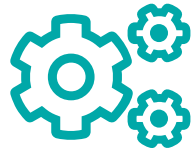
- Refer the patient to us using the webform here <https://oneyou.southglos.gov.uk/for-professionals/refer-to-us/> and let them know that someone from One You South Gloucestershire will be in touch within two working days.
- Or for patients with no access to email or the internet please ask them to call **01454 865337** and a One You Practitioner will discuss their options further.



## HOW WE WILL USE THIS INFORMATION

We plan to work with the Population Health Management Team to track people along the MSK pathways to find out, for those people who have used the OYSG service, what impact that has had on their health outcomes, experience and utilisation of services by evaluating the following measurements:-

- Number of people who have used the OYSG service
- Number of people who stopped smoking; lost weight and how much; were more active and achieved their health and wellbeing goal
- The number of appointments with a GP and or a First Contact Physiotherapist within primary care service



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- The number of first and follow up appointments with the Interface service and or a Physiotherapist within Sirona
- The number of first and follow up appointments with a secondary care clinician
- Service user feedback on the OYSG service
- Equality Impact data for people using the OYSG service.

The results from this evaluation will be shared with all the people referring people to the OYSG service. We hope the results will be as positive as a neighbouring CCG where patients who joined a similar programme found that in 50% of cases their symptoms and pain management improved to the point that they chose to manage their condition without the need for surgery. If this is the case, we will use the South Gloucestershire data to try to influence Bristol and North Somerset Public Health Teams to work with us to implement something similar.