Sirona MSK Referral Criteria

Updated: 05/12/2022

# MSK Interface

**Inclusion criteria:**

* Age 16 + for Bristol and South Gloucestershire patients
* Age 10+ for North Somerset patients (paediatric provision remains under review as it was not defined in the adult community contract. Updates will be provided if provision changes)
* Has BNSSG GP and able to attend an outpatient clinic
* Patients with peripheral or spinal neuromusculoskeletal pain requiring further assessment
* Complex MSK conditions needing clarity on diagnosis
* Had appropriate conservative management including, but not limited to, physiotherapy advice, lifestyle advice, pain management advice, and medication management.
* For surgical pathway planning for MSK conditions

*Ensure any/all CBA or IF detail is included in the referral to ensure correct triaging. Please see further details* [*on Remedy*](https://remedy.bnssg.icb.nhs.uk/adults/orthopaedics/exceptional-funding-policies-for-orthopaedics/)*.*

**Exclusion criteria:**

* Less than 16 years old (or less than 10 years old in North Somerset)
* Unable to attend an outpatient clinic
* Acute pain (follow conservative management e.g. activity modification, exercise, analgesia, lifestyle advice).
* Suspicion of cancer (exclude before referral)
* Suspected fracture (refer to MIU/ED)
* Suspected infection (on-call ortho, contact via switchboard for local acute hospital)
* Acute vertebral fracture without trauma (myeloma screen and MRI)
* Suspected cauda equina syndrome (refer to ED or use refer a patient for a neurosurgical opinion – [see back pain pathway](https://remedy.bnssg.icb.nhs.uk/adults/orthopaedics/back-pain-spinal-pathway/))
* Acute severe neuro deficit e.g. foot drop (refer to ED or use refer a patient for a neurosurgical opinion - [see back pain pathway](https://remedy.bnssg.icb.nhs.uk/adults/orthopaedics/back-pain-spinal-pathway/))
* Severe acute soft tissue injury (consider acute knee or shoulder clinics – [see Remedy](https://remedy.bnssg.icb.nhs.uk/adults/orthopaedics/acute-knee-shoulder-clinics/))
* Wound management (refer to Podiatry – [see Remedy](https://remedy.bnssg.icb.nhs.uk/adults/podiatry/community-podiatry-services/))
* Pain related to pregnancy
* Suspected systemic inflammatory problems (refer to rheumatology – [see Remedy](https://remedy.bnssg.icb.nhs.uk/adults/rheumatology/))
* Requires rehabilitation for MSK conditions (see MSK Physiotherapy criteria)
* Non neuromusculoskeletal pain
* Already under the care of an orthopaedic surgeon for the same problem
* Foot and ankle MSK problems (refer to MSK Foot and Ankle or MSK Physiotherapy)

# MSK Physiotherapy

**Inclusion criteria:**

* Age 16 + for Bristol and South Gloucestershire patients
* Age 5+ for North Somerset patients (paediatric provision remains under review as it was not defined in the adult community contract. Updates will be provided if provision changes).
* Has BNSSG GP and able to attend an outpatient clinic
* All MSK conditions, other than those listed in the exclusion criteria, where they have engaged in appropriate self-management (e.g. getUBetter app, MSK website resources, FCP directed advice)
* MSK post-op and MSK trauma, including foot and ankle
* Needs appropriate conservative management including, but not limited to, advice, treatment, rehabilitation, lifestyle and pain management advice
* Over 6 months post-natal for a pregnancy related MSK problem

**Exclusion criteria:**

* Less than 16 years old (or less than 5 years old in North Somerset)
* Unable to attend an outpatient clinic
* MSK is not the primary cause of their problem
* Red flag or sinister pathology that has not been appropriately investigated
* Routine foot and ankle issues (refer to MSK Foot and Ankle)
* Complex MSK conditions with unclear diagnosis needing further investigation:
1. Adults refer to MSK Interface
2. Paediatrics over 10 refer to the MSKI team (if in North Somerset)
3. Paediatrics under 10 reject back to the GP for further investigation.
* MSK patients requiring discussion regarding surgical intervention (refer to MSK Interface)
* Post-operative hand therapy requiring specialist input e.g. splinting (see [Hand Problems on Remedy](https://remedy.bnssg.icb.nhs.uk/adults/orthopaedics/hand-problems/) for trauma and elective referrals. Refer to NBT or UHBW physiotherapy for specialist conservative management)
* Dizziness (see [Dizziness and Vertigo on Remedy](https://remedy.bnssg.icb.nhs.uk/adults/ent/dizziness-and-vertigo/))
* Non-MSK headaches
* Falls requiring multi-disciplinary team assessment (see [Falls & Balance on Remedy](https://remedy.bnssg.icb.nhs.uk/adults/care-of-the-elderly/falls-balance-under-review/))
* Less than 6 months post-natal (consider referral to Pelvic Health)
* Paediatric patients with a newly diagnosed bony or spinal deformity that have not been assessed by the spinal team at Bristol Childrens Hospital.

# MSK Foot and Ankle

**Inclusion criteria:**

* Age 16 + for Bristol patients
* Age 10+ for North Somerset and South Gloucestershire patients (paediatric provision remains under review as it was not defined in the adult community contract. Updates will be provided if provision changes)
* Has BNSSG GP and able to attend an outpatient clinic
* Foot and ankle pain requiring further assessment, treatment, and advice
* MSK foot and ankle conditions needing clarity on diagnosis
* Had appropriate conservative management including, but not limited to, lifestyle advice, pain management advice, and medication management.
* For surgical pathway planning for MSK foot and ankle conditions

*Ensure any/all CBA or IF detail is included in the referral to ensure correct triaging. Please see further details* [*on Remedy*](https://remedy.bnssg.icb.nhs.uk/adults/orthopaedics/exceptional-funding-policies-for-orthopaedics/)*.*

**Exclusion criteria:**

* Post-op or trauma foot and ankle issues (refer to MSK physiotherapy)
* Unable to attend an outpatient clinic
* Red flag or sinister pathology that has not been appropriately investigated
* Acute pain (follow conservative management e.g. activity modification, exercise, analgesia, lifestyle advice).
* Suspicion of cancer (exclude before referral)
* Suspected fracture (refer to MIU/ED)
* Suspected infection (on-call ortho, contact via switchboard for local acute hospital)
* Acute severe neuro deficit e.g. foot drop (refer to ED or use refer a patient for a neurosurgical opinion - [see back pain pathway](https://remedy.bnssg.icb.nhs.uk/adults/orthopaedics/back-pain-spinal-pathway/))
* Wound management (refer to Podiatry – [see Remedy](https://remedy.bnssg.icb.nhs.uk/adults/podiatry/community-podiatry-services/))
* Suspected systemic inflammatory problems (refer to rheumatology – [see Remedy](https://remedy.bnssg.icb.nhs.uk/adults/rheumatology/))
* Non neuromusculoskeletal pain
* Already under the care of an orthopaedic surgeon for the same problem
* Lumps and bumps (appropriately assessed prior to referral)
* Routine podiatry treatments e.g. corn, callus debridement (refer to Podiatry – [see Remedy](https://remedy.bnssg.icb.nhs.uk/adults/podiatry/community-podiatry-services/))