

Digital Self-Management in MSK and Women's Pelvic Health

Reference Number: RDF2081-23

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Further to your Freedom of Information Act request, please find the Trust's response(s) below:

Please be aware that the Royal Devon University Healthcare NHS Foundation Trust (Royal Devon) has existed since 1st April 2022 following the integration of the Northern Devon Healthcare NHS Trust (known as Northern Services) and the Royal Devon and Exeter NHS Foundation Trust (known as Eastern Services).

In accordance with the Freedom of Information Act please could you answer the following questions –

1) *Are you currently using any digital tools to support patients' self-management in MSK (Musculoskeletal)*

Answer: Yes.

2) *Are you currently using any digital tools to support patients' self-management in Women's Pelvic Health*

Answer: Yes.

3) *If yes, which digital tools are you using for both?*

Answer: External sites recommended and linked to patient aftercare summary:

MSK team:

- Jen McKenzie: Breast cancer physio
- British Elbow and Shoulder Society: Tennis elbow exercises
- Lorimer Mosley: TED take explain pain
- MSK & Women's Health
- NHS ex library for videos about seated ex/Tai chi/yoga
- VersusArthritis 'Let's Move..'
- Exercise prescriber
- My Devon Health
- Various YouTube videos to assist explanations for example for chronic pain
- Digital Trust information leaflets
- Various internet sites for patient advice and information for example:
 - https://thepogp.co.uk/userfiles/pages/files/resources/23697pogppelvic_girdle_pain.pdf
 - <https://thehonestphysiocom.files.wordpress.com/2020/07/pain-management-guide-book-v1.02.pdf>
 - <https://www.fracturecare.co.uk/care-plans/>

- <https://www.shoulderdoc.co.uk/documents/Shoulder-Rehab-Book-v4-book.pdf>
- <https://www.southtees.nhs.uk/wp-content/uploads/2022/06/Lumbar-spinal-stenosis-booklet.pdf>
- <https://www.southtees.nhs.uk/resources/10-sciatica-facts/>
- <https://www.southtees.nhs.uk/resources/10-back-facts/>
- <https://www.southtees.nhs.uk/resources/10-dos-and-donts/>

Women's Health Team: Directed to specialist interest group sites and added as downloads to patient after care summary.

- Pelvic Obstetric Gynaecology Physiotherapy (POGP) specialist interest group with PDF files on surgical leaflets, antenatal PGP, and Postnatal advice, pelvic floor.
- Directed to NHS Squeazy App for pelvic floor exercise training.
- NHS Hospital group videos on You tube regarding antenatal care and gym ball training.

4) *If not, do you have plans in the future to use digital tools for MSK and Women's Pelvic Health?*

Answer: Not applicable. Both teams find using digital tools very helpful for patient adherence to exercise plans and also aids in reducing number of follow ups as they have access to detailed information.