Evidence in a Box
MyPhysio information hub

MSK DIRECTORATE
All Together Better

1

It's so hard keeping up with all the evidence

This is Jem who just started working in the MSK outpatient department at STH.

2

Jem logs on to their computer using their smart card single sign in. This takes them to the MyPhysio evidence hub, so they take a look.

They can also download as an app.

3

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Guidelines — Research
Websites — Exercises
Protocols — Templates

Jem sets up a personal physio account, logs in and is taken to the physiotherapy hub home page and information resource menu.

4

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Jem's next patient has lower back pain

So they take a quick look at the national guidance for low back pain summary that is easily available to them in the physio hub.

5

Meanwhile in the waiting room...

I'm looking forward to seeing the physio. I know they have all my info and know what to expect because I've been on the MyPhysio info hub.

6

Can I just check I have all the information I need before I take a look at your back?

Jem calls the patient in.

Because they have received the patient's completed 'About Me' form via the hub the assessment can focus on the patient's priorities and expectations.

7

Lets go through what is wrong and develop a rehab plan together

personal plan

After the assessment Jem explains what is wrong and what is the best way to manage it.

Jem and the patient discuss the patient's priorities and goals. Jem documents this in the personal rehab plan that is given to the patient.

8

M Back pain

Jem and the patient then choose the appropriate advice and exercise or activity cards tailored to the patient's needs from the exercise and activity library. They practice the exercises together.

9

What should I do if I get worse?

Try X exercise if they get worse. Try Y exercise if they feel too easy

Jem suggests alternative exercises or activities for the patient to do should things change between appointments. These are added to the plan.

10

M : rehabilitation

Jem shows the patient the exercise and activity diary that they can complete to help them keep track and stay motivited between appointments. Jem will be notified via the hub if their patient contacts them with any queries.

11

The appointment comes to an end and the next appointment is booked.

The patient leaves feeling confident to act on the advice and their plan.

12

I'm not sure what to do next

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After the patient leaves Jem has a couple of queries.

They complete an 'Ask My Mentor' query card via the hub to discuss with their mentor.

v:2