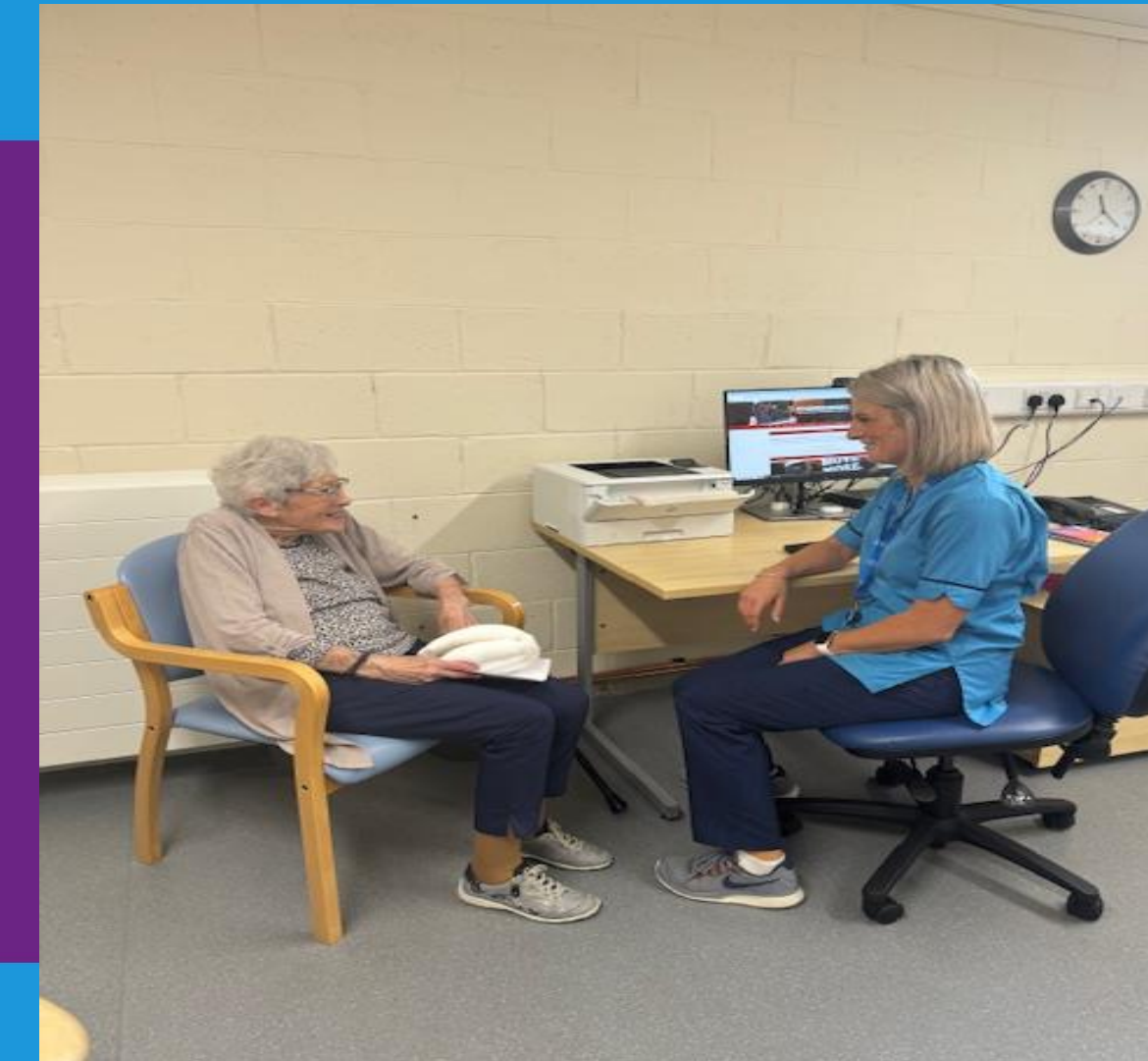


# Better Conversations For Better Health

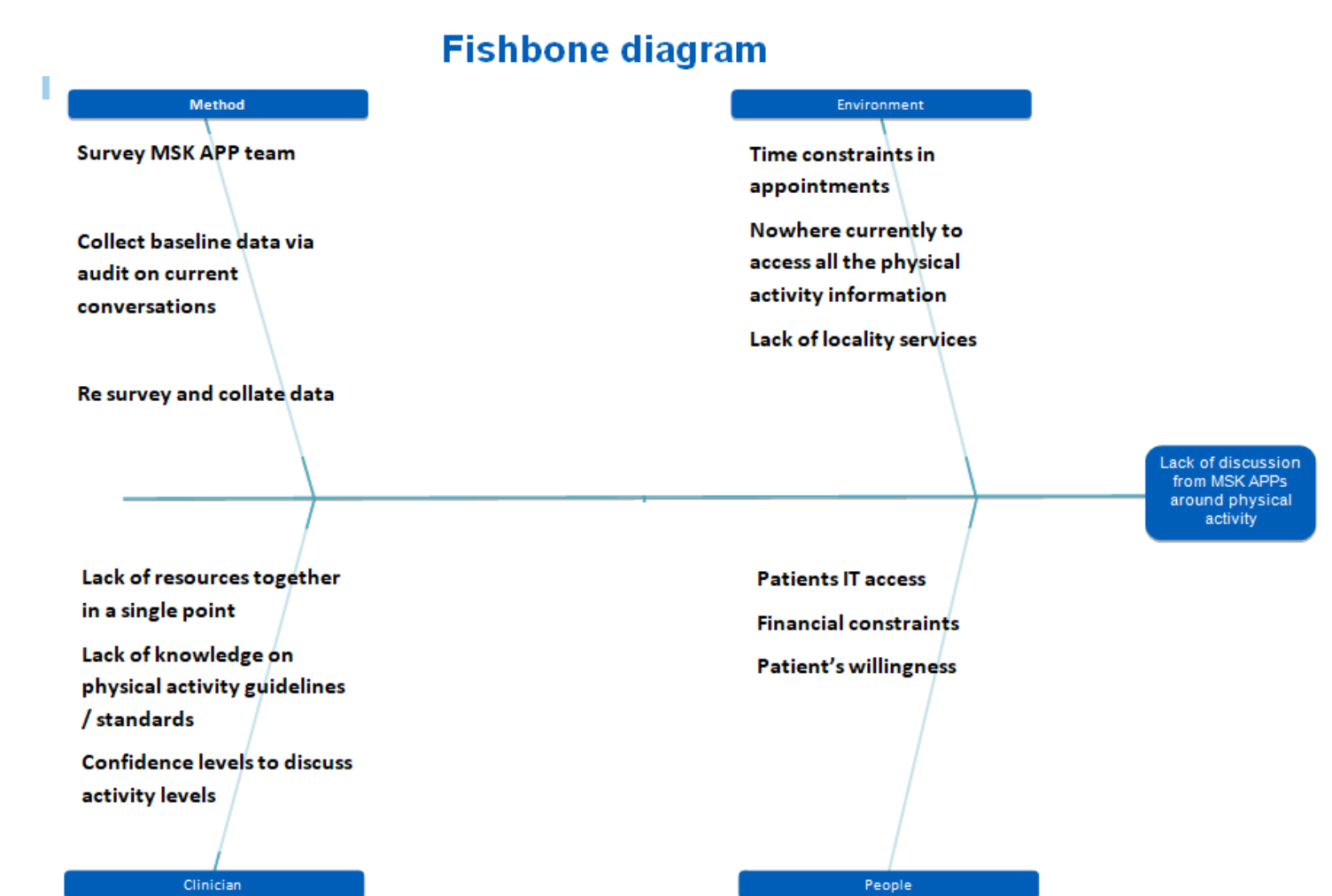
Erin Archibald, Gayle McCaig, Shirley Paterson  
MSK Advanced Practice Physiotherapists in Primary Care



Physical activity plays a major role in improving outcomes and tackling inequalities across many different aspects of our lives and society. From an audit between May – June 2023 it was highlighted that an average of 85% of all MSK consultations within 3 GP practices did not have a conversation around physical activity. The physical activity standards Scotland 2022 highlight the importance of physical activity in adults by enabling and supporting health and social care professionals to refer people to local activities which will benefit their health and wellbeing.

**AIM**  
By April 2024 60% of all patient contacts with a MSK APP in primary care in 3 GP practices will involve a physical activity discussion; Public Health Scotland Physical Activity Standards 2022

## Model for Improvement



**Making Every Contact Count**

What are we trying to accomplish?

Increase physical activity in patients in D&G to improve health outcomes

How will we know that a change is an improvement?

- Increase in physical activity discussions within 3 GP practices by measuring via a MSK APP audit tool. This will also involve staff training
- Survey MSK APP staff pre and post training on their confidence, knowledge and understanding on guidelines/policies/local resources/better conversations.
- Use MSK APP audit tool to monitor whether having a physical activity discussion has an impact on appointment time

What change can we make that will result in an improvement?

**PDSA 1**  
To familiarise MSK APP staff with current physical activity information



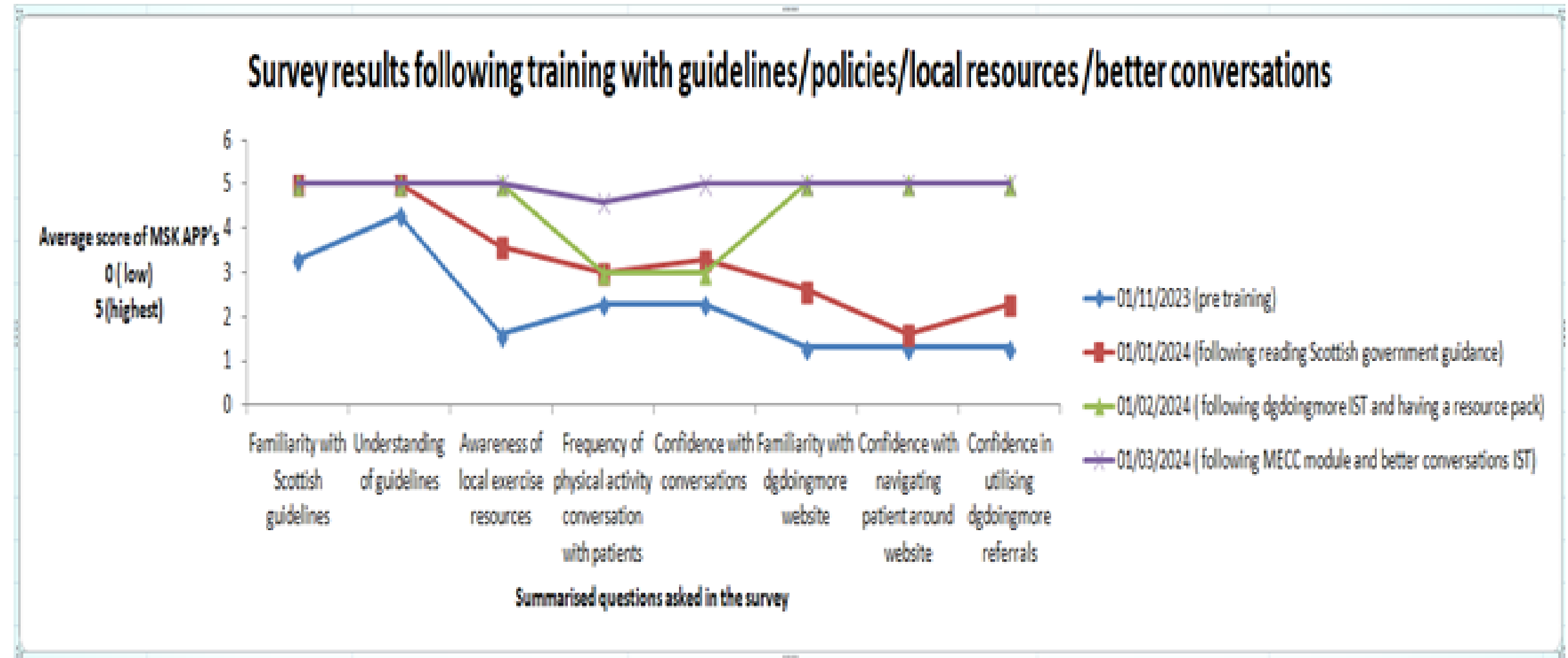
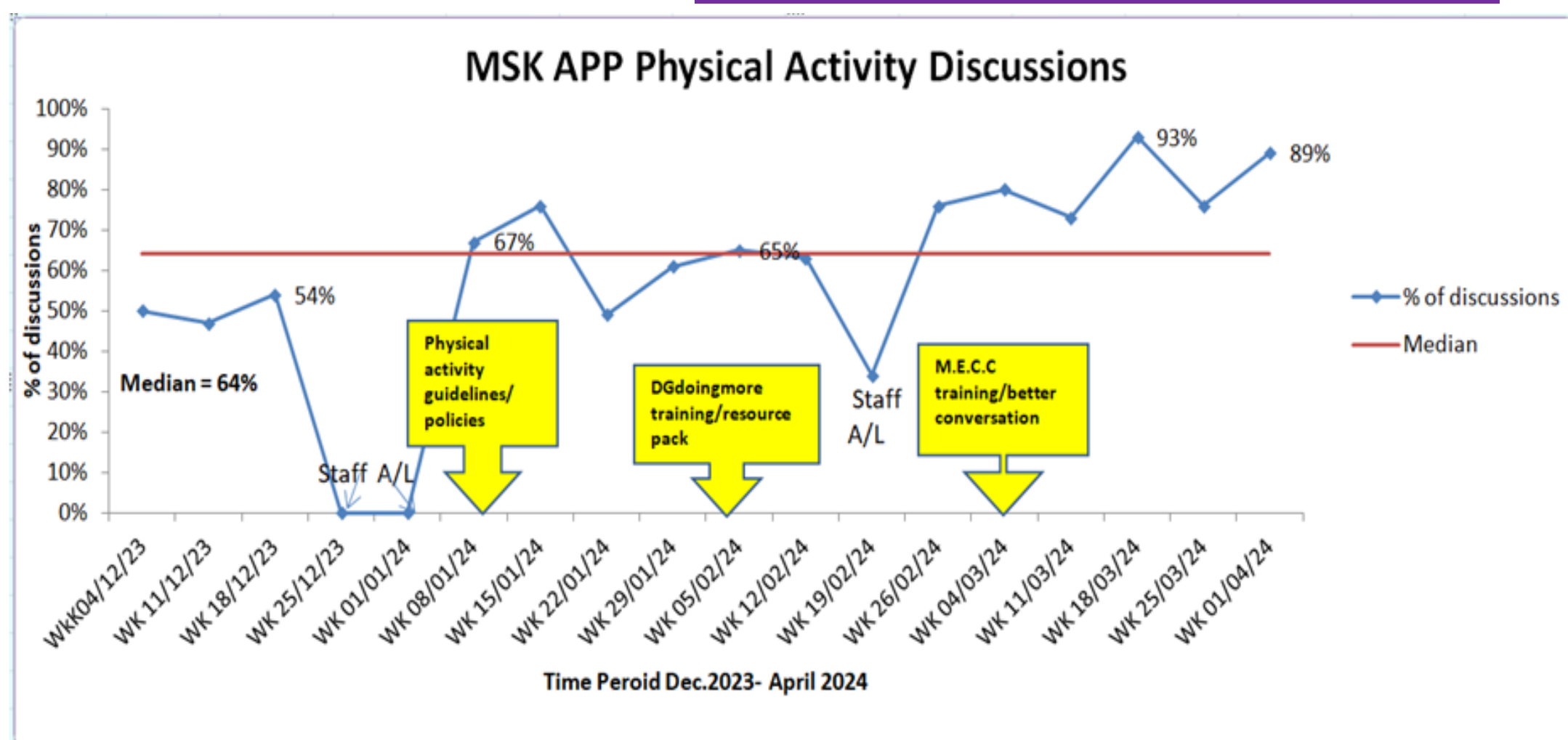
**PDSA 3**  
Enable MSK APP staff to feel confident in having a good conversation regarding physical activity with patients



**PDSA 2**  
Increase MSK APP staff awareness & familiarisation of physical activity resources in D & G



**Results**



**Conclusions**

- 74% of all consultations with the MSK APPs, had a discussion around physical activity.
- MSK APP staff confidence levels have increased on having physical activity conversations and awareness of local resources/ pathways.
- 74.5% of appointments were on time compared to 72% pre-training.

## Next steps

- Further in-service training to MSK APP team, AHP wider team and roll out training to primary care
- Continue to attend physical activity area meetings representing AHP community for updates, collaborative working

## Learning Points

- Adhere to the aim throughout the project
- Increase knowledge of IT systems, data collection/surveys/presentation
- Teamwork