

Feedback Report

Rheumatology Physiotherapy
Focus Group

6 April 2022



Introduction



The Rheumatology Physiotherapy Service is exploring the possibility of a yearly review clinic for patients with Axial Spondyloarthritis, in line with current recommendations.

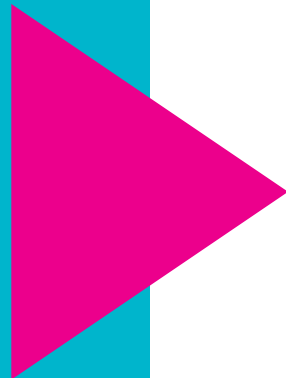
Outcome measures exist to chart patient progress and can inform decision making surrounding medication choices and the impact of the condition; these would be completed at the clinic and provided to the patient's consultant.

The proposed clinic would consist of a general assessment and completion of standardised outcome measures to chart the progress of the condition.

Any issues identified may warrant further face-to-face physiotherapy treatment or referral back to the Rheumatology Consultant, depending on needs. This would be arranged by the Rheumatology Physiotherapy Team.

As a team, the NHSCT Rheumatology Physiotherapists, with the help of the NHSCT Involvement Team, held a focus group to hear service user thoughts, opinions and suggestions for a physio-led axial spondyloarthritis review clinic.

Focus Group



A focus group took place, using Zoom technology, on Wednesday 6 April 2022 with a group of service users who access the Rheumatology Physiotherapy service.

The focus group gave us the opportunity to discuss together ways we can improve the service for patients with Axial Spondyloarthritis. We heard about what worked well and received some thoughts and ideas on how we could best support service users within the rheumatology physiotherapy service going forward.

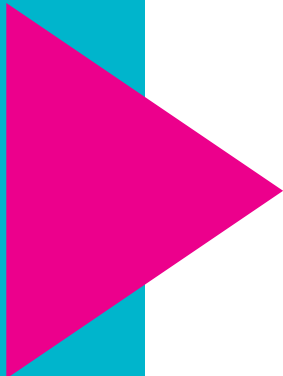
The following pages highlight the discussion.

**Tell us about
your experience
of the
physiotherapy
input of your
condition**



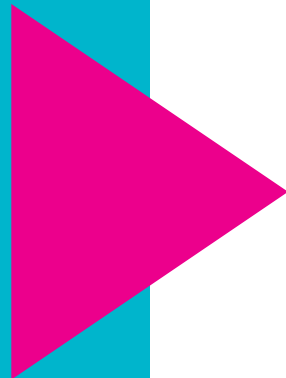
- Great experience
- Would benefit from the physiotherapy service earlier when pain is bad.
- Staff very supportive.
- Physio's all very good at listening and taking on board my feelings.
- Made me feel valued
- Physio's are very good at motivating me to keep doing the exercises.
- Great to have contact with the Physio's regularly, even by phone.
- Service is very understanding.

What are your thoughts on a one-stop-shop clinic offered for patients with your condition?



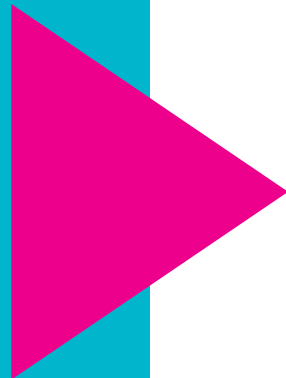
- In principle it sounds like a great idea. It would be good if medication would be a point of focus at the clinic.
- This clinic sounds good, it would mean you would have a more specialised service with staff who are qualified and specialised in the condition.
- Something like this would be good to attend once a year.
- I feel sometimes you get mixed messages from MDT, so a specialised clinic focusing on Axial Spondyloarthritis might help rectify this and make you feel your condition and feelings are being recognised.
- I have had experience of some helplines taking 3-5 days to call you back, so again this clinic would help with this.

What would you like to see in this kind of clinic?



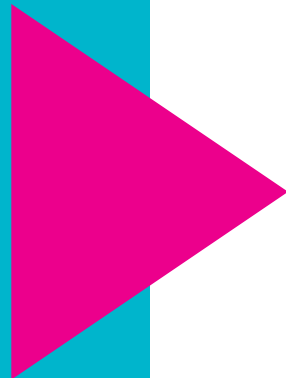
- Signposting to different services available to help manage the condition, eg hydrotherapy, acupuncture etc.
- Medication being focused on and reviewed.
- Location of the clinic would be key. Travelling for a longer time can aggravate the condition (Follow-up question re: location suggested patient's felt a central location of Ballymena/Antrim would be ideal).
- More information on managing the condition.
- Information on how to access more physio if required.
- Peer support
- Having the option of support from MDT and how to access if required.
- Fatigue management

**What types of
information
would you like to
receive at this
clinic?**



- A knowledge of what support is available
- List of useful websites
- Relevant Facebook groups/pages
- Information leaflets
- Peer support
- Support to complete paperwork, eg PIP forms etc and suggested support letter to go along with applications
- A way of sharing knowledge to those newly diagnosed, for example access to the Radar toilet key etc
- It would be good to be able to access information freely without having to attend a certain clinic/service.
- Access to digital information as well as hard copy leaflets
- Maybe some general exercise plans.

**How often do
you think that a
review should
take place?**



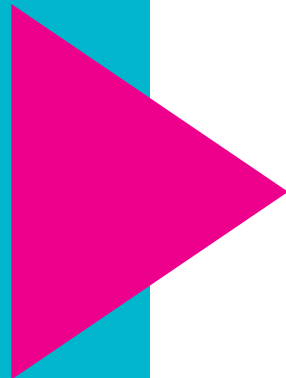
- A face to face review should take place once a year.
- With the option of telephone support is someone would need help
- The longer you have the condition you find new ways to manage the pain and are more aware.

**How important do
you feel exercise is in
the management of
Axial
Spondyloarthritis?**



- Exercise is very important. I am still using the exercises I was given 10 years ago. Without them I couldn't move.
- Exercise is core to strengthening.
- Exercise helps without a doubt.
- Exercise is great for strengthening my muscles, along with a little weight training.
- Exercise really helps with my mobility issues.
- It helps me to keep motivated.

Thank You



We would like to extend our sincere appreciation to everyone who took the time to join in the focus group. Listening to your experiences and your suggestions will help to shape the future Rheumatology Physiotherapy Service.

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