

Mapping orthopaedic HVLC digital pathways

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Mapping the digital opportunities

- HVLC pathways



end-to-end pathway redesign covering all care settings and sectors

Prevention

Focus	Opportunities	Benefits	Possible solutions
Health promotion & wellbeing	Lifestyle Optimisation	Reduce demand on primary & community Care: Reduce overall healthcare utilisation; Improve self-efficacy and patient activation	NHS Better Health ; Good Boost ; ESCAPE-Pain Online ;

Pre-hospital

Hospital - HVLC Pathways

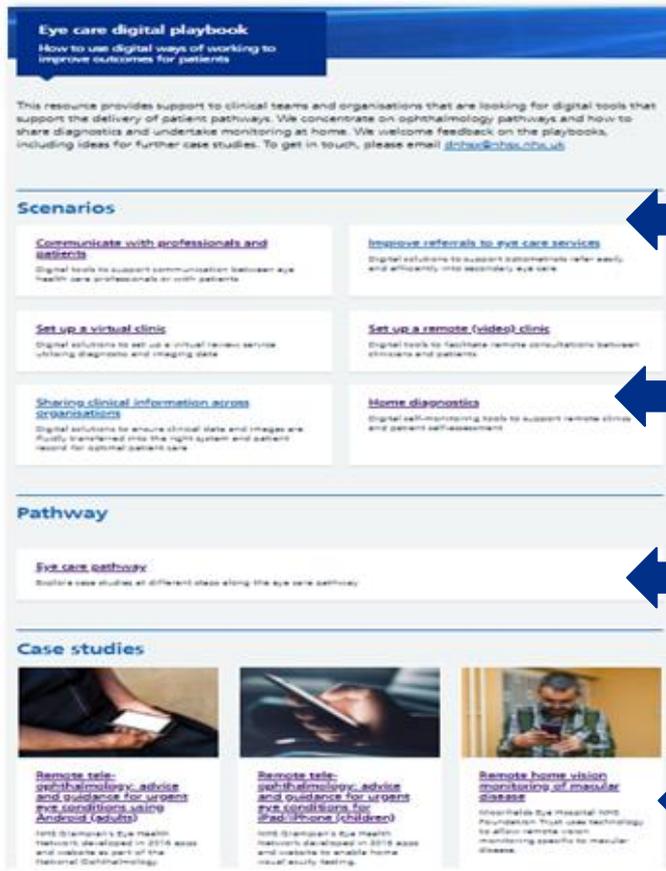
Post-hospital

Focus	Opportunities	Benefits	Focus	Opportunities	Benefits	Focus	Opportunities	Benefits
Supported self-management Triage Referral optimisation Active waiting	Virtual MDT Networking PROM/PREMs Virtual consultations Exercise trackers Lifestyle monitoring	*Assurance of quality standards of MSK advice and provision *Shared decision-making *Reduce unnecessary referrals to secondary care *Reduced variation and health inequalities *Reduce waiting lists *Support active waiting and mental health *Reducing the burden on patients, staff & carers	Reduced hospital visits Lifestyle optimisation pre-surgery Enhanced Discharge	Digital consent/ pre-assessment Digital joint school Active waiting	*Early drinking, eating, mobilising *Reduce Length of stay *support mental health; *supported physical & mental-wellbeing *Manage capacity	Enhanced Recovery Avoidance of low clinical value follow-up	Virtual ward Remote monitoring Digital PIFU Virtual consultations Supported self-management	*Supporting people at home *Earlier intervention to prevent deterioration *Reduce readmissions/exacerbation; *Reduce unnecessary low value follow-up
Case Studies: Digital Playbooks ;	Possible solutions: ESCAPE-pain-Online Goodboost getUbetter My Pathway - musculoskeletal Physitrack Torbay Charts NHSX video library	Case studies: Digital Playbooks South Tees Digital Joint School MyRecovery Digital Joint School healthshare-wellbeing	Possible solutions: Lifebox MyPreOp Pathpoint SurgiCare ePAQ PO Concentric Synopsis IQ EIDO Vault	Case Studies: Digital Playbooks BPMPathway national-award	Possible solutions: BPMPathway Inhealthcare Docobo My Recovery -MSK PatientKnowsBest Huma			

NHSX Digital Playbooks



The playbook landing page can be found: <https://www.nhsx.nhs.uk/key-tools-and-info/digital-playbooks/>



Users can scroll through different scenarios, care pathways or a library of case studies

Clinically identifies problems and their solutions linked to the case studies

Solutions set along pathways

Case studies grouped for ease

Case Study: Online Self-management



Musculoskeletal (MSK) digital playbook

How to use digital ways of working to improve outcomes for patients



Virtual management of an education and exercise programme for chronic joint pain

An evidence-based group intervention adapted to allow patients to access it at home.

[Playbook case study](#)



The East Midlands AHSN are working with providers across Derbyshire to deliver ESCAPE-pain, a rehabilitation programme for people with osteoarthritis which causes chronic joint pain, **virtually** to support the continuation of vital services safely during the pandemic.



ESCAPE-pain Online *helping you stay active at home*

- Access the ESCAPE-pain programme online from our website.
- It replicates the face-to-face programme and is free to use.
- Includes education and exercise videos.



Nicole McGlennon, East Midlands AHSN Managing Director said “I am thrilled that we have enabled our partners in Derbyshire to offer the ESCAPE-pain programme virtually and hope that other providers will consider if this approach would also work for their patients.”

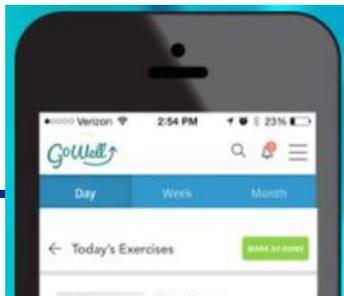
Case Studies: Digital Joint School



South Tees Hospital orthopaedic department introduced [GoWellHealth](#). They used this platform to deliver a '**digital joint school**' format designed to provide individualised remote patient education and support across the entire perioperative pathway. Between Sept 2017- May 2020 70% engaged with the platform, supporting delivery of care within the patient's home and aligned to [NICE: ng157](#)



Consultant orthopaedic surgeon, Paul Baker and Natalie Clark, clinical trials assistant



[My Recovery Joint School](#) is a digital version of some of the orthopaedic services that have been disrupted due to COVID-19 pressures on UK hospitals. It is for the thousands of people across the UK who have had their planned hip and knee replacement procedures postponed or cancelled. [Joint School Live](#) on YouTube providing prehabilitation support for total hip and knee surgery.



myrecovery

We are now planning how we can restart elective surgery so now is a good time to use the app to prepare for surgery."

Professor Tim Board - Consultant Hip and Knee Surgeon at the Centre for Hip Surgery at Wrightington Hospital

Case Study: Gastro PIFU (example for ortho)

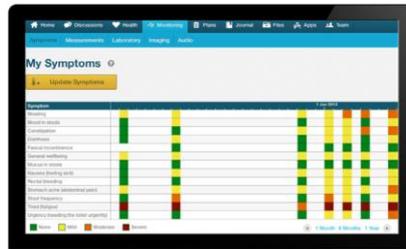


Gastroenterology digital playbook

How to use digital ways of working to improve outcomes for patients



Playbook Case Study



Non-face-to-face delivery of an inflammatory bowel disease service

An electronic patient portal permits inflammatory bowel disease (IBD) service to deliver remote care and self-management while restructuring service to tackle long waiting times.

The East Surrey Hospital

Inflammatory Bowel Disease (IBD) service was radically redesigned to provide **open access** through telephone and email support.

Patients Know Best (PKB), a web-based patient management portal allows patients to record their symptoms and communicate with the IBD team remotely. PKB is a portal between patients at home and clinical teams. Available on web, mobile and in the NHS App.

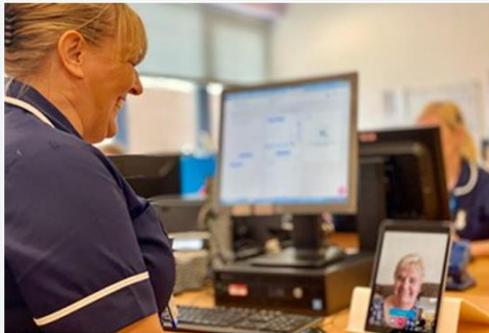
Read Liam's story about how he stays connected with his care team when he is away at university.

Case Study: Cardiology PIFU



Cardiology digital playbook

How to use digital ways of working to improve outcomes for patients



Remote monitoring of patients with heart failure and hypertension

All Together Better Sunderland piloted a digital solution which enabled hundreds of elderly and



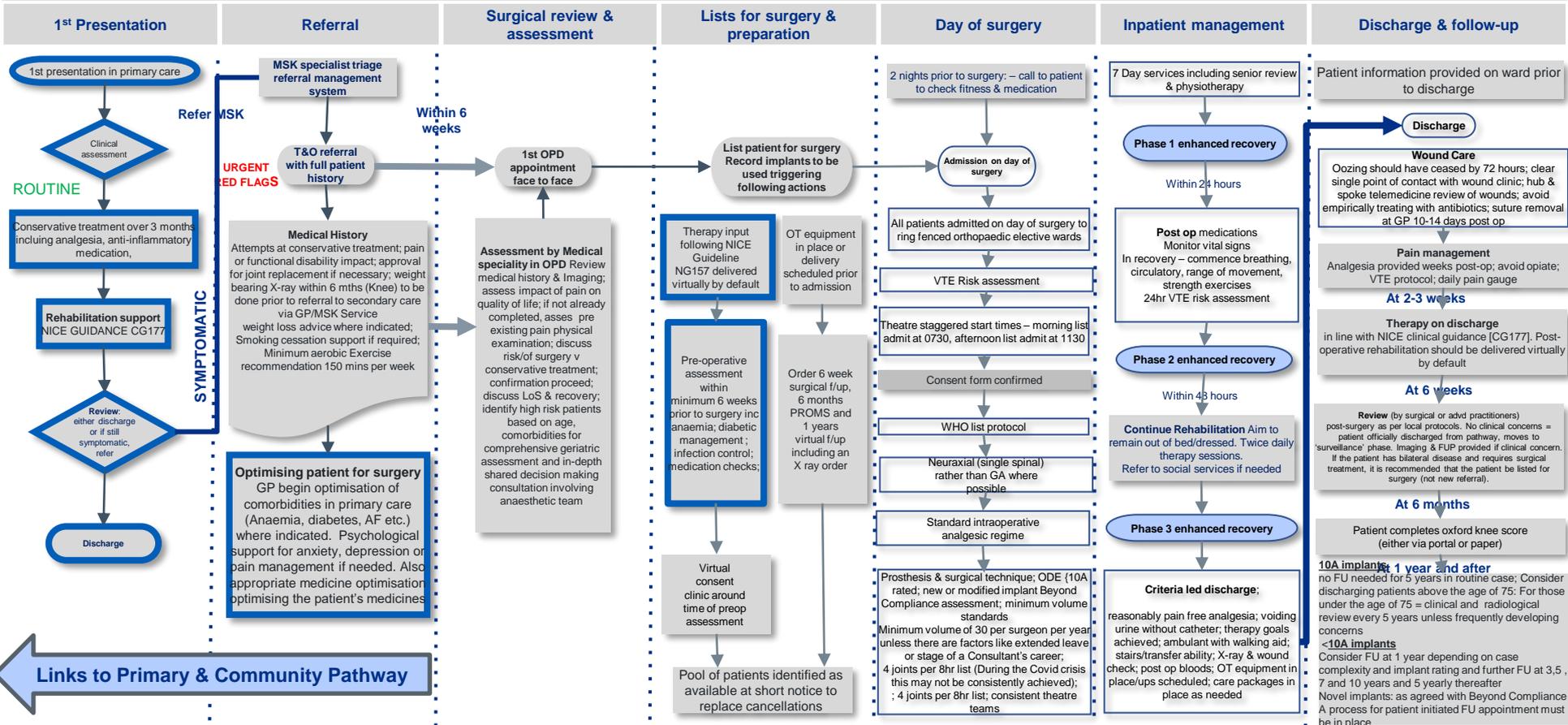
Virtual outpatient clinic for remote follow-ups post-acute myocardial infarction

Barts NHS Trust used digital technology to provide timely follow-up of patients post-acute myocardial infarction that enabled identification of symptomatic recurrences or late complications.

Barts Health are undertaking patient follow ups across cardiology services using [Luscii](#)

The All Together Better Sunderland team have implemented a platform designed to support people to stay at home and book virtual appointments to assist recovery and have access to a range of resources to help them monitor their own conditions.

GIRFT - Orthopaedics: Total knee replacement (high level) pathway v11.1



Links to Primary & Community Pathway