

Pre-contact

MSK and CCG co-working on public health

Media campaign promoting positive lifestyle change and MSK health and role of regular activity for low grade joint symptoms.

Promotional materials at strategic locations

Appropriately targeted community initiatives

SEO of web hub

Primary

Patient presents to primary care with greater trochanteric pain syndrome

Primary care team to optimise pre MSK management using the MSK web hub for patient education and management or alternative offline resources.

Non- pharmacological management

Check BMI/ smoking/ exercise status:

If lifestyle factors highlighted discuss as risk factors for MSK ill health/OA. Refer to MSK web hub for lifestyle advice.

Refer to MSK web hub for GTPS (condition directory)

Pharmacological management

Optimise medication management as per NICE guidelines. Consider topical NSAIDS, oral NSAIDs plus PPI, Paracetamol. Address any maladaptive beliefs around medication useage in conjunction with MSK web resource

Pelvic x ray can be useful if the site of pain is uncertain.

Onward referral options:

Understand/manage expectations prior to referral- what are the goals of onward referral?

Condition management: MSK service- note patient must have engaged with online resources before making a condition management referral to MSK.

Lifestyle management: Consider local referral options- smoking cessation, weight management, HEAL programme.

Complex condition management: refer to MSK ESP team in cases of diagnostic uncertainty.

<u>d</u> era Physioth

Physiotherapy team to assist primary care in 3 management of patients where web hub information and primary care strategies have not helped, where patients have self referred, or where patient is experiencing

All patients regardless of access point should have a discussion of expectations and functional goals to support planned management pathway.

Condition management:

1:1 treatment - this may include gluteus medius strengthening exercises and

Offer joint injection if clinically appropriate with injection therapist

Onward referral Options:

Medication management: refer to primary care team or Physio independent prescriberi f medication optimisation required.

Lifestyle management: Consider local referral options- smoking cessation, weight management, HEAL programme, water based exercise oppertunities.

Complex condition management: refer to MSK ESP team in cases of diagnostic uncertainty or significant disability.

Scope Extend

Practition

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MSK

To support primary care and physiotherapy teams in managment and diagnosis of complex case presentations. To support patients in their decisions regarding surgery and ensure alternative treatment options have been explored and optimised.

Diagnostic uncertainty:

to utilise clinical skills and experience supported by diagnostic imaging and procedures to propose a primary diagnosis or diagnoses for patients with complex lower limb presentations or advanced disability.

Investigations

MRI useful if diagnostic uncertainty. USS guided injection can be considered evidence to be updated.

Assurance of optimised conservative management:

To ensure conservative management pathways have been fully optimised for patients wincluding: medication, exercise, pacing, and lifestyle factors AND ensure expectations have been discussed.

Onward referral options:

Medication management: refer to primary care team or Physio independent prescriber if medication optimisation required.

Condition management: refer to MSK Physiotherapy team.

Lifestyle management: Consider local referral options- smoking cessation, weight management, HEAL programme.

Greater Trochanteric Pain Syndrome:

Age 40+ female > male

Likely good range of movements, non-capsular pattern

Possible painful resisted hip abduction

Cardinal sign: tenderness over the greater trochanter