



AHPs: Driving Quality and Transforming Care Across Scotland



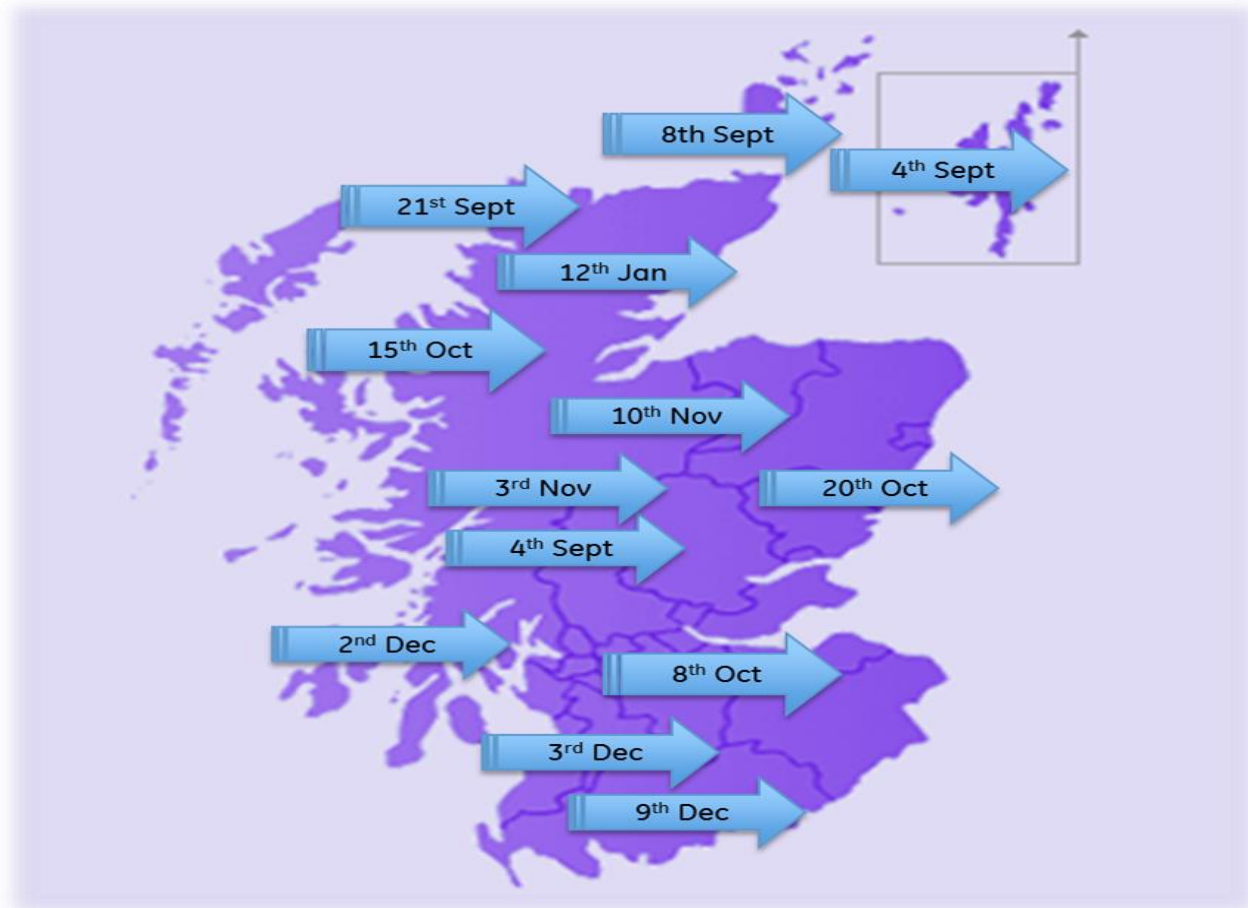
Active and Independent Living Improvement Programme

Supporting personal outcomes for health and wellbeing.

Dr Sarah L Mitchell

Programme Director Active and Independent Living Improvement Programme - AILIP

Engagement Events



- 14 events from September 2015 to January 2016
- >1000 stakeholders Participated.
- Delegates comprising of;
- Service Users and Carer Groups
- Third Sector
- Education
- Health
- Social Care
- Fire Service
- Police
- Ambulance
- Housing

VISION

“Allied Health Professionals will work in partnership with the people of Scotland to enable them to live healthy, active and independent lives by supporting personal outcomes for health and wellbeing”

What matters to YOU as an individual to keep you healthy, active and independent?

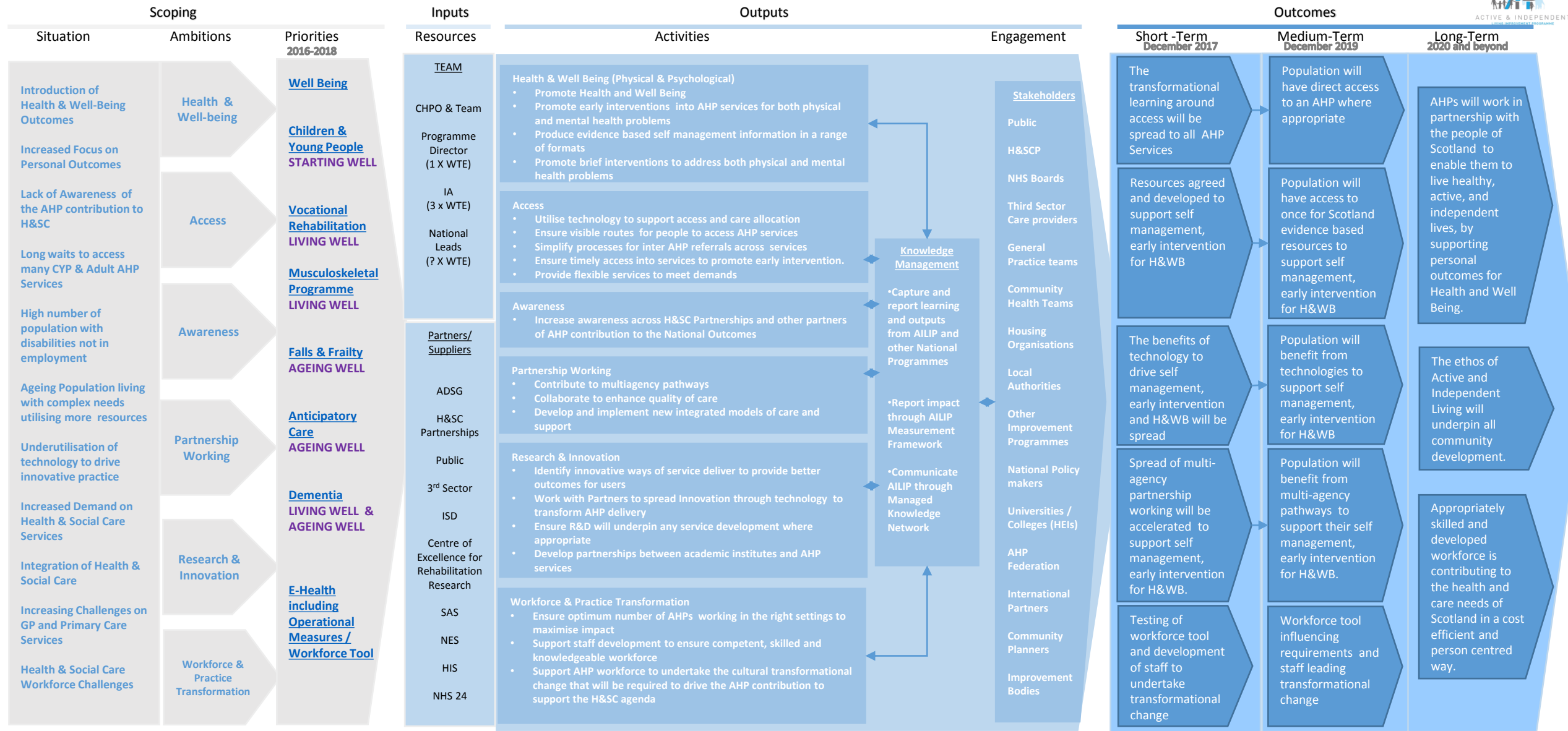
Thinking of what AHPs could do in Health and Social Care in the future what should we focus on to make services the best they can be?

Thinking of what AHPs could do in Health and Social Care in the future what should we

AMBITIONS

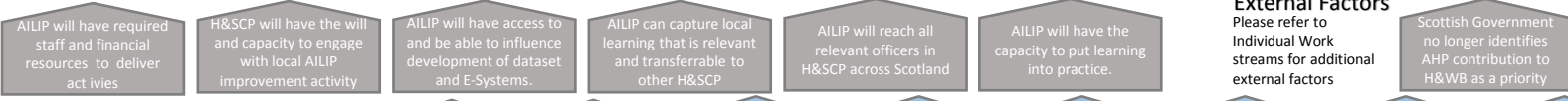
- AHPs promoting Health & Well Being and early intervention
- AHP Services are easily accessible
- All stakeholders are aware of AHP Services
- AHPs working in Partnership
- AHPs delivering excellence through research and innovation
- AHP Workforce equipped to contribute to future health and social care requirements of population

AILIP Logic Model Version 7 August 2016



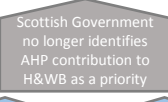
Assumptions

Please refer to Individual Work streams for additional assumptions



External Factors

Please refer to Individual Work streams for additional external factors



Monitoring and evaluation

Please refer to Individual Work streams for additional Measures



Online Access and Stratification/Allocation of care

- Low back, hip, knee, F&A
- Orthotic Review Appt management

- Stakeholder Events
- Consultation Documents
- Algorithm Building
- Resources planning
- Expert panel review
- Testing back, F&A

- Web to health Board electronic referral (Sci gateway + Chi patient Identifier)



Assessment - Back

Your Progress

0%

QUESTION 1

Where are you feeling pain or numbness?

Please select the image which best shows the location of where you're feeling the most pain, then scroll down to continue.



A - Lower and upper or middle back



B - Lower back



C - Lower back spreading to one buttock



D - Lower back spreading to both buttocks



E - Lower back spreading to the back of the thigh (one or both)



F - Lower back spreading to the front of the thigh (one or both)



G - Lower back spreading to the calf or foot (one side)



H - Lower back spreading to the calf or foot (both sides)



I - Lower back spreading to the shin (one or both)

Self Efficacy

Home Persistent Pain Acute Pain Lifestyle & Fitness Fit for Work Orthotics Active Living Blog SEARCH

Assessment - Self Efficacy

Please rate how confident you are that you can do the following things at present, despite the pain. To indicate your answer select one of the numbers on the scale under each item, where 0 equals not at all confident and 5 equals completely confident.

Remember, this questionnaire is not asking whether or not you have been doing these things, but rather how confident you are that you can do them at present, despite the pain.

- 1 - I can enjoy things, despite the pain.
- 2 - I can do most of the household chores (eg, tidying-up etc), despite the pain.
- 3 - I can socialise with my friends or family as often as I used to do, despite the pain.
- 4 - I can cope with my pain in most situations.
- 5 - I can do some form of work (including housework), despite the pain.
- 6 - I can still do many of the things I enjoy doing, such as leisure activity, despite pain.
- 7 - I can cope with my pain without medication.
- 8 - I can still accomplish most of my goals in life, despite the pain.
- 9 - I can live a normal lifestyle, despite the pain.
- 10 - I can gradually become more active, despite the pain.

Submit

LATEST BLOG POSTS

[Spinal scans and X-rays](#)



Self Management Advice

Thank you for taking the assessment. You will be pleased to know that, based on your answers, there is no need for you to be referred to a health professional or placed on a waiting list. The best course of action for you is to follow the simple advice and exercises presented below. We will continue to keep in touch with you to ensure this course of action is best for you.

Wall Squat



Kneeling Hip Flexors



Acute Pain

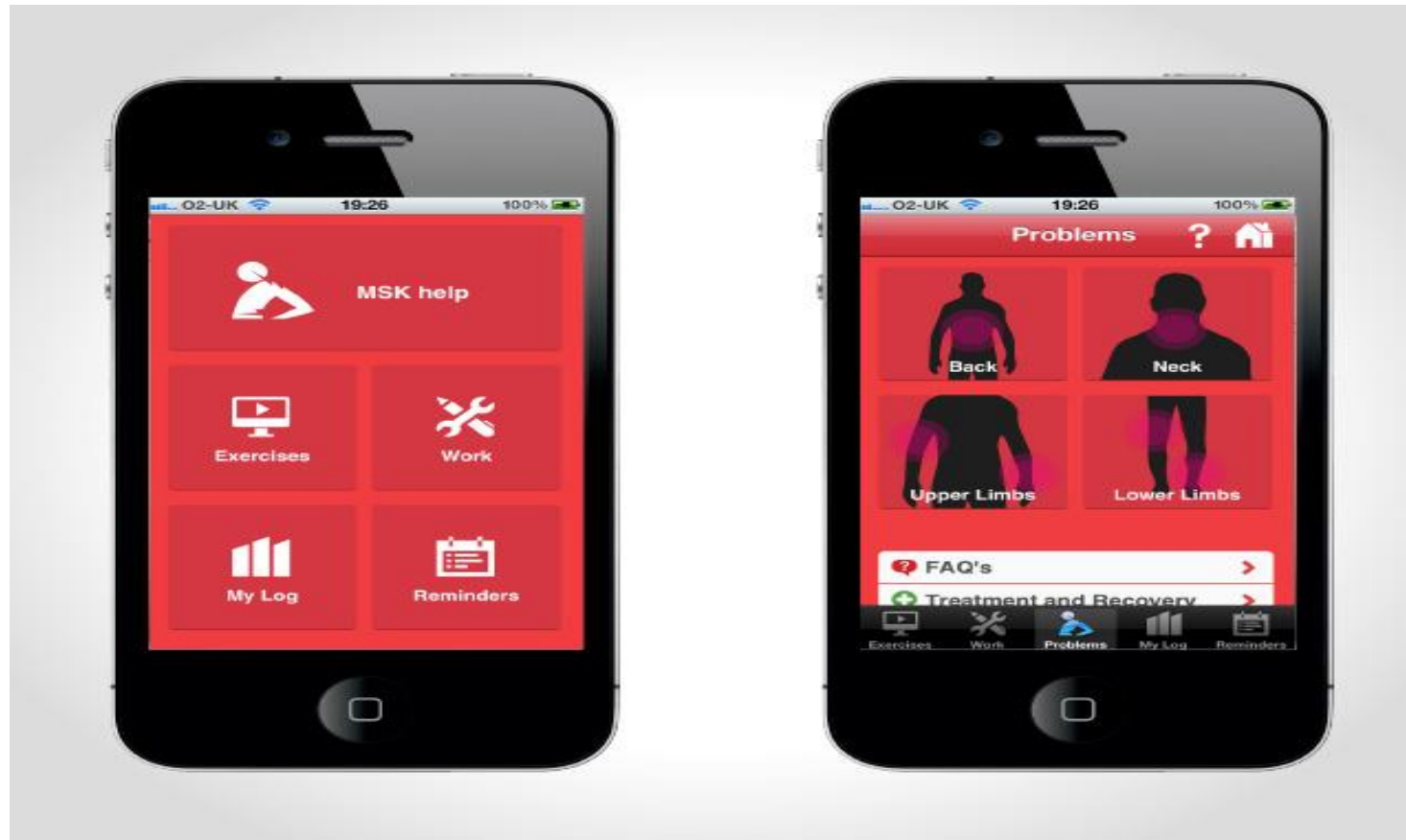


Supported Self Care

MSK Solutions Tool-standardised patient information leaflets

MSK App

MSK Zone -NHS Inform -www.nhsinform.co.uk/msk/



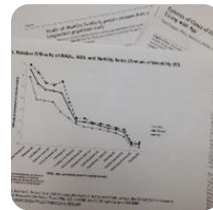
Living better for longer

Understanding how & when to intervene to
maximise independence in older age

(Instrumental) Activities of Daily Living – ADL/IADL



1. Kingston A, Collerton J, Davies K, Bond J, Robinson L, Jagger C. Losing the ability in activities of daily living in the oldest old: A hierarchic disability scale from the Newcastle 85+ study. *PLoS ONE*. 2012; 7(2).
2. Barberger-Gateau P, Rainville C, Letenneur L, Dartigues JF. A hierarchical model of domains of disablement in the elderly: a longitudinal approach. *Disability & Rehabilitation*. 2000; 22(7): 308-17.
3. Dunlop DD, Hughes SL, Manheim LM. Disability in Activities of Daily Living: Patterns of Change and a Hierarchy of Disability. *Am J Public Health*. 1997; 87(3): 378-83.



20 years of research:
Jagger, Kingston et al

4. Ferrucci L, Guralnik J, Cecchi F, Marchionni N, Salani B, Kasper JD, et al. Constant Hierarchic Patterns of Physical Functioning Across Seven Populations in Five Countries. *The Gerontologist*. 1998; 38(3): 286-94.
5. Jagger C, Arthur AJ, Spiers NA, Clarke M. Patterns of onset of disability in activities of daily living with age. *Journal of the American Geriatrics Society*. 2001; 49(4): 404-9.

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HOW AM I DOING?
How does that compare?

Position in a framework

An expert system (unusually) carrying Professional Indemnity insurance*

WHAT SPECIFICALLY CAN I / SHOULD I DO?
What specific actions can I take?

Tailor plan to specific circumstances



EXTERNAL LOCAL SERVICES & E-MARKETPLACES

WHERE CAN I FIND THE THINGS I NEED?

Direct to appropriate sources



Electronic Data Matching
2 Risk Levels – 'red flag' and 'game over'
Underpinned by clinical reasoning

The conceptual approach

