

Making the most of experience

More than just time served!

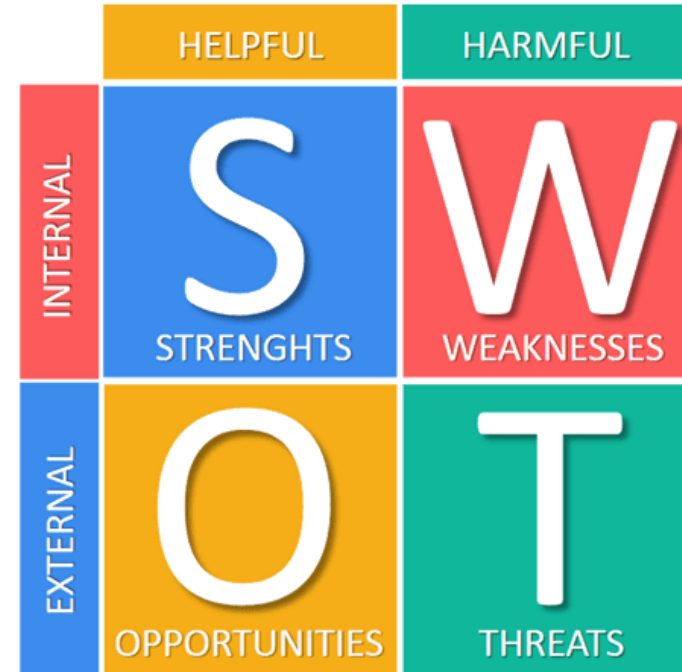
Joe Russell MSc MCSP

Innovations Physiotherapist – AHP Suffolk

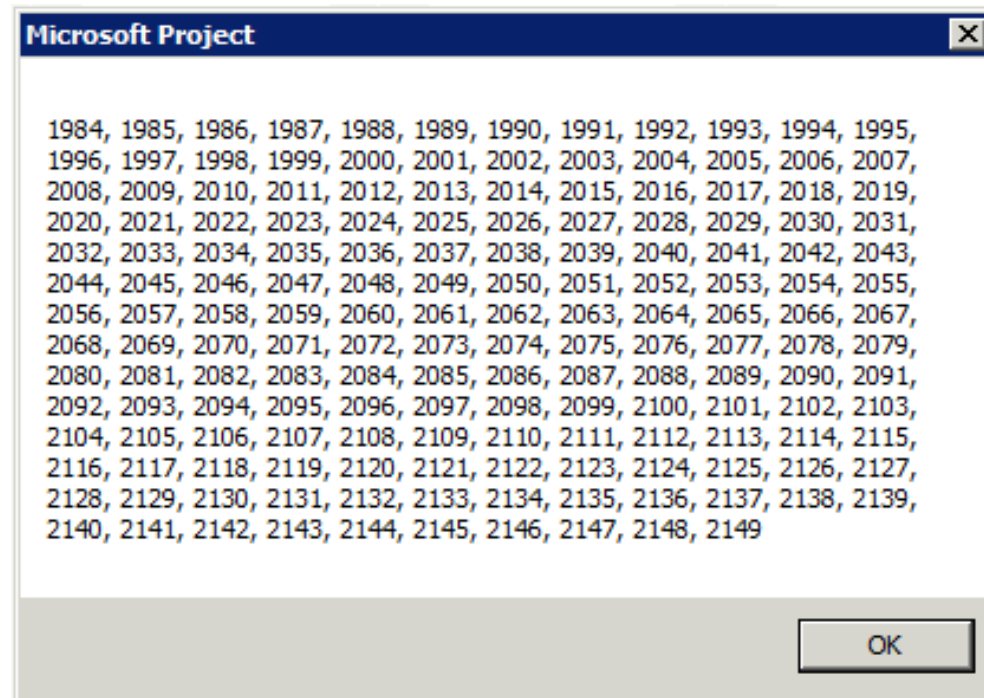
Secretary – EoE Regional Network



University view



Placement view





Experience \neq Change

Experience + Reflection = Change

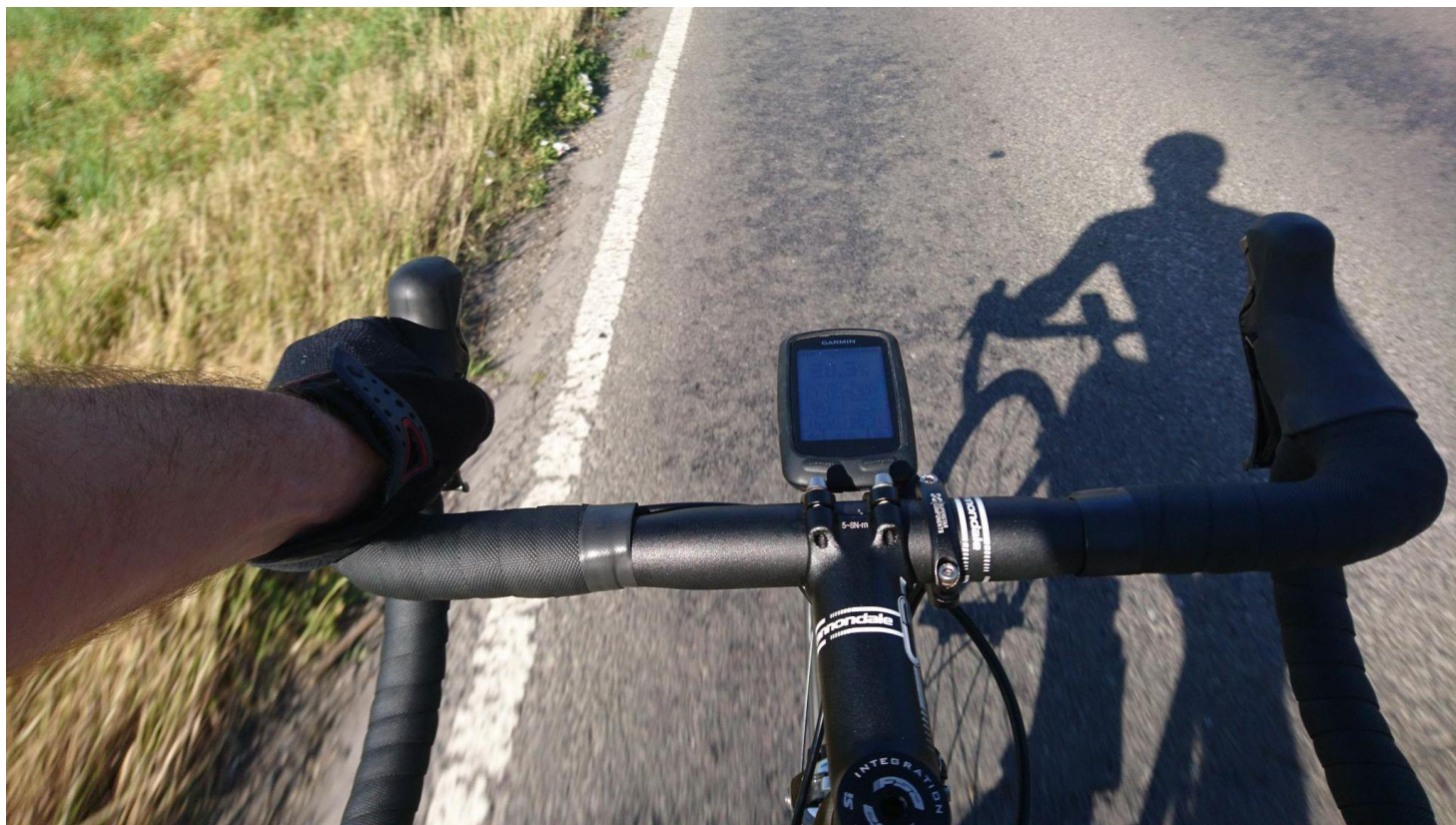
“Reflection is the process of engaging the self in attentive, critical, exploratory, and iterative interactions with one’s thoughts and actions, and their underlying conceptual frame, with a view to changing them and with a view on the change itself.”

(Nguyen et al, 2014)

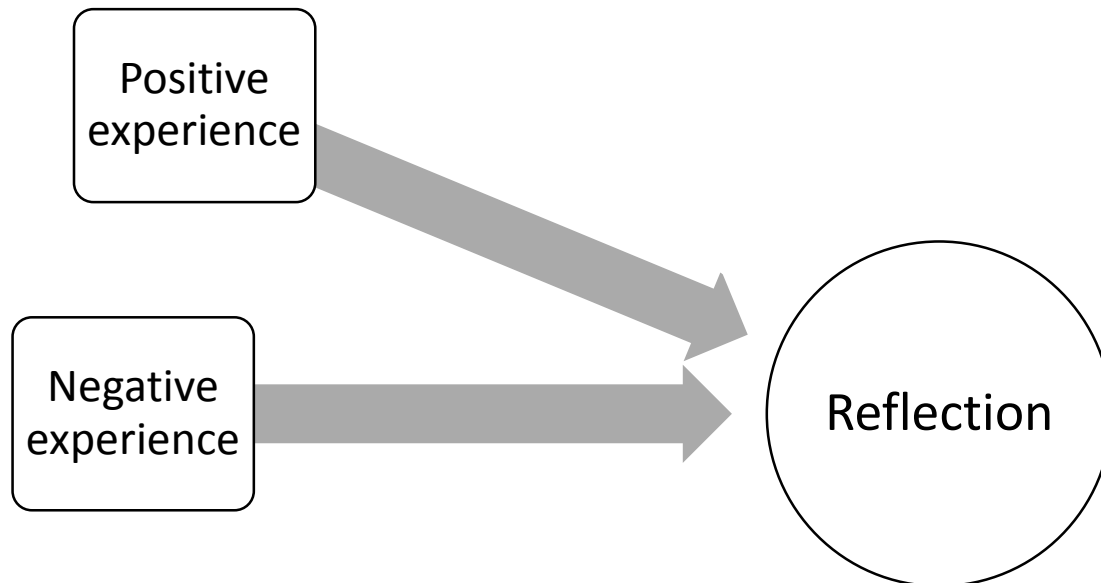
“Maybe reflective practices offer us a way of trying to make sense of the uncertainty in our workplaces and the courage to work competently and ethically at the edge of order and chaos...”

(Ghaye, 2000)

Now



Reflection triggers



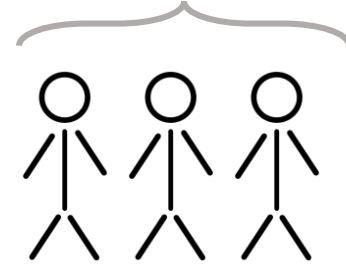
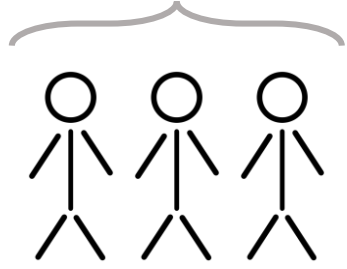
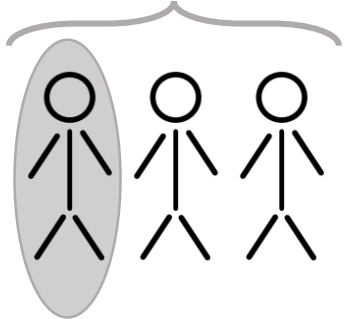
Service

A

B

C

Individual



Professional

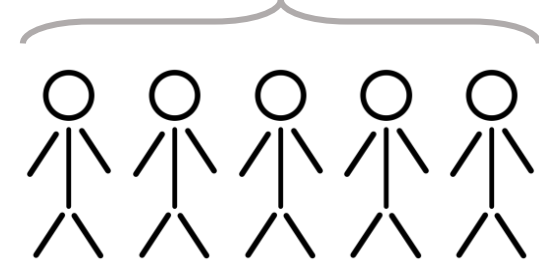
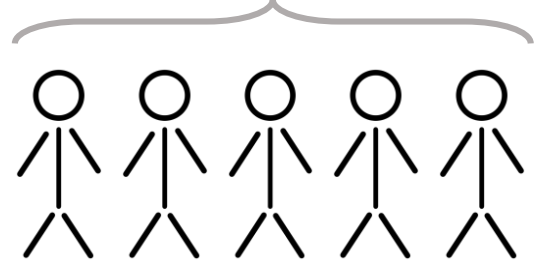
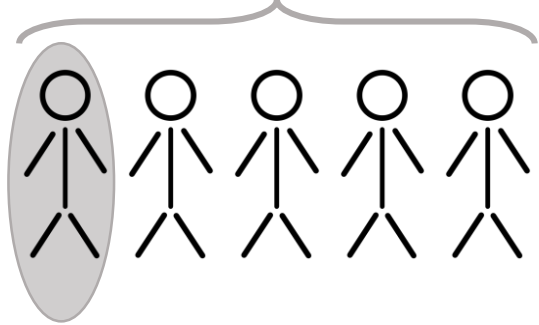


X

Y

Z

Individual



Patient group

Population

FCP Data ...

Why?

If you don't count, you don't count!

What?

Standardised, meaningful data collected once then used many times to provide impactful analysis



FCP Data ...

How?

New template and reporting process:

↓ duplication ↓ clicks ↑ automation

So what?

↑ FCP services ↑ reputation of the profession



Measures	Cornwall	Devon	Hertfordshire and West Essex	Humber, Coast and Vale	North Central London	South Lincolnshire	Total / Average
Total patients seen	609	804	564	1,089	695	748	4,509
Patients provided with exercises	82%	89%	22%	0%	-	-	30%
Patients given advice	65%	100%	54%	82%	100%	-	69%
Patients referred to Physiotherapy	18%	12%	15%	17%	22%	13%	16%
Patients referred to GP	1%	1%	1%	-	-	2%	1%
DNA Rate	8%	7%	2%	-	19%	-	6%
Referred for minor surgery	1%	13%	9%	6%	1%	6%	6%
Provided with drug prescription	4%	13%	2%	6%	1%	9%	6%
Referrals to X-ray	4%	6%	11%	6%	1%	8%	6%
Referrals for MRI	0%	1%	8%	2%	3%	-	2%
Referral to orthopaedics	1%	3%	3%	4%	1%	9%	4%
Patients that didn't require a follow-up	92%	87%	77%	94%	95%	-	91%

Putting this back into practice

- Start with an aim statement
- Practice reflection
- Keep it fresh
- Revisit this in X weeks/months/years
- Go get some data
- Share

