

# Exploring knowledge mobilisation for musculoskeletal physiotherapy



## Key Insights from co-design workshops

The purpose of the final co-design workshop is to come together to generate ideas for potential solutions for the challenges and insights that we have uncovered in the earlier workshops. To remind you of all that we have learned and heard from each other over the last few months we have prepared the following short insight summary.

**If you want more information about these key insights there is a longer in depth summary you can also have a copy of.**

## Evidence Insights



- Research and guidelines are hard to access, understand and use.
- It is hard to ring fence time to look at evidence.
- Timetabled 'In-service Training' frequency and utilisation varies.
- Departmental resources are not easy to find.
- People prefer specific condition focused resources.
- Peers are extremely valued and act as important 'forms' of evidence.
- New mediums such as podcasts and social media provide information in an accessible form.
- Individual preferences are affected by many things including personality and age.

## Appointment Insights



- The 'before' the appointment starts much earlier for patients than staff (often from point of referral).
- Staff and patients have differing wants and expectations from an appointment. Patients value a 'hands on' approach to understand what is wrong and for treatment and staff want more time to ask questions.
- Most physio's use evidence from memory during an appointment
- Relationship building and rapport is key.

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## Needs identified through co-design workshops

Through the co-design workshops we also learned a lot about what is needed for better knowledge mobilisation in musculoskeletal physiotherapy. To support idea generation in the next workshop we have summarised these needs here. **If you want more information about these needs you can find out more in the longer in-depth summary.**

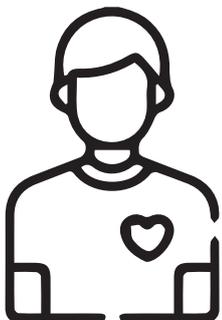
### Evidence Needs



#### For evidence to be used in practice it needs to be:

- Clear, concise, visual and easy to find.
- From various sources to avoid echo chambers and bias.
- Credible (and easy to tell its credibility).
- Specific rather than generic.
- Available within work hours (for physio's).

### Patient Needs



- 24/7 access to information.
- Good quality evidence informed information, e.g. individualised exercise sheets.
- Clear communication that removes uncertainty and provides information on what to expect and why questions are being asked.
- Information on what is wrong, what the plan is, what to do and time to practice.
- Suitable follow up through support, encouragement and reminders.

### Staff Needs



- Support to share and contribute evidence at all levels/grades.
- Time between appointments to read notes, look at scans etc. before and to write up notes after.
- Time to gather and reflect on evidence.
- To understand a patients expectations of a session.
- To be able to 'switch off' after working hours.