



# BROKEN HILL FALLS SYMPOSIUM

## WHAT WE ARE DOING LOCALLY FOR MUSCULOSKELETAL CLIENTS

presented by

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# WHERE DO WE SERVICE?





- Western NSW PHN and Far West LHD development of collaborative Multidisciplinary Musculoskeletal (MSK) Primary Health Care Program for Broken Hill
- Implement the ACI Models of Care:
  - Osteoporotic re-fracture prevention
  - Chronic care for osteoarthritis
  - Acute low back pain



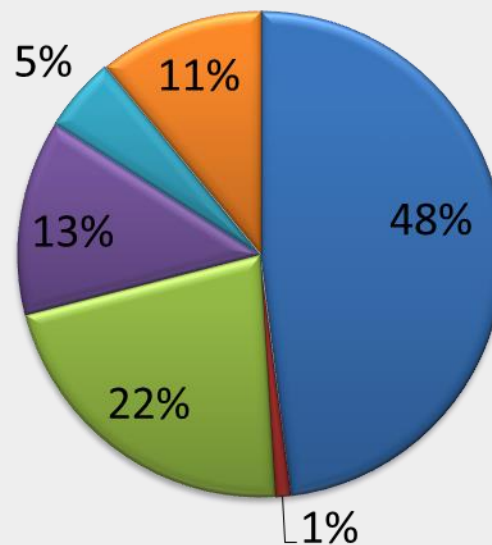
# OSETOARTHRITIS

- **Most common form of arthritis, it effects 1.8 million Australians**
  - **Is more common in females than males**
- **40% of Australians use pharmaceuticals and 46% use dietary supplements**
- **More than \$1.2billion a year is spent on OA (2001)**
  - **In 2007 that number was \$2.3 billion**



## HOW DID WE SPEND OUR \$\$\$\$ 2007

- Hospital Services
  - High Level Residential Aged Care
  - Allied Health Services
- Research
  - Medications
  - Out of Hospital Medical Services



Source: AIHW Disease Expenditure Database Penm et al



# OSTEOPOROSIS

- **4.74 Million Australians over 50 have it**
  - **Fractures in 2012 due to OP 140,882**
  - **Estimated to rise to 183,105 in 2022**
- **From 2012-2022 estimated that \$33.6 billion will be spent on OP**



# WHO IS AT RISK?

**AGE: over 30**

**Gender: Women over 50**

**Ethnicity: Caucasian and Asian**

**Bone Structure and Body Weight: Thin and small framed woman and men**

**Family History**

**Cigarette Smoking**

**Alcohol Intake**

**Prior history of broken bones**

**Some medications**



# Acute Lower Back Pain

- **Acute low back pain** is most often caused by a sudden injury to the muscles and ligaments supporting the **back**.
- The **pain** may be caused by muscle spasms or a strain or tear in the muscles and ligaments. Causes of sudden **low back pain** include: Compression fractures to the spine from osteoporosis.





# Location

## Where can you find me?





# WHAT DO I DO?

- **Provide Options**
- **Assist in pain management**
- **Reduce admissions to hospital**
- **Reduce disability**
- **Increase quality of life**
- **Decrease the burden of disease**
- **Increase referrals to stepping on**
- **Try to prevent future fractures**



## Project implementation: July 2016

- Engage GP practices for referrals
- Follow up the waitlist for Referral for surgery
- Follow up minor trauma fractures to assist in fracture prevention
- Increase utilisation of DEXA scans
- Increase referrals to “Stepping On” classes

## COMMUNITY MANAGEMENT

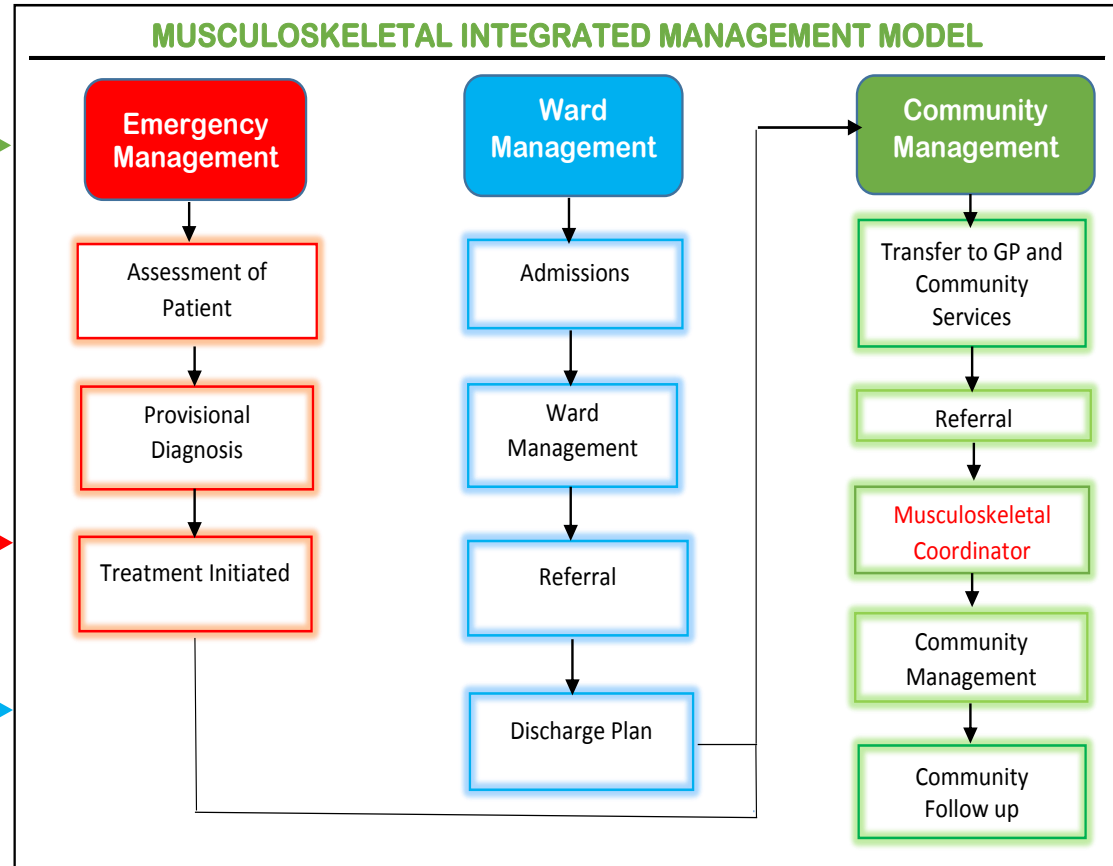
- Pain on most days of the week, with a pain score >4
  - Screening Tool identifies at risk of Osteoarthritis
- GP Super Clinic**
- DEXA Scan
  - Density Osteoporosis Nurse
  - Dr Singh (GP Orthopaedic)
  - Dietitian
  - Exercise Physiologist
  - X-ray & US guided injections

## EMERGENCY DEPARTMENT (Ward transfer or separation)

## WARD MANAGEMENT

CLINICAL ASSESSMENT  
(Clinical and Allied Health)

## MUSCULOSKELETAL INTEGRATED MANAGEMENT MODEL



### Western NSW PHN

- Support
- Liaison Referral
- Primary Health Care Coordination

### GP

- Main Caregiver, Referral, Pain & Medication Management

### RFDS

- Main Caregiver, Referral, Chronic Disease Transfer, Retrieval Nurses, Remote Sites

### Maari Ma

- Main Caregiver
- Aboriginal Health
- Referrals
- Remote Sites

### Broken Hill Health Service

- Chronic Disease Management Program
- Orthopaedic Wellness Waiting List
- Stepping On
- Knee and Hip Clinic
- Community Nursing
- Aboriginal Health
- Dietetics
- Physiotherapy
- Occupational Therapy

### Private & Community Services

- Podiatry, Diabetes Educator, OT, DVA, Disability Services, RACF, Transitional Aged Care

### NGOs

- Counselling
- Case Management
- Community Home Care (home cleaning, meals on wheels, home modifications etc)

### Visiting Specialists

- Orthopaedic Surgeon

### Adelaide Transfers

- Virtual Review Team
- Telehealth



## So where are we up to?

- Project Plan has been completed
- Project milestones / Gant Chart are in a state of constant review
- ACI funding for 12 months commenced July 2016
- Stakeholder engagement
- **WE ARE READY FOR PATIENTS!!!!**



# WHO CAN REFER?

- GP referrals
- In-Patient referrals
- Emergency Dept referrals
  - Patient referrals
  - Clinician referrals



## HOW DO YOU REFFER?

- With in the hospital, via EMR
- From GP' practices, use the electronic toolkit associated with your practice software
- If in doubt contact me and I will help direct you

**Bonnie Tavian (Registered Nurse)**  
**Musculoskeletal Coordinator Chronic Care**

**PO Box 457 Broken Hill NSW 2880**

**Mobile: 0408 840 430 Email [bonnie.tavian@health.nsw.gov.au](mailto:bonnie.tavian@health.nsw.gov.au)**



# What are the red flags?

- **Minor trauma Fracture, Wedge fracture**
- **Falls**
- **Increased pain**
- **Acute Lower back pain**
- **High levels of pain relief for MSK pain**
- **Increased disability due to MSK condition**





# Support from Existing Pilot Sites across NSW

- Murrumbidgee has continued the program after the funding was completed due to the fantastic patient outcomes and also the financial outcomes for the health service.



# Medicare Benefits Schedule Summary

GP Business Case – GPMP / TCA Coordination and Assessment		
Consult Type	MBS Item Number/s	MBS Rebate
Initial Consult	23	\$37.05
GPMP/TCA	721	\$144.25
	723	\$114.30
	10997	\$12
3 month review	723	\$114.30
	10997	\$12
6 month review	723	\$114.30
	10997	\$12
9 month review	723	\$114.30
	10997	\$12
Case Conference	735	\$70.65
	739	\$120.95
12 month review (Review of GPMP/TCA)	721	\$144.25
	723	\$114.30
	10977	\$12
<b>Total</b>		<b>\$1,148.65</b>



## Recruitment into the MSK Program

- Any practice can implement the ACI MSK Models of Care
- Benefits include improved patient outcomes
- MBS Benefits estimated at \$1148 per patient over a 12mth period
- Funding can be used to build capacity in GP e.g. recruitment of practice nurses to support ongoing case management



# WHAT IS MSK COSTING US?

**Cost of MSK theatre cases for 2013-2014 in Broken Hill  
\$3,619,491.00**

**2014-2015 \$3,619,691.00**

**MSK condition flown out over 12 months in Broken  
Hill**

**\$204,972.00**



**Bonnie-Jo Tavian**  
**Musculoskeletal Co-Ordinator**  
**Far West Health District**  
**PHONE: 0408 840 430**

**Or a business card has been attached to  
your handouts today.**



There have been some fantastic results around the state, why not be part of creating some fantastic results in Broken Hill



# Question time

Time to test me.

Any questions?

Please remember I am still a

