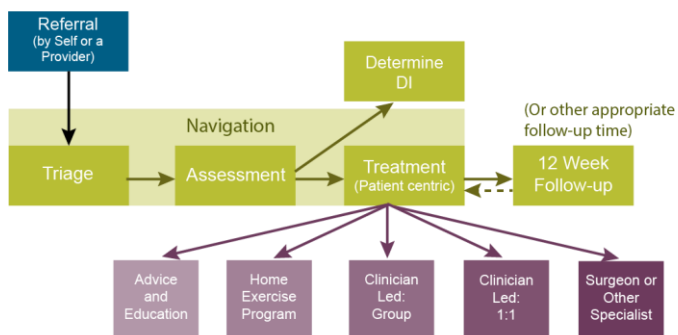


# MSK Transformation

May 2020 Update

Musculoskeletal (MSK) patients in Alberta may cross paths with a multitude of **different service providers** - primary care physicians, orthopedic specialists, sports medicine physicians, physiotherapists, chiropractors, pain management specialists, physiatrists, massage therapists and more. **Improved wayfinding, equitable access to care and reducing variation in care and outcomes** are within the scope of an initiative aiming to **transform the model of MSK care** in our province. The Bone and Joint Health Strategic Clinical Network (BJH SCN) and the Alberta Bone and Joint Health Institute (ABJHI) are putting their **collaborative** relationship to use through strategic leadership, project management, and information synthesis and analysis. But we cannot do it alone, and we are **seeking input and support** from the **broad network** of bone and joint health stakeholders and patients across Alberta.



## MSK Transformation Key Features:

- Standardized processes
- Patient-centered care
- Outcome measures
- Consistent communication
- Sustainable health system funding

An **MSK Transformation Steering Committee** (Steering Committee) has been formed and is providing input and guidance as the BJH SCN, ABJHI and project teams make progress towards key deliverables and outcomes. The initial focus of the MSK Transformation initiative has been on the **assessment** component and is now expanding to the **post-assessment** component of **treatment** plans. See [project rationale](#) for more information on MSK assessments.

**Three Work Groups** have been established to address specific aspects of MSK Transformation: **Shoulder, Knee, and Spine Health**. After these three Phase I areas have solidified the assessment and treatment **standards of care**, other MSK areas will begin to be addressed.

Development of a **business case** is underway with the specific purpose of establishing **case rates** to facilitate providing ready access to cost-effective MSK services. Alberta Health Services (AHS) Improving Health Outcomes Together (an AHS business group), Alberta Health, ABJHI and the BJH SCN are reviewing economic evaluations completed to date. A list of applicable International Classification of Diseases (ICD) codes is being compiled for all three groups. These codes will be instrumental in analyzing claims data to determine frequency and patterns of health care utilization for these conditions.

Core to the realization of **effective** and **sustainable** case rates are **evidence-informed** standards of care with embedded **outcome measures**.



## Shoulder

*Project Team – Kira Ellis, Breda Eubank, Sheila Kelly, Hameed Khan, Colleen Kuntze, Sebastian Lackey, Lynne Malmquist, Dr. David Sheps, Arianna Waye*

An expert group, comprised of 49 professionals from across the shoulder care continuum in Alberta has been working towards consensus of a care pathway using a modified Delphi method.

- The project team has conducted a review of evidence on shoulder assessment, which supported development of questionnaires centered on **consensus statements, history-taking, diagnostics**, and **timelines** that were circulated electronically to the consensus panel.
- **Four questionnaire rounds** have been completed electronically, forming the basis of the shoulder assessment **care path content** that was to be finalized by the 49 Delphi participants at a Co-Design Conference originally planned for June 2020.
- Due to COVID-19 restrictions, the June 2020 conference has been postponed; however, in order to maintain momentum in finalizing the **shoulder assessment care path**, the panel is developing alternative methods to continue the work. A draft of the clinical pathway and standards for shoulder assessment is being developed based on the work completed to date and will be circulated electronically to the consensus panel for comments and review once it is completed.

## Knee

*Project Team – Dr. Catherine Hui, Lindsay Pittman, Tim Takahashi*

Currently there are several different interdisciplinary models used to provision care to Albertans with soft tissue knee injuries. The project team is reviewing these models and conducting a **Post MSK Injury Assessment survey** for soft tissue knee patients to complete following assessment at the Southern Alberta Knee Injury Clinic (Lethbridge) or the Glen Sather Sports Medicine Clinic (Edmonton). The analysis will provide important information regarding patient satisfaction and areas for improvement that will aid the development of future standardized care pathways to provide Albertans with easily accessible, appropriately managed care for their knee injuries. The survey will be administered to patients once the clinics are again operational following COVID-19 restrictions. Work is ongoing on determining key assessment components in addition to education of primary assessors in the diagnosis, triage and management of acute knee injuries.

## Spine Health

*Project Team – Dr. Gord McMorland, Lindsay Pittman, Dr. Geoff Schneider, Dr. Ken Thomas*

Building on the work of *SpineAccess* Alberta (a previously developed assessment and triage framework), a review of **international guidelines** for the treatment of low back pain has been conducted focusing on the National Institute for Health and Care Excellence (**NICE**) and the Alberta Medical Association's Toward Optimized Practice (**TOP**). This evidence will be compiled into a consensus questionnaire in support of standards of practice development. The objective is to implement these standards of practice throughout the province using a distributed network of clinics/practitioners.

Want to know more or be involved? Please contact [bonejoint.scn@ahs.ca](mailto:bonejoint.scn@ahs.ca).