

From Illness to Wellness

Transformational Road Map 2020 - 2025

Summary Version



**Alberta Health
Services**

**Inspiring solutions.
Together.**

Bone & Joint Health
Strategic Clinical
Network™

January 2020

Bone and Joint Health SCN™ TRANSFORMATIONAL ROAD MAP (TRM) 2020 - 2025

Brief summary

The Bone and Joint Health Strategic Clinical Network (BJH SCN) is Alberta's primary vehicle to promote bone and joint health and is working to transform the way bone and joint is delivered for Albertans. The BJH SCN is in the process of refreshing the Transformational Road Map (strategic plan) to guide its work in this area for the next 5 years. This document briefly describes the development and current content of this Roadmap, built on the consultations to date.

During the development process multiple engagement approaches and consultations have been used to gather diverse views and information from bone and joint community to define who we are and where we want to go in rapidly changing healthcare environment, and to identify areas where the BJH SCN can have biggest impact leading to transformation of bone, joint and musculoskeletal health in Alberta.

As part of the engagement and consultation process, we want to hear from you and identify your perspective on how to achieve outstanding care in this area.

Bone and Joint Health Strategic Clinical Network's Strategic Directions for 2020 - 25

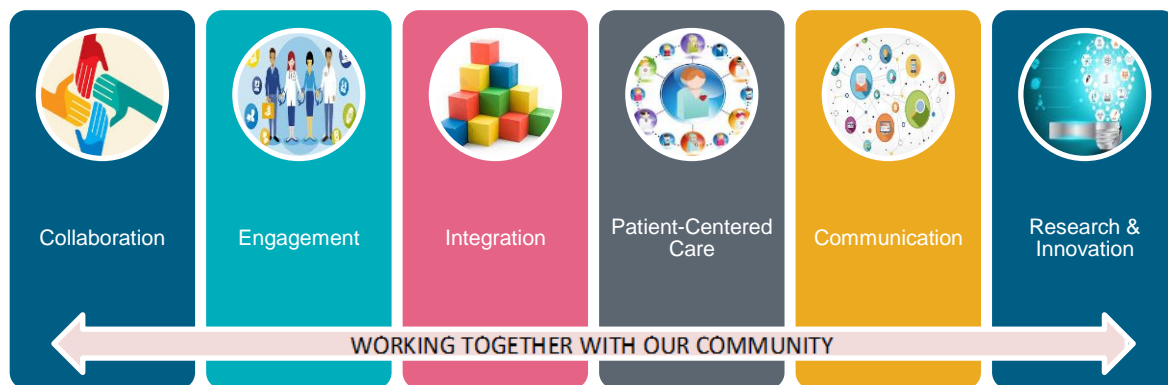
Through the consultations so far, we identified key areas of work that will help the BJH SCN implement its vision and mission:

Bone and Joint Health (BJH) Strategic Clinical Network (SCN) Strategic focus – From Illness to Wellness...



Bone and Joint Health SCN Guiding principles

The Bone and Joint Health SCN's vision is 'Keeping Albertans Moving' by promoting good bone and joint health, preventing injuries and conditions from developing, empowering Albertans to self-manage their conditions, and providing the highest quality health care across the six dimensions of quality (accessibility, acceptability, appropriateness, safety, effectiveness, and efficiency) and ensuring our community has access to that care at the right time, by the right provider. To achieve this, the BJH SCN's work will be guided by the following principles:



Our values

The Bone and Joint SCN is committed to AHS Core Values (Compassion, Accountability, Respect, Excellence and Safety) and their integration into this strategic plan. We also ensure that these values are incorporated into every aspect of our work.

Our Community- The BJHSCN Network



We know we cannot do it all alone, and we are stronger together, that is why we work very closely with our Community, the broad network of Bone and Joint Health stakeholders, to help keep Albertan's moving. Our Community is big and diverse. We use the expertise and experience of patients, families, care providers, researchers and administrators to plan for and improve bone and joint health care for Albertans.

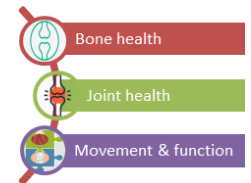
One strategic partner that we have is the Alberta Bone and Joint Health Institute (ABJHI). The BJHSCN works with the ABJHI to strategically plan for, collect, analyze and interpret key health information to assess health needs, inform decision making and support research. The ABJHI also provides program implementation support and helps us determine the overall quality of health services.

What we plan to do in 2020 – 2025

Our priority areas of work for 2020 – 2025 will be Bone Health, Joint Health and Movement and Function. Our work is going to be built on successes and strong work of the BJH SCN which started in 2012.

For each of the priority areas we will focus our efforts in 3 main directions:

- To **MAXIMIZE** mobility and function.
- To **MEND** the loss of function as a result of bone & joint disorders and injuries.
- To **MITIGATE** risks for bone and joint injuries and conditions.



	Priority Actions. Starting in March 2020, we will...	Deliverables By March 2025, we will...
We will improve bone health	<p>Initiate primary prevention strategies to improve bone health;</p> <p>Further spread and scale secondary 'fragility' fracture prevention strategies;</p> <p>Manage best practice for fracture care through integrated evidence-based clinical pathways;</p> <p>Restore function and mobility and support transitions in care after a patient experiences a 'fragility fracture', including a hip fracture.</p>	<ul style="list-style-type: none"> ✓ Through partnerships, create and disseminate Bone Health messaging across the lifespan. ✓ Endorse and advance implementation of bone health programs including the importance of weight bearing exercises and muscle strengthening. ✓ Spread and scale an integrated secondary fracture prevention program including appropriate investigations. ✓ Endorse and advance implementation of appropriate Community Rehab, Senior's Health, and Home Based Hip Fracture Rehabilitation Programs.
We will improve joint health	<p>Support research and implementation on joint injury prevention;</p> <p>Promote joint health public education and wellness across lifespan;</p> <p>Standardize joint assessment practices based on evidence;</p> <p>Create and implement multidisciplinary care pathways, standards of care and joint care programs;</p> <p>Improve equitable access to care;</p> <p>Promote innovation and address care gaps for Albertans with Inflammatory Arthritis;</p> <p>Explore and understand the unique needs of specific populations with the goal of implementing targeted services accordingly.</p>	<ul style="list-style-type: none"> ✓ Through partnerships, improve school age children's health literacy around joint health. ✓ Partner with Sport Injury Prevention Research Centre to scale and spread joint injury programs across youth sport and recreation. ✓ Develop, implement and refine both nonsurgical and surgical pathways/standards to reduce variations in care and outcomes for improved shoulder, spine, foot, ankle, soft tissue knee care. ✓ Establish central triage for all joint care. ✓ Create and implement funding model(s) for nonsurgical management of joint conditions. ✓ Develop and implement a comprehensive osteoarthritis conservative management toolkit and pathway. ✓ Advance research to address the needs of Albertans living with obesity and osteoarthritis. ✓ Reduce variations in care and outcomes for Albertans with Inflammatory Arthritis.

We will improve Movement and Function	<p>Develop an Information Platform to house and share bone and joint health information with providers, patients and public;</p> <p>Transition proven bone and joint health models of care and programs into operations to ensure sustainability and integration in the health system;</p> <p>Collaborate with Primary Care physicians and networks by including options for advanced bone and joint health assessment and pain management training;</p> <p>Engage in health promotion and programs related to increasing physical activity and bone and joint health of Albertans;</p> <p>Collaborate in cross SCN efforts to support and facilitate approaches that enable and empower Albertans in active living.</p>	<ul style="list-style-type: none"> ✓ Through partnerships, implement a web-based source of truth for information related to bone and joint health and care, integrating with current and future technologies. ✓ Integrate pain prevention and management strategies for bone and joint conditions into the Alberta Pain Strategy. ✓ Implement Shared Decision Making principles across all program areas. ✓ Integrate with Primary Care Networks and physicians to create seamless transitions for musculoskeletal care. ✓ Enable program integration and systems-approach to promoting mobility and movement across the lifespan and settings.
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IMPACTS

Through the actions outlined above we aim to achieve:

- ✓ Confidence in information provided to public and patients regarding bone and joint health;
- ✓ Ready access to comprehensive assessments related to bone and joint health;
- ✓ Improved and equitable bone and joint health outcomes across the life course through primary and secondary prevention;
- ✓ Improved employment outcomes of people disabled through bone and joint conditions;
- ✓ Increased quality of life for people living with bone and joint health conditions;
- ✓ Support for Albertans to live with good lifelong bone and joint health and increased ability to manage pain and disability;
- ✓ Improvements in the value to patients, health providers and the health system.

Looking Forward and Next Steps

The next steps related to the Bone and Joint Health SCN 2020 - 2025 Transformational Road Map include continuing consultations with stakeholder groups, zones, a broad range of relevant clinicians, as well as patients, researchers and other stakeholders to align priorities and leverage partnerships to maximize strengths, minimize duplication and transform bone and joint health and care for Albertans. All feedback will be integrated into the TRM which will be shared back with our Core Committee for approval and endorsement. Starting in April 2020 detailed collaborative work plans, timelines and working groups will be developed to support implementation of priority interventions. The TRM will be reviewed annually to ensure the priorities remain relevant, feasible, and open to new opportunities. Evaluating progress and sharing learnings will be crucial to identifying future change requirements.