



University of Brighton



CHAMPIONING PRIVATE PHYSIOTHERAPY

Physio First Data for Impact project (DfI): Individualised practitioner report

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TABLE OF CONTENTS

LIST OF FIGURES.....	3
LIST OF TABLES	4
PHYSIO FIRST DATA FOR IMPACT (PF-DFI) STUDY	5
Number of patient data sets received	5
Patient Details	7
Gender	7
Age range of patients treated	7
Occupation	7
Patients able to work with their presenting symptom	8
Diagnosis.....	9
Duration of symptoms.....	9
Previous episodes	9
Cause of onset.....	10
Initial functional, physical and subjective outcome score	10
Referral Information.....	11
Referral Source.....	11
Payment responsibility.....	11
Reasons for choosing practice.....	12
Time between patient wanting treatment and commencement of treatment....	12
Body Site	13
General body site	13
Treatment Details.....	14
Length of initial examination and/or treatment	14
Treatment modalities	14
Factors influencing the outcome of treatment	15
Discharge Information	16
Goal achievement at discharge	16
Functional, physical and subjective outcomes at discharge	16
Outcome of referral	17
Number of treatments.....	18
Average length of treatment session.....	18
Average length of administration time per patient	18
Does the patient feel able to return/continue to work?.....	19

LIST OF FIGURES

Figure 1 Participating practitioners by region	5
Figure 2 Number of patient data sets input per practitioner	6

LIST OF TABLES

Table 1	Gender distribution.....	7
Table 2	Age distribution.....	7
Table 3	Patient occupations.....	8
Table 4	Number of patients able to work with their presenting symptom.....	8
Table 5	Length of time off work.....	9
Table 6	Duration of the presenting symptom.....	9
Table 7	Number of previous episodes of the presenting symptom.....	10
Table 8	Cause of onset.....	10
Table 9	Initial assessment of functional, physical and subjective outcome score.....	11
Table 10	Referral source.....	11
Table 11	Payment responsibility.....	12
Table 12	Reasons for choosing the practice.....	12
Table 13	Length of time between patient wanting to commence treatment and the actual commencement of treatment.....	13
Table 14	General body site.....	13
Table 15	Length of initial treatment.....	14
Table 16	Initial treatment modalities.....	14
Table 17	Factors influencing the outcome of treatment.....	15
Table 18	Goal achievement at discharge.....	16
Table 19	Functional, physical and subjective (FPS) score at discharge.....	16
Table 20	Outcome of referral.....	17
Table 21	Number of treatments this episode.....	18
Table 22	Average length of treatment session.....	18
Table 23	Average length of administration time.....	19
Table 24	Patient status on returning to work.....	19

PHYSIO FIRST DATA FOR IMPACT (PF-DFI) STUDY

This report contains a descriptive analysis of the data collected within your practice over the last twelve months prior to download on 2nd January 2019 and compares this to the national data collected over the same period.

601 practitioners have registered to participate in the Dfi study since the launch of the study. The majority of practitioners recruited were based within the South East of England (26%). However, every part of the UK was represented in the study as can be observed in Figure 1.

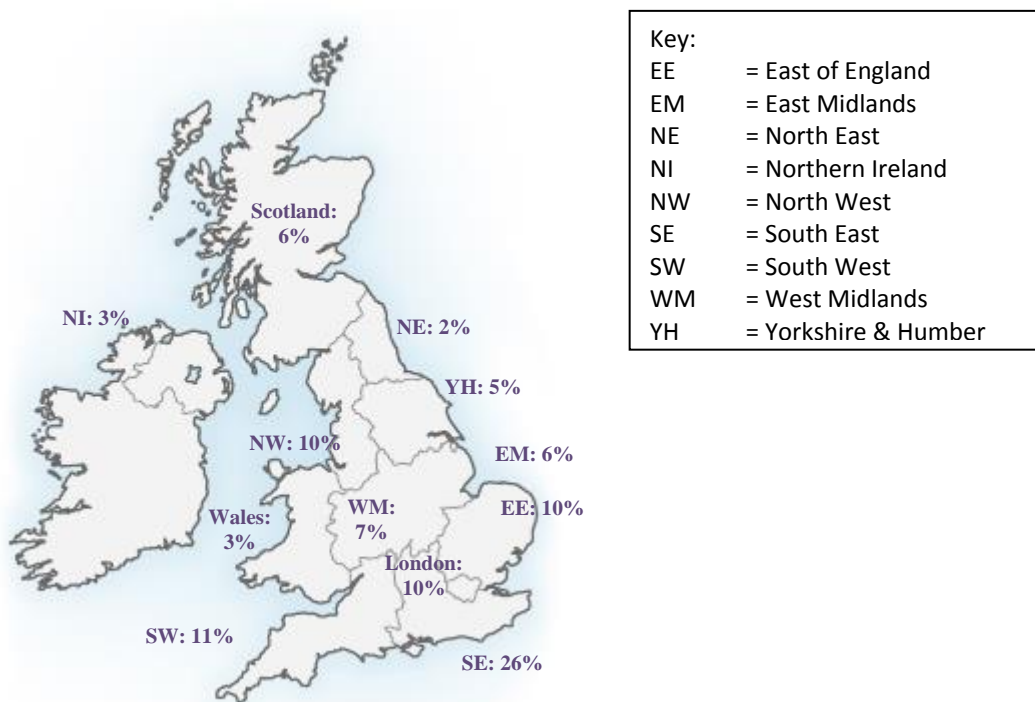


Figure 1 Participating practitioners by region

Number of patient data sets received

A total of 13,613 patient data sets were entered onto the online data collection system during the last twelve months of the national study, of which 12,656 are discharged data sets. This report includes analysis and comparisons of discharged data sets only. The average (mean) number of discharged patient data sets entered by each practitioner in the national data set was 35. This number varied per practitioner from 1 to 528 data sets (see Figure 2). **In your clinic, you have a total of 420 discharged patient data sets in the last 12 months.**

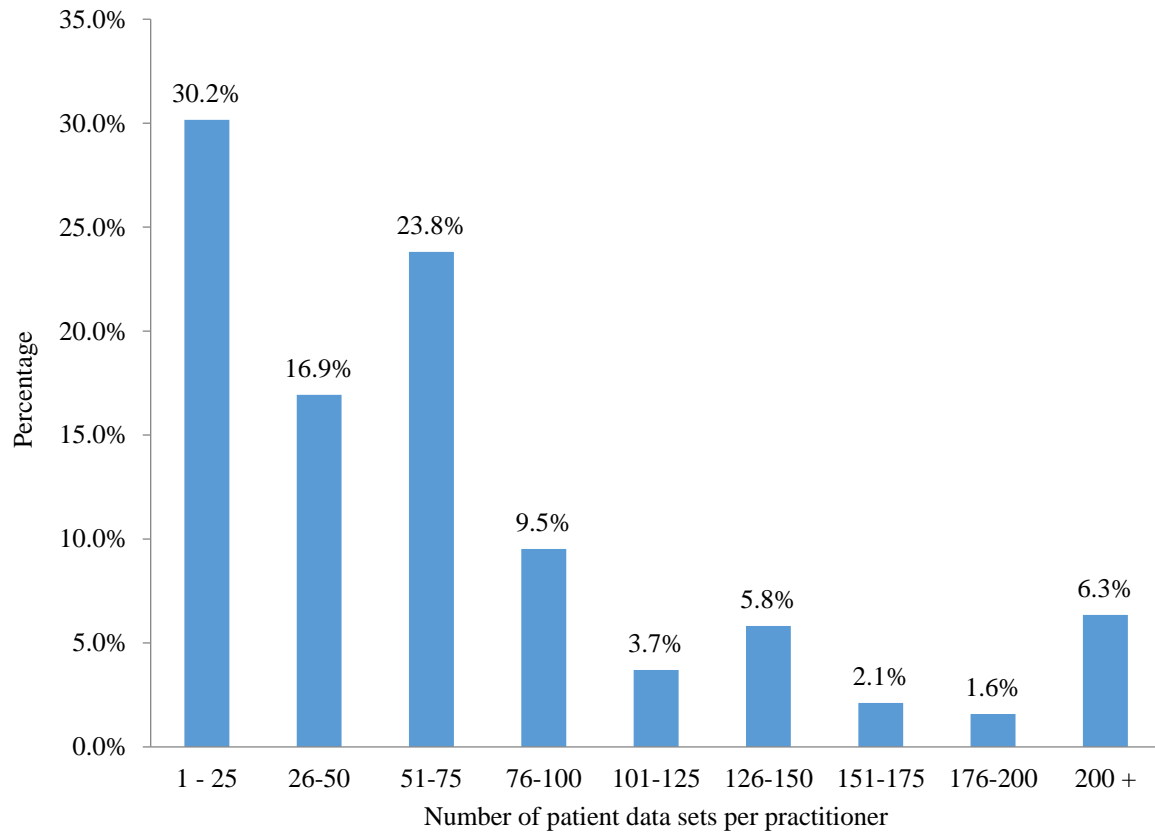


Figure 2 Number of patient data sets input per practitioner

Patient Details

Gender

The gender distribution of the national data was 52.1% female and 47.6% male. This differs slightly to the UK national adult population figures: 50.7% female, 49.3% male (National Statistics Office, 2017). Table 1 provides a comparison of the data collected in the national survey and data collected in your clinic.

Table 1 Gender distribution

	National data	Your clinic
Male	47.6%	49.9%
Female	52.1%	59.6%
Missing data	0.4%	0.6%
Total	100.0%	100.0%

Age range of patients treated

Table 2 shows the breakdown of patients by age groups. The average age in the national data set was 50.3 years and the average age in your clinic was 52.0 years.

Table 2 Age distribution

	National data	Your clinic
0-9 years	0.2%	0.4%
10-19 years	4.2%	7.9%
20-29 years	9.8%	6.3%
30-39 years	14.4%	9.9%
40-49 years	17.9%	18.5%
50-59 years	20.4%	19.4%
60-69 years	16.1%	16.6%
70 years +	16.3%	20.7%
Missing data	1.7%	0.2%
Total	100.0%	100.0%

Occupation

The frequency of reported occupation is presented in Table 3. Regarding the national data, the most frequently reported occupations were retired (25.2%) and professional (22.1%).

Table 3 Patient occupations

	National data	Your clinic
Administrative and Secretarial Occupations	7.6%	1.8%
Associate Professional and Technical Occupations	8.1%	8.6%
Elementary Occupations	2.9%	0.7%
Housewife/husband	3.4%	2.9%
Long-term sickness	0.2%	0.0%
Managers and Senior Officials	8.5%	16.0%
Personal Service Occupations	3.3%	2.5%
Process, Plant & Machine Operatives	1.7%	0.8%
Professional Occupations	22.1%	21.6%
Professional sportsperson	0.4%	0.2%
Retired	25.2%	29.1%
Sales & Customer Service Occupations	4.0%	1.3%
School person	2.8%	6.1%
Skilled Trade Occupations	5.9%	2.8%
Student HE/FE, other	3.0%	3.7%
Unemployed	0.6%	0.4%
Data missing	0.3%	0.2%
Total	100.0%	100.0%

Patients able to work with their presenting symptom

The percentage of patients that were able to work with their presenting symptom are presented in Table 4. The length of time taken off work by those that are unable to work is recorded in Table 5.

Table 4 Number of patients able to work with their presenting symptom

	National data	Your clinic
Able to work	51.0%	51.4%
Able to work on restricted duties	9.2%	3.5%
Not able to work	4.9%	3.4%
Retired	18.9%	33.3%
Unemployed	0.6%	0.4%
N/A	14.0%	8.0%
Data missing	1.3%	0.0%
Total	100.0%	100.0%

Table 5 Length of time off work

	National data	Your clinic
1 weeks	2.2%	0.6%
2 weeks	0.9%	0.4%
3 weeks	0.5%	0.0%
4 weeks	0.6%	0.0%
1 – 2 months	0.6%	0.2%
3 – 6 months	0.4%	0.6%
6 – 12 months	0.1%	0.0%
1 year +	0.2%	0.2%
N/A	94.4%	98.1%
Total	100.0%	100.0%

Diagnosis

Duration of symptoms

The frequencies of reported duration of symptoms are provided in Table 6. As indicated in the Table 6, 16.9% of patients in the national data and 10.3% of patients in your clinic had had their symptoms between 1 and 2 weeks.

Table 6 Duration of the presenting symptom

	National data	Your clinic
0 - 1 weeks*	11.3%	7.1%
1 - 2 weeks	16.9%	10.3%
3 - 4 weeks	16.6%	11.2%
5 - 6 weeks	8.3%	8.0%
7 - 8 weeks	7.0%	4.8%
9 - 10 weeks	3.1%	3.1%
11 - 12 weeks	6.2%	7.5%
Less than 6 months	9.3%	9.5%
Less than 12 months	6.1%	5.9%
More than 12 months	14.8%	32.6%
Data missing	0.3%	0.4%
Total	100.0%	100.0%

Previous episodes

Practitioners were asked to record any previous episodes of the existing condition. Table 7 shows the number of previous episodes for the national data set and your practice. As indicated in Table 7, 57.2% of patients in the national data set and 67.2% of patients in your clinic had no previous episodes of the presenting symptoms.

Table 7 Number of previous episodes of the presenting symptom

	National data	Your clinic
No previous episodes	57.2%	67.2%
One previous episode	14.5%	13.0%
Two previous episodes	5.1%	1.9%
Three previous episodes	1.9%	0.0%
Many previous episodes	20.8%	17.7%
Data missing	0.4%	0.2%
Total	100.0%	100.0%

Cause of onset

Practitioners were asked to record the cause of onset for each patient's condition. The most frequently reported cause of onset in the national data set was 'spontaneous' accounting for 37.7% of all injuries. At your clinic, the cause of onset of injury, 'spontaneous', was recorded for 7.0% of the patients. Data concerning the cause of onset for both the national data set and data from your clinic are presented in Table 8.

Table 8 Cause of onset

	National data	Your clinic
Leisure	14.1%	12.7%
RTA/Trauma	13.3%	18.1%
Spontaneous	37.7%	7.0%
Sport	18.4%	20.0%
Work	7.5%	4.4%
Other	8.5%	33.5%
Missing data	0.5%	0.4%
Total	100.0%	100.0%

Initial functional, physical and subjective outcome score

The practitioner, in conjunction with the patient, recorded a score for their functional, physical and subjective condition at the time of their first assessment. It was not expected that any patient would exactly fulfil all the criteria for a certain group but that a 'best fit' would be agreed. In the national data set, the average FPS score for patients was 5.7. In comparison, the average FPS score for patients in your clinic was 5.3. Details for the initial functional physical and subjective scores for the national data and for your clinic are provided in Table 9.

Table 9 Initial assessment of functional, physical and subjective outcome score

	National data	Your clinic
1	0.4%	0.8%
2	3.0%	15.0%
3	7.5%	8.9%
4	13.4%	11.7%
5	21.1%	15.0%
6	20.1%	14.2%
7	15.3%	14.8%
8	13.1%	11.9%
9	4.6%	7.2%
10	0.9%	0.2%
Data missing	0.6%	0.4%
Total	100.0%	100.0%

Referral Information

Referral Source

The largest source of referral in the national data was 'self-referral' (75.4%). In your clinic 76.7% of patients were self-referred. Detail concerning referral source is provided in Table 10.

Table 10 Referral source

	National data	Your clinic
Company	3.2%	0.4%
Medical consultant	4.3%	14.3%
GP	5.3%	6.4%
Commercial	3.2%	0.0%
Other healthcare professional	2.6%	0.6%
Other physiotherapy practitioner	0.6%	0.9%
Self-referral	75.4%	76.7%
Solicitor	0.5%	0.0%
Private medical insurer	4.6%	0.0%
Missing data	0.3%	0.8%
Total	100.0%	100.0%

Payment responsibility

Payment methods for patients are displayed in Table 11. With regards to self-funding, 71.7% of patients in the national data set and 84.4% of your clinic 'self-funded' their treatment. With regards to insurance companies, 20.9% of patients in the national data

set and 13.9% of patients in your clinic stated that the payment responsibility rested with the 'insurance company'.

Table 11 Payment responsibility

	National data	Your clinic
Employer	1.5%	0.2%
Insurance company	20.9%	13.9%
NHS	0.5%	0.2%
Self	71.7%	84.4%
Combination of self and insurance	2.0%	0.0%
Solicitor	0.5%	0.4%
Intermediary	2.3%	0.0%
Sporting association	0.1%	0.0%
Missing data	0.5%	0.9%
Total	100.0%	100.0%

Reasons for choosing practice

Practitioners recorded why patients chose to attend their practice from a list of seven options. As shown in Table 12, the most common response in the national data set was patients being 'returner' (35.1%). In your clinic, 31.9% of patients were 'returners'.

Table 12 Reasons for choosing the practice

	National data	Your clinic
Advertising	8.1%	0.0%
Articles	0.1%	0.0%
Insurance company	5.4%	0.2%
Local knowledge	6.3%	3.3%
Referred	13.3%	14.5%
Word of mouth	31.0%	49.3%
Returner	35.1%	31.9%
Missing data	0.7%	0.8%
Total	100.0%	100.0%

Time between patient wanting treatment and commencement of treatment

The length of time between the patient wanting to commence their treatment and the actual date of commencement of treatment is shown in Table 13.

Table 13 Length of time between patient wanting to commence treatment and the actual commencement of treatment.

	National data	Your clinic
0 days	22.3%	5.8%
1 day	27.9%	40.2%
2 days	18.6%	26.4%
3 days	9.9%	17.2%
4 days	5.1%	5.5%
5 days	3.1%	0.6%
6 days	1.7%	0.6%
7 days	1.9%	0.0%
8 days	0.6%	0.0%
9 days	0.3%	0.2%
10 days	0.4%	0.0%
11 days	0.1%	0.0%
12 days	0.2%	0.0%
13 days	0.2%	0.0%
14 days	0.4%	0.0%
14+ days	0.7%	0.0%
Excluded*	5.2%	1.1%
Missing data	1.2%	2.3%
Total	100.0%	100.0%

*The times for patients who were unwilling or unable to attend the first available appointment were excluded from the analyses.

Body Site

General body site

Practitioners were able to report up to four general body sites where dysfunction occurred. Details of the general body sites involved are shown in Table 14. The most frequently reported body site recorded for patients in the national data was Lower limb (30.5%). This body site was reported for 54.9% of patients in your clinic.

Table 14 General body site

	National data	Your clinic
Head and neck	16.3%	6.0%
Upper limb	16.0%	23.0%
Thoracic spine	7.4%	3.9%
Lumber spine and pelvis	29.6%	12.1%
Lower limb	30.5%	54.9%
Genito/Urinary	0.1%	0.1%

Treatment Details

Length of initial examination and/or treatment

Practitioners were asked to record the length of the first examination/treatment session. The most frequently recorded length of first treatment for patients in the national data was one hour (46.3%). In your clinic, a one hour initial treatment was recorded for 57.8% of patients. The details are displayed in Table 15.

Table 15 Length of initial treatment

	National data	Your clinic
15 minutes	0.0%	0.0%
30 minutes	6.5%	14.4%
45 minutes	40.4%	26.6%
1 hour	46.3%	57.8%
More than 1 hour	4.4%	1.9%
Missing data	2.3%	1.3%
Total	100.0%	100.0%

Treatment modalities

Practitioners recorded up to six treatment modalities from the list of 50 options for the first treatment and any changes in the treatment plan for up to four subsequent follow-up appointments. The treatment modalities were grouped into six general types ('education & advice,' 'electrotherapy,' 'exercise & training,' 'manual techniques', 'patient information', and 'Other'). Details concerning the treatment modality are provided in Table 16.

Table 16 Initial treatment modalities

	National data	Your clinic
Education and advice	18.7%	3.4%
Exercise and training	29.5%	36.3%
Manual techniques	34.3%	43.1%
Electrotherapy	8.0%	2.1%
Patient information	9.1%	14.6%
Other	0.3%	0.5%

Factors influencing the outcome of treatment

Various factors may influence the outcome of treatment and practitioners were offered a list of 27 possible such factors. They could indicate up to four factors which affected the outcome of treatment for each patient. In the national data, 53.5% of patients had at least one factor reported as influencing the outcome of treatment. Regarding your clinic, 51.7% of patients reported at least one factor influencing the outcome of treatment.

The most frequently reported factor in the national data was 'lifestyle influences' and this represented 26.5% of all reported factors. In your clinic, 'lifestyle influences' was represented 1.0% of all reported factors. Further details concerning the prevalence of factors influencing the outcome of treatments are provided in Table 17.

Table 17 Factors influencing the outcome of treatment

	National data	Your clinic
Access to treatment area difficulties	0.1%	0.0%
Change in therapist	0.5%	0.0%
Deceased	0.0%	0.0%
Difficulty in attending for treatment	4.8%	0.3%
Difficulty with childcare	0.4%	0.0%
Exacerbation of condition	4.4%	1.7%
General state	5.2%	0.3%
Inability to pay for treatment	2.3%	0.0%
Inappropriate referral	0.4%	0.3%
Lack of patient adherence	2.0%	0.0%
Lack of treatment	1.3%	0.0%
Language difficulties	0.2%	0.0%
Life-style influences	26.5%	1.0%
Natural progression	7.1%	1.0%
Other medical conditions	7.1%	3.0%
Other medical intervention	2.8%	0.0%
Pain free at first visit	0.8%	0.0%
Parking difficulties	0.0%	0.0%
Patient moved from the area	1.4%	0.0%
Patient unable to attend first appointment offered	8.3%	2.0%
Patient unwilling or unable to attend for treatment	4.1%	0.0%
Re-referred to consultant or GP	3.2%	0.7%
Therapist sickness	0.1%	0.0%
Time since onset	11.8%	47.1%
Transport difficulties	0.4%	0.0%
Other	4.8%	42.3%

Discharge Information

Goal achievement at discharge

Practitioners could record detail concerning the goal achievement at discharge. This data is shown in Table 18.

Table 18 Goal achievement at discharge

	National data	Your clinic
Exceeded	7.2%	10.6%
Fully achieved	46.2%	60.9%
Significantly achieved	25.6%	21.1%
Partially achieved	12.6%	2.8%
Not achieved	3.3%	0.0%
Other	2.4%	4.4%
Missing data	2.8%	0.2%
Total	100.0%	100.0%

Functional, physical and subjective outcomes at discharge

Practitioners were asked, in conjunction with the patient, to complete a score from 1 to 10 for the final assessment on discharge of functional, physical and subjective outcomes. In the national data set, the average FPS score for patients was 2.4. In comparison, the average FPS score for patients at your clinic was 2.3. The detail is shown in Table 19.

Table 19 Functional, physical and subjective (FPS) score at discharge

	National data	Your clinic
1	28.0%	30.8%
2	33.4%	44.1%
3	14.3%	9.1%
4	6.9%	7.1%
5	4.3%	2.5%
6	2.4%	1.3%
7	1.4%	1.3%
8	0.9%	1.5%
9	0.5%	2.3%
10	0.1%	0.0%
Missing data	7.8%	0.0%
Total	100.0%	100.0%

Outcome of referral

Practitioners were offered a list of 18 possible outcomes of referral and were asked to select one option. The most frequently reported outcome of referral for patients in the national data set was 'Treatment completed. Regular discharge' and this was reported for 34.5% of patients. This outcome was reported for 54.0% of patients in your clinic. The outcome of referral is displayed in Table 20.

Table 20 Outcome of referral

	National data	Your clinic
Assessment completed no physiotherapy required	0.3%	0.2%
Assessment completed. Advice re self-care given	5.1%	9.6%
Condition optimised: regular maintenance needed	1.6%	0.2%
Inappropriate referral	0.1%	0.4%
Maintenance type patient	2.2%	1.5%
Patient non-compliant	0.2%	0.0%
Patient self-discharged	4.0%	1.1%
Physiotherapy not effective	0.2%	0.0%
Referred to GP/Consultant	7.9%	12.3%
Regular discharge & SOS (return if not completely better)	31.0%	10.5%
Transferred to another practice	1.1%	0.2%
Treatment completed. Regular discharge.	34.5%	54.0%
Treatment interrupted (failed to attend – practice not informed)	2.7%	0.0%
Treatment interrupted (unable to attend – practice informed)	5.8%	5.7%
Treatment not commenced (practice informed)	0.1%	0.0%
Treatment not commenced (did not attend - practice not informed)	0.1%	0.0%
Patient discharged early due to limited number of treatments funded by insurer	1.1%	0.0%
Other	0.8%	2.8%
Missing data	1.2%	1.5%
Total	100.0%	100.0%

Number of treatments

The number of treatments for the presenting condition was recorded. The details are shown in Table 21.

Table 21 Number of treatments this episode

	National data	Your clinic
1	20.2%	20.6%
2	20.4%	28.3%
3	17.4%	22.0%
4	13.4%	10.4%
5	10.8%	11.7%
6	6.3%	2.8%
7	3.1%	1.3%
8	2.4%	0.6%
9	1.4%	1.1%
10	3.6%	0.9%
10+	0.0%	0.0%
Missing data	1.0%	0.2%
Total	100.0%	100.0%

Average length of treatment session

Practitioners were asked to record the length of the treatment session, which included time for record keeping. This data is presented in Table 22.

Table 22 Average length of treatment session

	National data	Your clinic
15 minutes	0.3%	0.4%
30 minutes	45.6%	77.2%
45 minutes	36.5%	5.1%
1 hour	15.5%	15.6%
More than 1 hour	1.1%	0.8%
Missing data	1.2%	0.9%
Total	100.0%	100.0%

Average length of administration time per patient

Practitioners could record the length of time taken completing administration tasks for each patient. Table 23 shows the average length of administration time.

Table 23 Average length of administration time

	National data	Your clinic
Less than 10 minutes	79.8%	91.3%
10 - 30 minutes	18.3%	8.4%
More than 30 minutes	0.8%	0.0%
Missing data	1.2%	0.4%
Total	100.0%	100.0%

Does the patient feel able to return/continue to work?

The patient's status on returning to work after physiotherapy input is shown in Table 24.

Table 24 Patient status on returning to work

	National data	Your clinic
Able to return to work	57.5%	54.4%
Able to return to work on restricted duties	3.0%	0.9%
Not able to return to work	0.8%	0.6%
Retired	19.2%	33.1%
Unemployed	0.7%	0.4%
Not applicable	15.9%	10.4%
Missing data	2.8%	0.2%
Total	100.0%	100.0%