



**University of Brighton**



## Physio First Data for Impact project (PF-DFI): Individualised practitioner report

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## PHYSIO FIRST DATA FOR IMPACT (PF-DFI) STUDY

This report contains a descriptive analysis of the data collected within your practice during the PF-DFI study.

### Profile of practitioners

232 practitioners registered to participate in the PF-DFI study. The majority of practitioners recruited were based within the South East of England (24%) and the South West of England (18%). However, every part of the UK was represented in the study as can be observed in Figure 1.

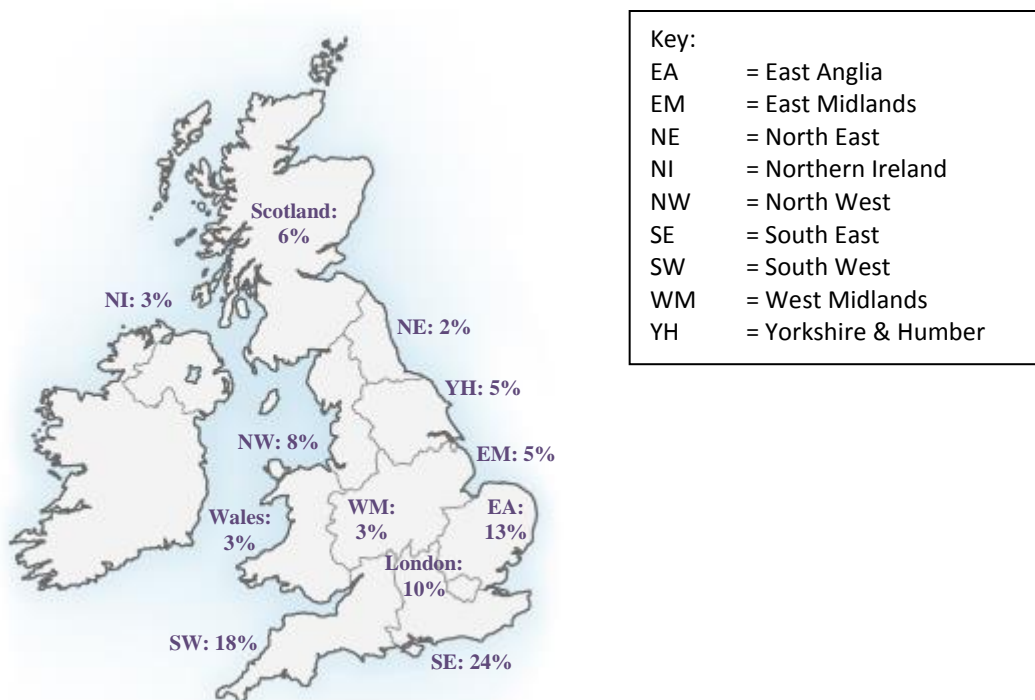
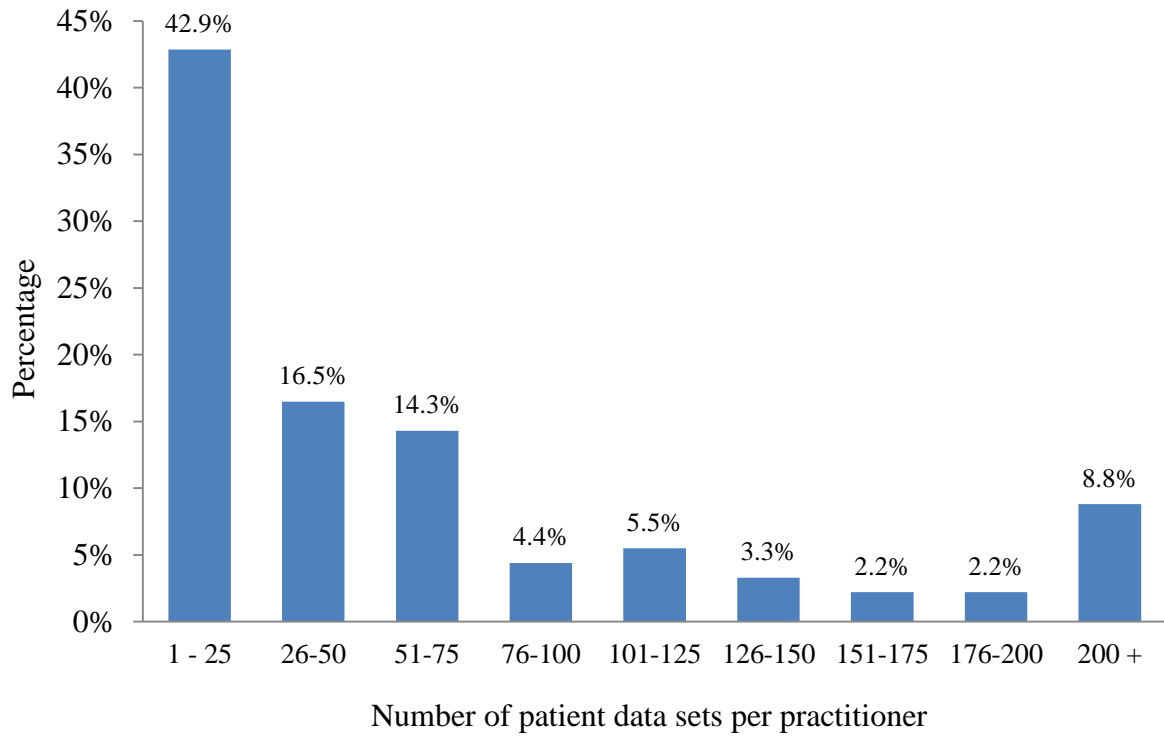


Figure 1 Participating practitioners by region

### Number of patient data sets received

A total of 7,104 patient data sets were entered onto the online data collection system during the twelve month period of the national study, of which 5,932 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 66. This number varied per practitioner from 1 to 613 data sets (see Figure 2). **In your clinic, you have a total of 613 discharged patient data sets.**



**Figure 2** Number of patient data sets input per practitioner

## Patient Details

### Gender

The gender distribution of the national data was 53.3% female and 46.4% male. This differs slightly to the UK national adult population figures: 50.8% female, 49.2% male (National Statistics Office, 2012). 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	46.4%	48.8%
Female	53.3%	50.6%
Missing data	0.3%	0.7%
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 52.2 years and the average age in your clinic was 48.4 years.

**Table 2** Age distribution

	National data	Your clinic
0-9 years	0.4%	0.7%
10-19 years	4.4%	6.9%
20-29 years	7.0%	8.2%
30-39 years	11.6%	13.9%
40-49 years	18.4%	18.3%
50-59 years	20.4%	22.0%
60-69 years	19.2%	20.2%
70 years +	17.7%	9.0%
Missing data	0.9%	1.0%
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 (27.7%) and professional (17.0%).

**Table 3** Patient occupations

	National data	Your clinic
Administrative and Secretarial Occupations	7.0%	2.9%
Associate Professional and Technical Occupations	8.5%	14.8%
Elementary Occupations	2.7%	0.8%
Housewife/husband	4.7%	3.8%
Long-term sickness	0.2%	0.0%
Managers and Senior Officials	8.7%	11.6%
Personal Service Occupations	3.5%	1.0%
Process, Plant & Machine Operatives	1.9%	0.2%
Professional Occupations	17.0%	24.0%
Professional sportsperson	0.5%	0.5%
Retired (more than 2 years)	27.7%	23.0%
Sales & Customer Service Occupations	2.9%	0.7%
School person	3.0%	2.0%
Skilled Trade Occupations	6.1%	3.1%
Student HE/FE, other	3.4%	8.0%
Unemployed (more than 2 years)	0.5%	0.2%
Data missing	1.7%	3.6%
Total	100.0%	100.0%

***Patients off work due to their presenting symptom***

The number and percentage of patients that were off work due to their presenting symptom are presented in Table 4. The length of time taken off work for both data sets is recorded in Table 5.

**Table 4** Number of patients off work due to their presenting symptom

	National data	Your clinic
Yes	6.3%	9.3%
No	54.9%	54.0%
Not applicable	37.2%	36.4%
Data missing	1.6%	0.3%
Total	100.0%	100.0%



**Table 5** Length of time off work

	National data	Your clinic
1 weeks	2.7%	2.3%
2 weeks	1.3%	2.1%
3 weeks	0.5%	0.5%
4 weeks	0.4%	0.8%
1 – 2 months	0.7%	0.8%
3 – 6 months	0.5%	0.8%
6 – 12 months	0.1%	0.5%
1 year +	0.2%	0.2%
N/A	93.7%	92.0%
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, 27.9% of patients in the national data and 18.1% 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
1 - 2 weeks	27.9%	18.1%
3 - 4 weeks	16.2%	8.5%
5 - 6 weeks	7.9%	5.9%
7 - 8 weeks	6.8%	4.4%
9 - 10 weeks	3.0%	4.2%
11 - 12 weeks	6.3%	6.2%
Less than 6 months	10.4%	13.9%
Less than 12 months	6.7%	9.6%
More than 12 months	14.5%	28.9%
Data missing	0.3%	0.3%
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, 57.1% of patients in the national data set and 64.3% 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	57.1%	64.3%
One previous episodes	14.0%	9.6%
Two previous episodes	5.5%	3.9%
Three previous episodes	2.2%	0.5%
Many previous episodes	20.7%	21.0%
Data missing	0.5%	0.7%
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 35.1% of all injuries. At your clinic, the cause of onset of injury, 'spontaneous', was recorded for 33.6% 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%	1.3%
RTA/Trauma	13.3%	19.4%
Spontaneous	35.1%	33.6%
Sport	17.6%	25.0%
Work	8.9%	2.0%
Other	10.6%	18.3%
Missing data	0.4%	0.5%
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. The details 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	0.3%	0.2%
2	3.6%	8.0%
3	9.3%	7.3%
4	16.3%	11.6%
5	22.1%	16.8%
6	18.9%	19.1%
7	13.4%	17.6%
8	10.8%	11.6%
9	4.0%	7.0%
10	0.7%	0.3%
Data missing	0.6%	0.5%
Total	100.0%	100.0%

## Referral Information

### Referral Source

The largest source of referral in the national data was 'self-referral' (76.6%). In your clinic 74.1% of patients were self-referred. Detail concerning referral source is provided in Table 10.

**Table 10** Referral source

	National data	Your clinic
Company	1.0%	0.0%
Medical consultant	5.7%	18.1%
GP	8.8%	5.5%
Commercial	3.7%	0.2%
Other healthcare professional	1.1%	0.8%
Other physiotherapy practitioner	0.6%	0.3%
Self-referral	76.6%	74.1%
Solicitor	0.1%	0.3%
Private medical insurer	1.9%	0.0%
Missing data	0.5%	0.7%
Total	100.0%	100.0%

### Payment responsibility

Payment methods for patients are displayed in Table 11. With regards to self-funding, 77.7% of patients in the national data set and 82.7% of your clinic 'self-funded' their treatment. With regards to insurance companies, 16.0% of patients in the national data set and 16.0% of patients in your clinic stated that the payment responsibility rested with the 'insurance company'.

**Table 11** Payment responsibility

	National data	Your clinic
Employer	1.1%	0.2%
Insurance company	16.0%	16.0%
NHS	0.3%	0.3%
Self	77.7%	82.7%
Combination of self and insurance	1.5%	0.0%
Solicitor	0.1%	0.2%
Intermediary	2.6%	0.0%
Sporting association	0.2%	0.0%
Missing data	0.6%	0.7%
Total	100.0%	100.0%

**Reasons for choosing practice**

Practitioners recorded why patients chose to attend their practices from a list of seven options. As shown in Table 12, the most common response in the national data set was patients being 'returner' (40.6%). In your clinic, 31.3% of patients were 'returners'.

**Table 12** Reasons for choosing the practice

	National data	Your clinic
Advertising	5.5%	0.0%
Articles	0.1%	0.0%
Insurance company	2.5%	0.0%
Local knowledge	5.1%	0.0%
Referred	12.2%	15.2%
Word of mouth	33.3%	52.9%
Returner	40.6%	31.3%
Missing data	0.7%	0.7%
Total	100.0%	100.0%

**Time between referral and commencement of treatment**

The time recorded between referral and the commencement of treatment is shown in Table 13.

**Table 13** Number of days between referral and commencement of treatment

	National data	Your clinic
0 days	11.4%	4.2%
1 day	26.0%	31.6%
2 days	24.0%	50.1%
3 days	12.5%	10.0%
4 days	7.4%	2.8%
5 days	6.1%	0.3%
6 days	2.3%	0.0%
7 days	4.0%	0.2%
8 days	1.1%	0.0%
9 days	0.5%	0.0%
10 days	0.9%	0.0%
11 days	0.3%	0.0%
12 days	0.3%	0.0%
13 days	0.2%	0.0%
14 days	0.6%	0.0%
14+ days	1.0%	0.0%
Missing data	1.3%	0.8%
Total	100.0%	100.0%

## 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 (32.6%). This body site was reported for 59.4% of patients in your clinic.

**Table 14** General body site

	National data	Your clinic
Head and neck	14.7%	4.8%
Upper limb	16.6%	17.9%
Thoracic spine	7.8%	5.7%
Lumber spine and pelvis	28.1%	12.2%
Lower limb	32.6%	59.4%
Genito/Urinary	0.1%	0.0%

## 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 (44.2%). In your clinic, a one hour initial treatment was recorded for 62.0% 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	6.4%	11.3%
45 minutes	37.7%	23.0%
1 hour	44.2%	62.0%
More than 1 hour	4.3%	2.8%
Missing data	7.3%	1.0%
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	17.2%	3.0%
Exercise and training	27.6%	30.9%
Manual techniques	36.5%	48.9%
Electrotherapy	9.9%	1.4%
Patient information	8.8%	15.8%
Other	0.4%	1.4%

**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. The most frequently reported factors in the national data were 'no other factors' (41.1%) and 'lifestyle influences' (17.8%). Regarding patients at your clinic, 'no other factors' was reported for 56.8% of patients, and 'lifestyle influences' was reported for 0.2% of patients. The reported factors which influenced the outcome of treatments are provided in Table 17.

**Table 17** Factors influencing the outcome of treatment

	National data	Your clinic
No other factors	41.1%	56.8%
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	4.0%	0.7%
Difficulty with childcare	0.5%	0.0%
Exacerbation of condition	2.4%	3.3%
General state	2.4%	0.2%
Inability to pay for treatment	2.2%	0.3%
Inappropriate referral	0.5%	0.0%
Lack of patient adherence	1.2%	0.0%
Lack of treatment	0.9%	0.0%
Language difficulties	0.1%	0.0%
Life-style influences	17.8%	0.2%
Natural progression	3.5%	0.2%
Other medical conditions	5.2%	0.3%
Other medical intervention	1.2%	0.0%
Pain free at first visit	0.4%	0.0%
Parking difficulties	0.0%	0.0%
Patient moved from the area	0.9%	0.2%
Patient unable to attend first appointment offered	0.2%	0.0%
Patient unwilling or unable to attend for treatment	0.5%	0.0%
Re-referred to consultant or GP	2.1%	2.4%
Therapist sickness	0.0%	0.0%
Time since onset	5.2%	11.1%
Transport difficulties	0.5%	0.0%
Other	4.7%	22.7%

## Discharge Information

### Goal achievement at discharge

Practitioners could record detail concerning the goal achievement at discharge if there was more than one treatment session and the patient had not been referred back to the GP or consultant. This data is shown in Table 18.

**Table 18** Goal achievement at discharge

	National data	Your clinic
Exceeded	3.7%	0.5%
Fully achieved	39.3%	71.6%
Significantly achieved	30.6%	11.4%
Partially achieved	15.4%	1.8%
Not achieved	5.5%	6.0%
Other	3.1%	4.1%
Missing data	2.4%	4.6%
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. This could not be completed if there was only one visit or if the patient had been referred back to the GP or consultant. The detail is shown in Table 19.

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

	National data	Your clinic
1	21.5%	38.7%
2	36.2%	35.9%
3	16.4%	4.6%
4	9.5%	2.0%
5	5.6%	2.6%
6	3.3%	3.1%
7	1.7%	1.8%
8	1.6%	1.8%
9	0.6%	2.0%
10	0.1%	0.2%
Missing data	3.5%	7.5%
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 'regular discharge and SOS (return if not completely better)' and this was reported for 32.7% of patients. This outcome was reported for 13.7% 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	0.5%	1.0%
Assessment completed. Advice re self-care given	7.7%	8.2%
Condition optimised: regular maintenance needed	3.0%	1.6%
Inappropriate referral	0.1%	0.0%
Maintenance type patient	2.0%	0.7%
Patient non-compliant	0.1%	0.0%
Patient self-discharged	5.8%	1.3%
Physiotherapy not effective	0.4%	0.0%
Referred to GP/Consultant	9.5%	17.1%
Regular discharge & SOS (return if not completely better)	32.7%	13.7%
Transferred to another practice	1.5%	1.1%
Treatment completed. Regular discharge.	25.4%	51.1%
Treatment interrupted (failed to attend – practice not informed)	2.0%	0.0%
Treatment interrupted (unable to attend – practice informed)	5.7%	1.0%
Treatment not commenced (practice informed)	0.1%	0.0%
Treatment not commenced (did not attend - practice not informed)	0.2%	0.0%
Patient discharged early due to limited number of treatments funded by insurer	1.2%	0.0%
Other		1.8%
Missing data	1.0%	1.5%
Total	1.2%	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	24.5%	22.0%
2	21.0%	29.0%
3	16.3%	19.6%
4	12.2%	9.3%
5	8.9%	7.5%
6	6.3%	4.9%
7	2.5%	1.0%
8	2.4%	1.1%
9	1.2%	1.6%
10	2.8%	1.5%
10+	0.0%	0.0%
Missing data	1.9%	2.4%
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	0.4%	0.2%
30 minutes	41.3%	74.9%
45 minutes	39.3%	9.3%
1 hour	15.1%	12.7%
More than 1 hour	1.9%	0.8%
Missing data	2.0%	2.1%
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	84.9%	94.6%
10 - 30 minutes	12.6%	5.1%
More than 30 minutes	0.9%	0.0%
Missing data	1.6%	0.3%
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 full time	47.2%	52.7%
Able to return to work on restricted duties	4.1%	3.6%
Not able to return to work	1.6%	3.3%
Retired	14.5%	13.2%
Unemployed	0.4%	0.0%
Not applicable	29.7%	25.6%
Missing data	2.4%	1.6%
Total	100.0%	100.0%