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Supporting children with leg pain in Cardiff and Vale UHB

For more information about this case study contact:

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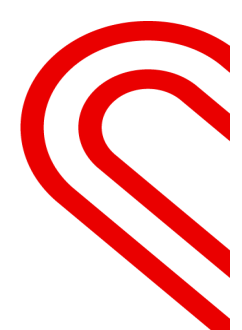
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Bwrdd Iechyd Prifysgol
Cardiff and Vale
University Health Board

Redmoor Health
ELC Partnership
Person-centred digital care



“[The sessions] have really helped my son over the past few months. It has made such a difference ”



Our Challenge

Many children in our service experience leg pain. This often results in them being functionally limited, and negatively impacts on their participation in physiotherapy. We wanted to deliver a 6-week programme, combining VGCs with education sessions that delivered a comprehensive and efficient programme of care. We prioritised this group because they make up a large percentage of our caseload. By improving efficiency in the way we manage their care, we hoped to improve patient turnover through our whole service.

Our Group Clinic Design

We recruited patients with leg pain at initial assessment with the physiotherapist. We identified 5 appropriate patients. VGCs were 60 minutes long, with 4-6 patients attending. Two qualified physiotherapists facilitated the sessions. Once our staffing levels have improved, a qualified physiotherapist and assistant will continue to deliver the sessions, thus reducing clinician time and increasing efficiency. The sessions consisted of: welcome and introduction; patient centred discussions around key factors influencing leg pain (see Discussion Board), goal setting, and completion of outcome measures. We followed the initial VGC with 4 education/ exercise sessions, and ended with a VGC, focused on consolidating learning and commitment to changes in lifestyle the group had committed to making that would maintain their strength and healthy behaviours.

Discussion Board

- Sleep
- Pain
- Exercise
- Nutrition

What Changed & Improved?

Efficiency and Access

Before VGCs, each patient required six or more one to one physiotherapy sessions compared to the 6 group sessions we piloted. Each one to one lasted between 30 and 60 minutes. This means each child required approximately 5 hours of physiotherapy. In contrast, in the course of 6 group sessions we saw up to 6 people in 6 hours. This is an efficiency gain of 80%. We hope to realise further efficiency and access gains as we develop group care.

Clinical Impact

- Patients reported noticing a significant difference in their strength and exercise tolerance, as well as an increased ability to keep up with their peers.
- Children learnt about sleep, nutrition, and national exercise guidelines. They now have a better understanding of the things they can do to improve their leg symptoms

Psycho Social Impact

Parents said it was beneficial and reassuring for their children to meet others, struggling with leg pain, and they observed that the children enjoyed working together to improve leg pain. Being included and like others is important to children. The group can now participate in Sports Day and school physical activity challenges, whereas previously they would have sat out; felt excluded and stood out as different from their peers.

Experience of Care

Children and parents reported VGCs were engaging, fun, interactive and supportive. The team found them time efficient, enjoyable, and it was rewarding, seeing the improvements in the children’s strength, exercise tolerance and participation. The team found that best practice guidance such as preparing a detailed session planner really helped them stick to time and feel in control of the live VGC sessions.



“I have thoroughly enjoyed delivering VGCs in our service. I was amazed to see the progress the children made. I can really see how VGCs will be an asset for our service and improve clinician efficiency and patient turnover without compromising on the quality of care we deliver”

