

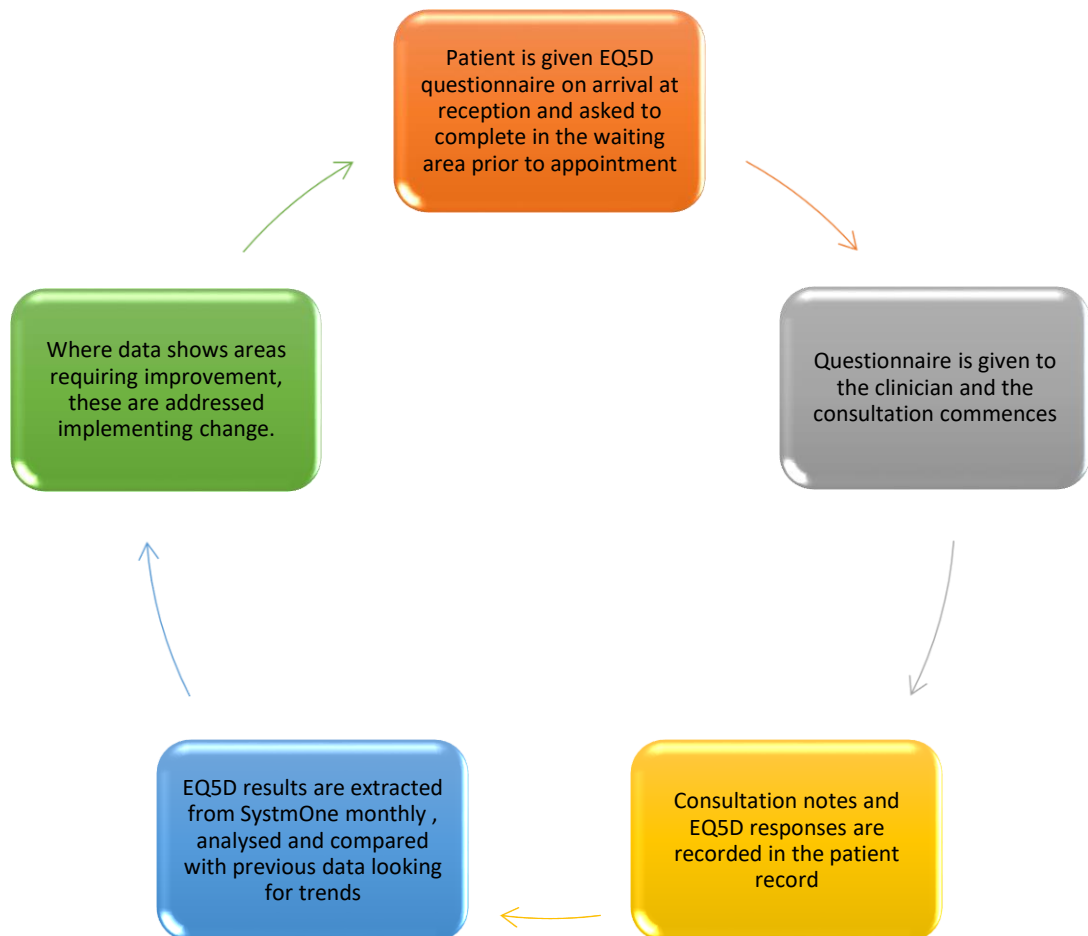
EQ-5D

We consider a biopsychosocial approach to physiotherapy very important as we believe that treatment plans that consider all 3 factors have a better chance of improving patient outcomes when used alongside traditional physiotherapy. This evidence-based approach is underpinned by growing research which indicates this to be true. To measure how effective this approach is we consider the dimensions that EQ-5D covers (mobility, self-care, usual activities, pain/ discomfort, anxiety/ depression) to be a valuable measure. In addition, EQ-5D is the most widely used measure of patient reported outcomes (PROs) and used by Healthshare to:

- establish the benefits of physiotherapy for patients with MSK conditions in a more coordinated and standardised way
- assist us in demonstrating our activity and its value to patients and the commissioners
- provide a basis for benchmarking and clinical audit

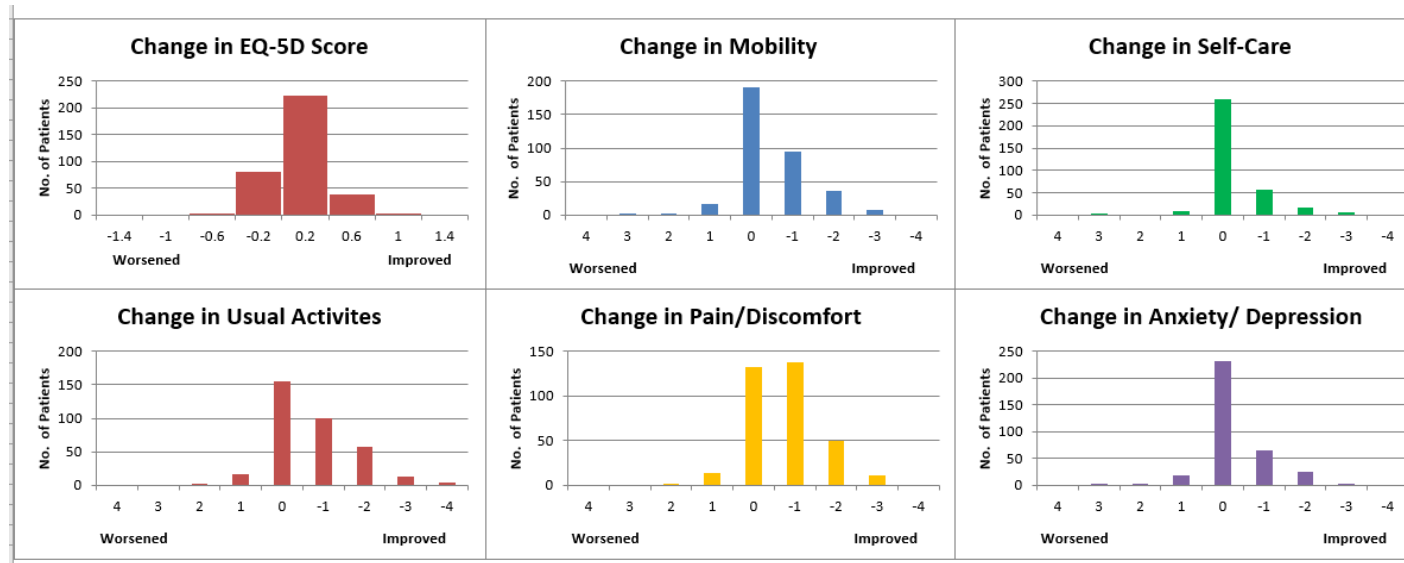
The EQ-5D data is easily translated into simple utility scores. These scores are used to demonstrate an individual's quality of life and the change in that, due to their physiotherapy intervention. This can also be totalled to show this change for a whole service, a specified group within the service or even an individual physiotherapist.

The data collection cycle is as seen below:

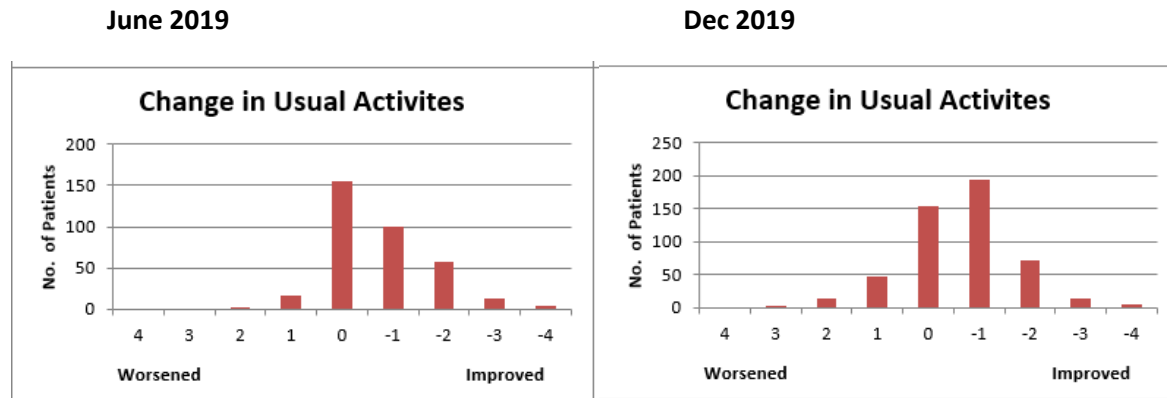


When reporting and analysing data we use the CSP recommended calculator and guidance. We look at the overall changes but also break the information down into the individual dimensions. The below demonstrates how this information is scored and calculated.

	Post-Pre Treatment Change		Pre-Treatment Data					Post-Treatment Data					EQ-5D-5L					
	Change in EQ-5D-5L Index	Change Period (Days)	Mobility	Self-Care	Usual Activities	Pain/Discomfort	Anxiety/Depression	EQ-5D-5L Health State	EQ-5D-5L Index	Mobility	Self-Care	Usual Activities	Pain/Discomfort	Anxiety/Depression	EQ-5D-5L Health State	EQ-5D-5L Index		
Median	0.1310	118.35	2.0	1.0	3.0	3.0	1.0	1.0	0.6347	1.00	1.00	2.00	2.00	1.00	1.0	0.7366		
Mean	0.1546	271.47	1	1	3	3	1	0.5717	1	1	1	2	1	1	1	0.7273		
No. of patients	497	497	No. of patients	500	500	500	500	500	No. of patients	497	497	497	497	497	497	497		
% Patients Improved	86%																	
% Patients Not Improved	14%																	
Patient ID (DOB may be used here)	Change in EQ-5D-5L Index	Change Period (Days)	Initial Data Collection Date	Mobility	Self-Care	Usual Activities	Pain/Discomfort	Anxiety/Depression	EQ-5D-5L Health State	EQ-5D-5L Index	Follow-up Data Collection Date	Mobility	Self-Care	Usual Activities	Pain/Discomfort	Anxiety/Depression	EQ-5D-5L Health State	EQ-5D-5L Index
	0.3932	413.9639	18/10/2018	1	3	2	3	2	13232	0.6068	06/12/2019 09:00	1	1	1	1	1	11111	1.0000
	0.2128	713.6792	20/12/2017	2	2	2	3	1	22231	0.6238	04/12/2019 10:31	1	1	1	2	1	11121	0.8366
	0.2991	603.1465	24/04/2018	3	2	3	4	1	32341	0.3919	18/12/2019 15:32	3	1	3	3	1	31331	0.6910



An example of how this information influences and provides evidence of change within our service would be the comparison between patients seen in June 2019 and patients seen in December 2019 and the response to the dimension asking about **change in usual activities** pre and post treatment.



Between June and December 2019 there has been a significant increase in the number of patients reporting an improvement in their ability to perform usual activities (*e.g. work, study, housework, family or leisure activities*). All our physiotherapists underwent psychological skills training and using these techniques to help patients understand that moving and exercising will not cause harm and we believe this has impacted the change in outcomes.

EQ-5D is not without its limitations but is considered to be a concise, generic validated instrument that is used to measure, compare and value health status across disease areas including musculoskeletal conditions.