

Poster – #EIE2021

Outcomes from implementing a supported osteo arthritis self-management programme – A qualitative study

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Research aim

The aim of this study was to describe physiotherapists' experience with (a) implementing guidelines for treatment of osteoarthritis in primary health care in Southern Sweden, (b) delivering a supported osteoarthritis self-management programme, and (c) guideline-adherent reporting to a national quality register.

Methods

A qualitative interview study was conducted. Physiotherapists working at primary health care centres that were subject to the implementation intervention between 2017 and 2018 were contacted. In total, 18 physiotherapists (n=5 men) working at 18 primary health care centres in Southern Sweden were interviewed. The interviews were conducted by two experienced physiotherapists with special expertise in the conduct of interviews. An interview guide with semi-structured questions was used. Each interview lasted between 30 to 60 minutes, was audio taped and transcribed. Qualitative content analysis was used for analysis.

Key findings

Implementation and changing work procedure takes time. The guidelines focus on physiotherapists being the first in line to meet persons with osteoarthritis in hip or knee, and health care personnel needs to know this for efficient triage. Lack of resources in primary health care and constantly shifting health care personnel were factors that made it challenging for health care professionals to follow guidelines. Lack of possibilities to monitor process indicators locally at primary health care centres causing inadequate follow-up made it difficult to motivate personnel to follow guidelines. Time constraints and a lack of interest from operations managers were factors mentioned as barriers to reporting data to the national register.

Discussion

How can sustainability be obtained in a constantly changing setting? How can we overcome the challenges there are when implementing complex clinical interventions involving different professions?