

Project Team

Joy Lavender Project Manager, ICB









About the Project

Following the publication of the NICE recommended guidance, this project was developed to increase physical activity for patients with Chronic Pain in order to improve self-management and reduce severity of pain. This project seeks to evaluate a physical activity offer for Gloucestershire Chronic Pain patients and to develop this through PDSA cycles.

Aims & Objectives

Increase physical activity for 50 Gloucestershire adult patients with Chronic Pain, to support better selfmanagement and reduction in clinical interventions, to support the recommendations published within the NICE guidance. The project will aim to improved physical function and improved quality of life for 80% or more of participants, by the end of March 2024.

Measures Used

Number of participants engaging in the offer, participant feedback, referrer feedback, prescribing data and appointment data.

It's Your Move



Quality Service Improvement and Redesign (QSIR) Tools: Methodologies used and contribution to your project

The project team developed a project charter and worked together to set a SMART aim and to list the expected benefits and how these will be measured. The team also developed a driver diagram that listed the inputs, activities, outcomes and impacts of the project.

The project team have also applied PDSA cycles in order to evaluate previous physical activity offers and develop them to ensure we are meeting the needs of the patients. To ensure the relevant people were in the room at our regular project meetings, the team produced a stakeholder map

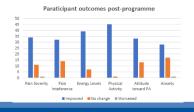


	Manage	Satisfy -	Monitor	Inform
	High Power & High Impact	High Power & Low Impact	Low Power & Low Impact	Low Power & High Impact
Stakeholders	Key stakeholders who should be fully engaged through communication and consultation.	Opinion formers. Keep them satisfied with what is happening and review your analysis of their position regularly.	This group may be ignored if time and resources are stretched.	Patients often fall into this category. It may be helpful to take steps to increase their influence by organising them into groups or taking active consultative work.



Project Outcomes, Progress and Impact

The team conducted multiple evaluations after each cohort using a combination of participant questionnaires, interviews carried out by activity instructors, project team engagement sessions and Ripple Effects Mapping. To date, over 200 Chronic Pain patients have completed the programme.



Learning for the Improvement Community

PDSA cycles have been vital in ensuring that evaluation takes place at every stage, to contribute to an improved service model for the population of Gloucestershire.

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