



## MECC Ready

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### Description

Our project charter was to achieve consistent implementation of the MECC approach within MSK consultations across East Lancs NHS IMPReS. The benefits of incorporating Healthy Conversations into day to day clinical practice are well documented within Public Health literature to ensure the wider determinants of health are considered at all available opportunities.

### Context

East Lancashire has a diverse demographic profile including areas that fall within the 20% most deprived regions in the UK. The patients accessing physiotherapy often demonstrate low levels of physical activity, biopsychosocial issues alongside multiple other co-morbidities. Empowering MSK staff to address the wider determinants of health using existing resources will help improve current local health inequalities and achieve long term cost efficiencies and optimal treatment outcomes.

Our specific aims were:

- Ensure 100% of MSK staff (94 B3-ESP/GPSi) across 9 sites completed online MECC training package.
- 100% of MSK departments meet the minimal agreed standard for infographics of public health messages and signposting.
- Demonstrate 50% increase in documentation of healthy conversations.
- Demonstrate an improved staff confidence in delivering healthy conversations.

### Method

To assist with staff engagement local Public Health advocates were established at each of the 9 MSK sites. Links were also made with the Learning and Development team to enable the eLearning MECC modules to be uploaded onto the Trusts intranet for ease of access.

Data Collection:

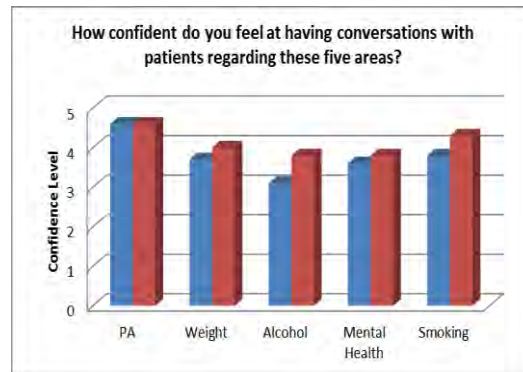
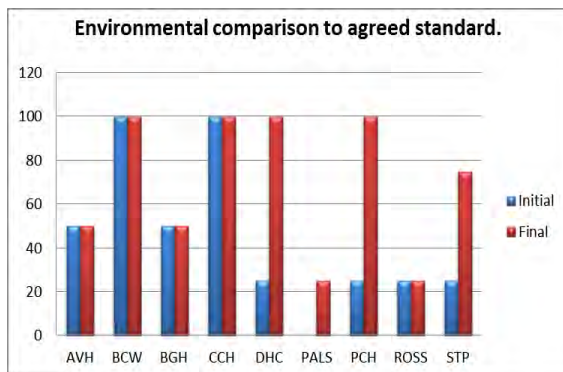
A survey monkey was designed to measure staff confidence levels in engaging in healthy lifestyle conversations pre and post MECC training.

Environmental surveys were carried out across all sites to establish if minimal agreed standards for infographics and signposting were being achieved.

Audits of Electronic Documentation templates were completed pre and post training.

Compliance of completion of MECC eLearning package was recorded.

## Outcomes



**44%** Increase in recording of MECC consultations.

**100%** Completion compliance of MECC training.

### Some qualitative data.....

- More responsive to questions when situations arise rather than brushing it under the carpet.
- Encouraged me even further to notice and make patients aware of health behaviours they can change
- Much more aware and determined to bring public health into my assessments and treatments in order to treat the pt as a whole and not just their MSK problem.

## Learning points

Work continues beyond the scope of this project to ensure MECC is truly embedded into our day to day practice and documentation. A patient audit is planned in the future to gain feedback on patients' views and perceptions of the public health approach. Links continue to be made with external agencies to allow collaborative working opportunities in the future and efforts continue to

provide patients with up to date local and national signposting information. As part of the next steps the MECC training is to be rolled out to the Pain and Rheumatology arms of the service to allow full integration of the model. Further to this we are keen to expand things further within the trust and link in with both CCG's and local councils.

This physiotherapy led project has extended the scope of MSK services to encompass the wider determinants of health which is at the core of all public health interventions. The ultimate benefactors of this are the service users who are receiving a more holistic, seamless and rounded care plan with predicted positive overall health impacts.

## References

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