Development of a physiotherapy led spasticity management service

Gary Morris
Advanced Physiotherapy Practitioner: Neurological Rehabilitation
Glangwili General Hospital, Carmarthen

Lecturer
School of Healthcare Sciences, Cardiff University
Spasticity

Commonly seen in neurological conditions which effect the central nervous system

Characterised by:
- Increased tone
- Exaggerated response to stretch
What problems does it cause?

- Spasticity
- Skin damage
- Difficulty with function
- Restricted movement
- Contracture
- Pain
The old model

Spasticity Management

Physical management

Medical management

Surgical management

Therapists

Consultant

led spasticity clinic

Medical management

Oral medications

Botulinum toxin injections

Surgical management

Intrathecal interventions

Adapted from: Royal college of physicians et al (2009)
Implementing change

Evidence based practice

Clinical Expertise
Best Research Evidence

EBP

Patient Values & Preferences

Advanced Practice roles

Clinical
Management Leadership
Education
Research

Latest national guidance

Botulinum toxin injecting

Independent prescribing
The new model

Spasticity Management

Physio led Spasticity Service + Local MDT

Physical management

Medical management

Surgical management

Oral medications

Botulinum toxin injections

Intrathecal interventions

Adapted from: Royal college of physicians et al (2009)
Outcomes

• Reducing travel
• Improving access
• Reducing costs
• Freeing up consultant capacity to deal with more complex cases
• Achieving outcomes comparable to consultant led services
Diolch

Thank you

Gary.Morris2@wales.nhs.uk  MorrisGR2@cardiff.ac.uk