Giving a Face to Remote Management: The Digital Future of Physiotherapy

**Purpose**

The ‘Five Year Forward View’ report highlighted a need to take advantage of the opportunities that technology offers patients. 81% of UK Adults (91% 18-44) have touchscreen smart phones, with the majority (89%) being 4G enabled.

Our service initiatives use app and web-based technology to provide patients with a credible, evidence-based source of education and advice on musculoskeletal and mental health issues.

**Aims**

To complete visual triage assessments via web and App based solutions, enabling enhanced remote assessments and treatment.

To offer various mediums for patients to gain knowledge, fitting their learning styles. Through provision of evidence-based information on different platforms including; website, webinars, podcasts, blogs and an app.

**Results**

Online educational sessions are offered, addressing the most prevalent health and wellbeing issues

Follow up support is provided via our app and myIPRSHealth.com

**Conclusion**

Patient engagement with digital technology appears high, given the growth and success of our digital services. Service user feedback shows high levels of satisfaction.

Future development should focus on more effective use of patient-reported outcome measures when using digital versus traditional healthcare provisions.

**Visual Triage**

It enables the physiotherapist to observe patients during assessment and treatment sessions, including whilst they’re exercising. This helps ensure effective teaching.

**myIPRSHealth.com**

Sections on mental health and wellbeing encourage a biopsychosocial approach to injury management.

**Educational Webinars**

This special interest poster is to share our innovations with the wider physiotherapy community offering alternative ways of delivering services in the 21st century.

**References & Acknowledgements**

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NHS Five Year Forward View (2014)

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- IPRS Health - 0800 0721227
- www.iprshealth.com

**Authors**

- Ashley James
  - Clinical Lead
  - ashley.james@iprsgroup.com
- Joe Head
  - Head of Operations
  - joe.head@iprsgroup.com