

Early access to virtual resources for the self- management of Plantar Fasciitis: A proof of concept and feasibility study



Ariennir gan
Lywodraeth Cymru
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Intro and background

- First into Research RCBC Wales project in collaboration with Cardiff & Vale
- Aim: to investigate how patients responded to online self- help resource for PF while waiting for first MSK podiatry appointment
- Video created based on feedback from PPI group

Methods

- 6 week intervention- Participants given access to video at baseline
- 2 weekly VAS pain score & EQ5D
- Interviews at 6 weeks

Thematic analysis

Non-parametric tests for VAS

EQ5D summarised descriptively

Demographics

Age	Gender	Duration of symptoms (months)	BMI	Occupation
53	f	12+	29.2	Retail worker
38	m	6-9	28.5	Manager & Councillor
55	f	3-6	28.1	Nurse
52	f	9-12	31.0	Carer
50	f	6-9	27.0	Teacher
54	f	9-12	30.4	Insurance underwriter
48	m	3-6	25.5	Postal worker
65	f	0-3	30.6	Retired midwife
69	m	0-3	29.7	Retired engineer

Results

CONSORT 2010 Flow Diagram

Enrolment

Assessed for eligibility (n= 127)

- Screened after returning permission to contact (n= 19)
- Excluded (n= 7) • Not meeting inclusion criteria (n= 7)

Allocation

- Allocated to intervention (n= 12) • Received allocated intervention (n= 12)
- Did not receive allocated intervention (give reasons) (n= 0)

Follow-Up

- Lost to follow-up/withdrawn (give reasons) (n= 1)
- 3 attempts made to follow up. Patient contacted and declined any further questions
 - Discontinued intervention (give reasons) (n= 2)
- 1 patient received initial appointment during study & IMSK appointment expedited

Analysis

- Analysed (n= 12) • Excluded from analysis (give reasons) (n= 3)
- 3 removed from trial post intervention analysis excluded

3 Themes identified

- Supporting knowledge
- Activation and utility
- Reflection & change

Discussion & conclusion

- Limitations of study
- Chronic and severe presentations felt that the video did not help their pain but thought early exposure could potentially help treatment
- Video enhanced based on feedback and now feeds into new study to assess the feasibility of developing personalised treatment pathways for pts with PHP
- Further work needed to determine cost effectiveness of using 'waiting list window' to triage and signpost