

<p>Library concerned: Francis Costello Library Name of case study: Supporting an Evidence into Practice Group for Physiotherapists Date of interview: 5th September 2016</p>	
Interviewee	<p>Name: Yvonne Rimmer Job Title: Extended Scope Physiotherapy Practitioner Trust/Employer: Robert Jones & Agnes Hunt Orthopaedic Hospital NHS Foundation Trust (RJAH) Email: Yvonne.rimmer2@nhs.net Tel: 01743 369653</p>
Summary of problem or reason for enquiry	<p>Research evidence and new knowledge can help practitioners improve their professional practice, the quality of care delivered and subsequently patients' outcomes. Translating this new knowledge and evidence into routine daily practice can prove difficult and complex but needs to be addressed as data shows that many patients do not receive appropriate care, or receive unnecessary or harmful care.</p>
Brief description of the information found / service provided	<p>The Evidence into Practice Group (EPIC) was established in Shropshire at RJAH as part of a wider network of established groups across Shropshire and Staffordshire supported by the Arthritis Research Primary Care Centre at Keele University.</p> <p>Known locally as the Shropshire Critical Appraisal Topic (CAT) group it brings together clinicians, commissioners, researchers, librarians, healthcare providers and managers to form a productive and innovative musculoskeletal community that aims to ensure that clinical practice is based on the best available evidence using the CAT process to do this.</p> <p>The Francis Costello Library supports this group's work by attending meetings, carrying out literature searches on identified topics, procuring all articles selected and requested from the literature search results, setting up recurring searches to update existing CATs, contributing to discussions around critical appraisal of articles, providing resources to support the groups' understanding of critical appraisal and updating the group as to new library resources which may be of benefit for their research.</p>
Summary of outcome and impact	<p>The process culminates in developing recommendations for practice based on the best available evidence named a Critically Appraised Topic (CAT). These are disseminated through local networks and are housed on the website www.keele.ac.uk/ebp/mrfgroup</p> <p>The wider project, of which the group at RJAH forms a small part, won an award for outstanding best practice at the 2016 Best Practice Awards in Rheumatology and Musculoskeletal Health from the British Society for Rheumatology. Further information about the project is available on the BSR website.</p>

Immediate Impact	<p>An example of where this work has started to impact on practice includes the recognition that there is a variation in post total knee replacement (TKR) rehabilitation across the county that does not reflect best available evidence, clinical or cost effectiveness leading to potential waste of resources and increased OP musculoskeletal (MSK) waiting times. There is evidence from one good quality randomized controlled trial that one to one therapy, group therapy and a monitored home-based programme are all equally clinically effective at improving pain and function in adults immediately post TKR.</p> <p>A physiotherapist stated “I will look at moving my department’s practice towards following the best available evidence which will be more efficient and cost effective but I will do this in manageable steps - firstly moving from individual assessment and treatment to class rehabilitation and utilising an assistant for the class. I will look into dvd information/video the exercise in order to move towards rehab in the home, as the evidence suggests.”</p>
Probable future Impact	<p>The above example empowers clinicians to challenge current practice in a safe way and take small steps to change practice. Empowering clinicians in this way will in the future enable them to influence commissioning of their services, ensuring their service provision is evidenced based.</p>