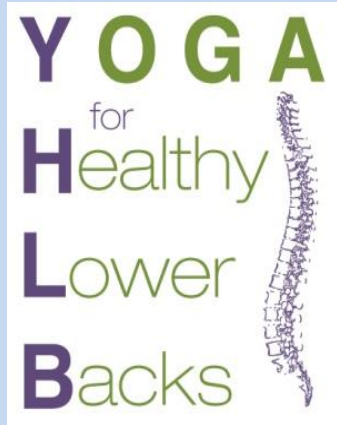


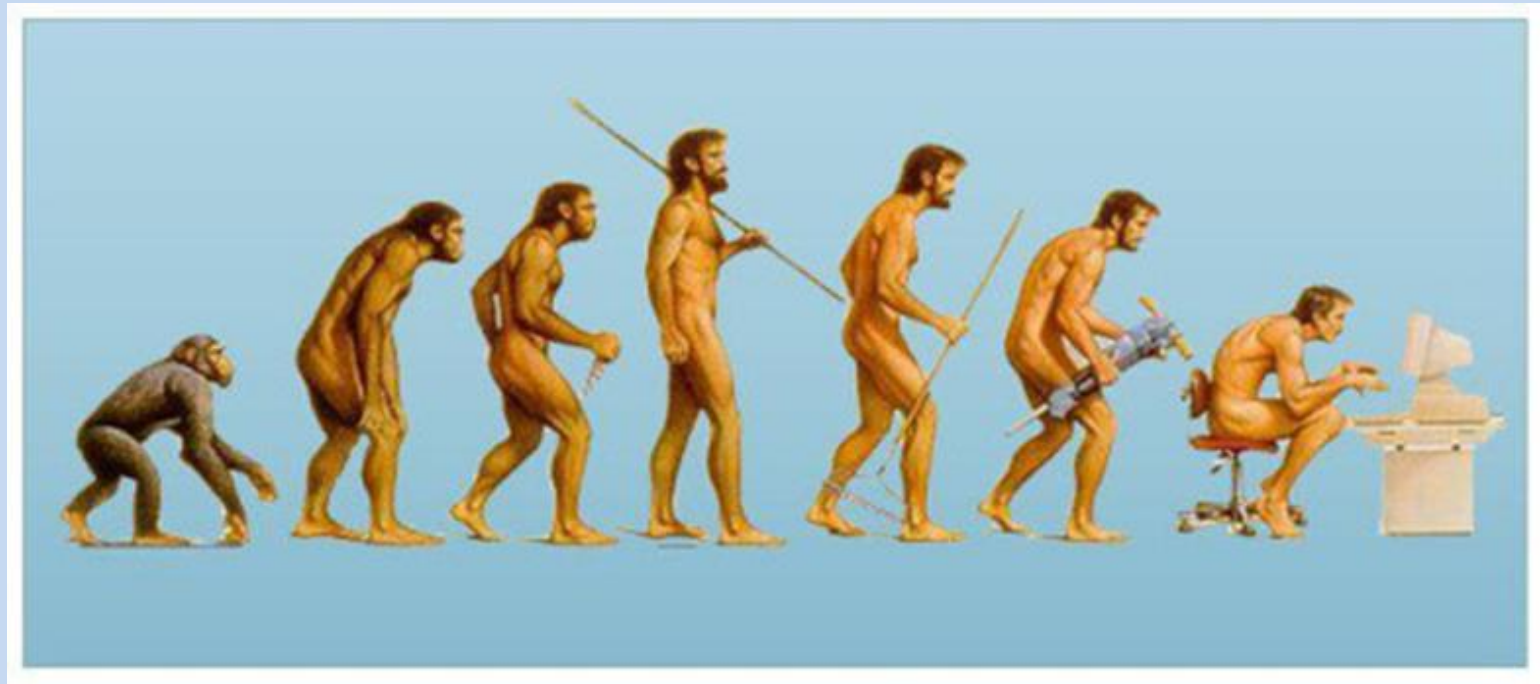
QIP - YHLB Penryn Pilot



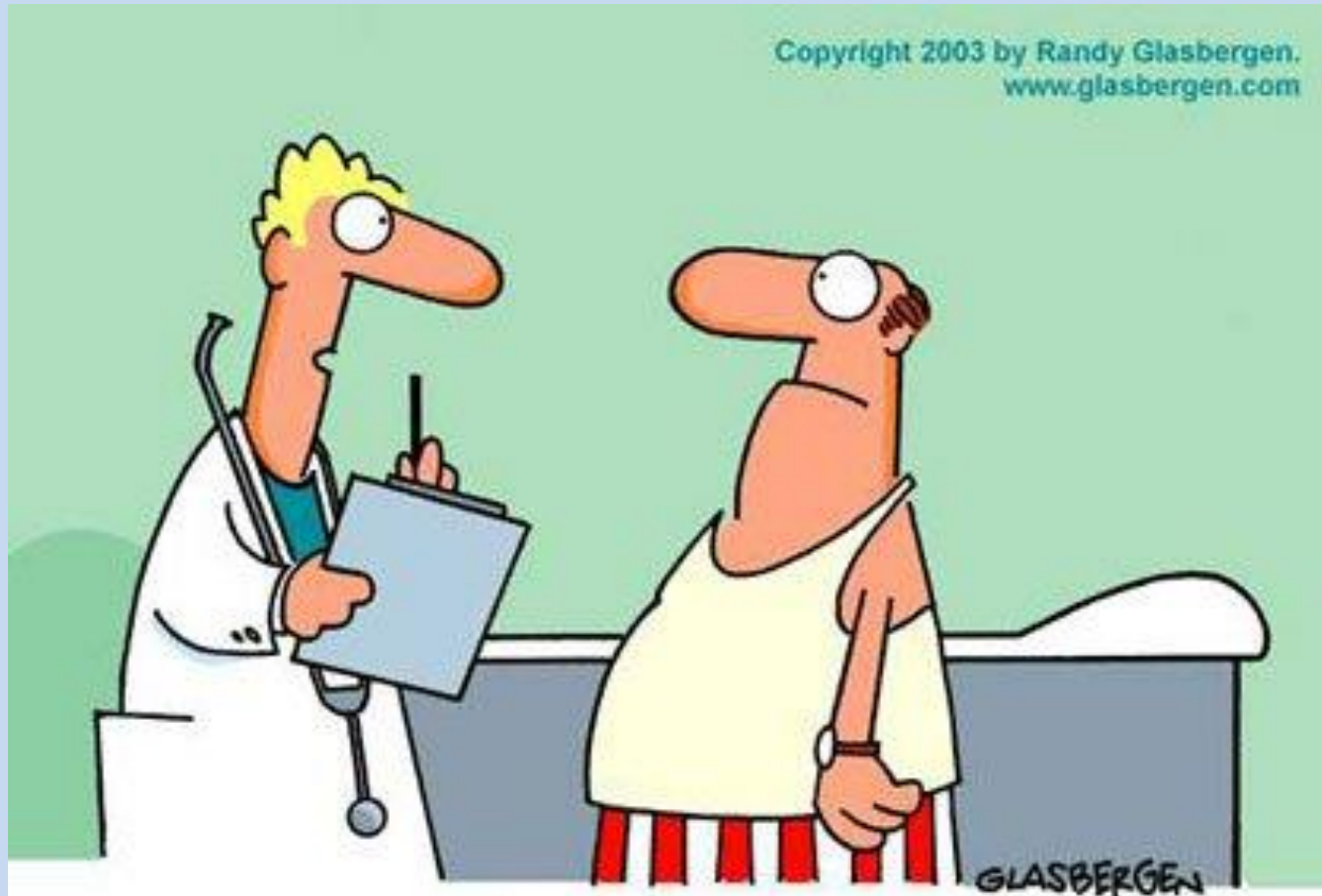
Clinical meeting
15/05/2017

Dr Anna Huette
GP ST3 / Leadership scholar
RYT YHLB-R

“The implementation of YHLB as a treatment option for NHS patients with chronic back pain”



Self-management



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Penryn pilot 1 (September 2016)

- Taught by me
- Patient contribution 59£
- 12 patients

- 3 drop outs
- 1 after 2 classes due to 2 family bereavements
- 2 after 2/3 classes due to work commitments

- 7/9 Questionnaires returned

Penryn pilot 2 (November 2016)

- Taught by Alison Trehwela
- Patient contribution 100£
- 10 patients
- 9/10 Questionnaires returned (3 incomplete)

Perranporth / St Agnes pilot (April 2017)

- Ongoing -taught by me
- 100£ - 20£ Subsidise

Outcomes

Overall attendance:

69% - 76% (without 3 drop outs)

How likely to recommend to family & friends?

87% 'Extremely likely'

13% 'Highly/Quite Likely'

Do you think this course should be offered under the NHS?

100% Yes

Outcomes

100£ patient contribution - towards 300£ good value?

86% Yes 14% No

Would you be interested in attending refresher classes?

93% Yes 7% No

Average times practised at home per week (numeric)

3-4 times

Outcomes - Changes in medication

1 patient started Duloxetine...

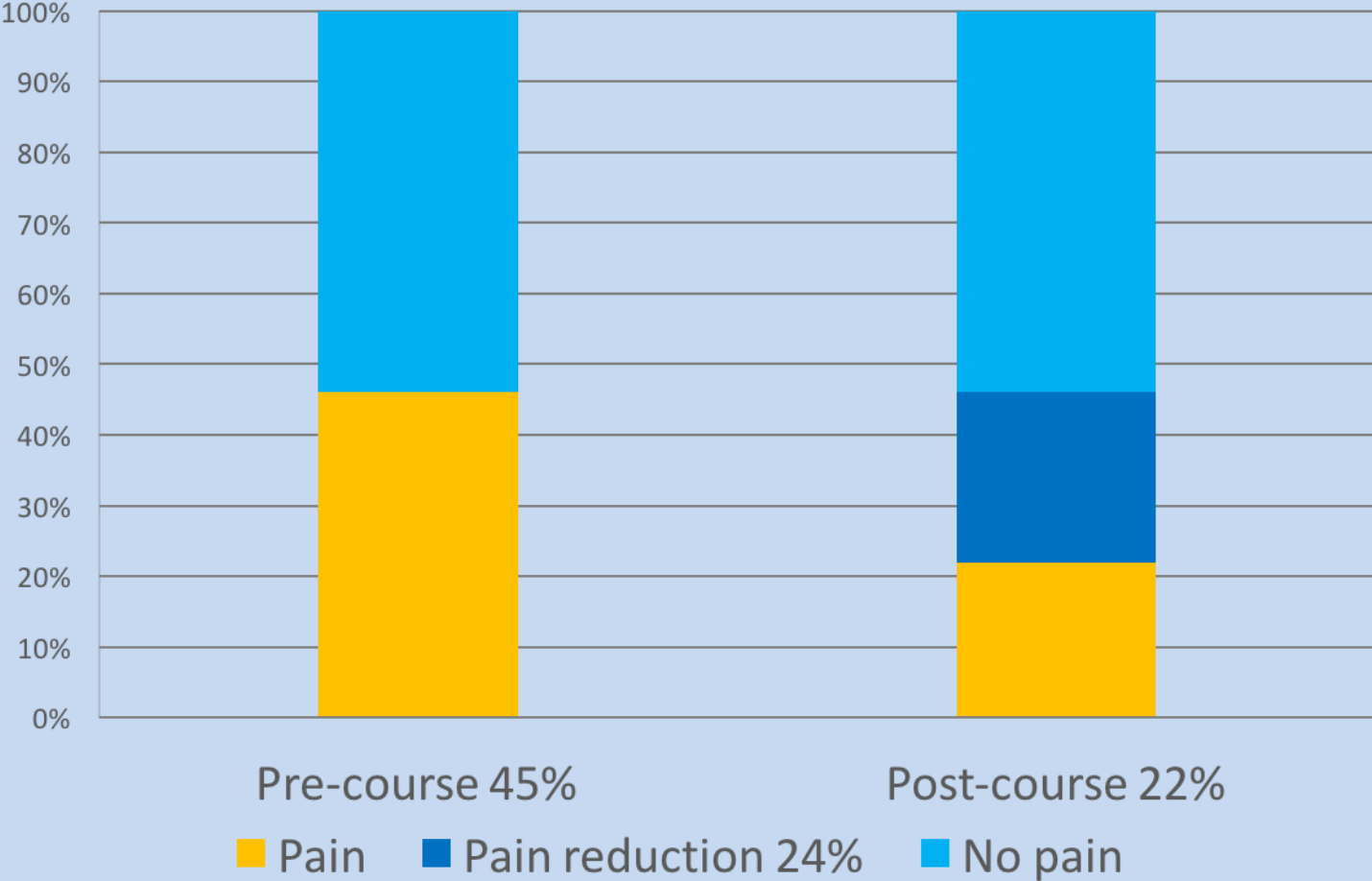
1 patient stopped Amitriptyline

1 patients reduced daily Dihydrocodeine by 50-75%

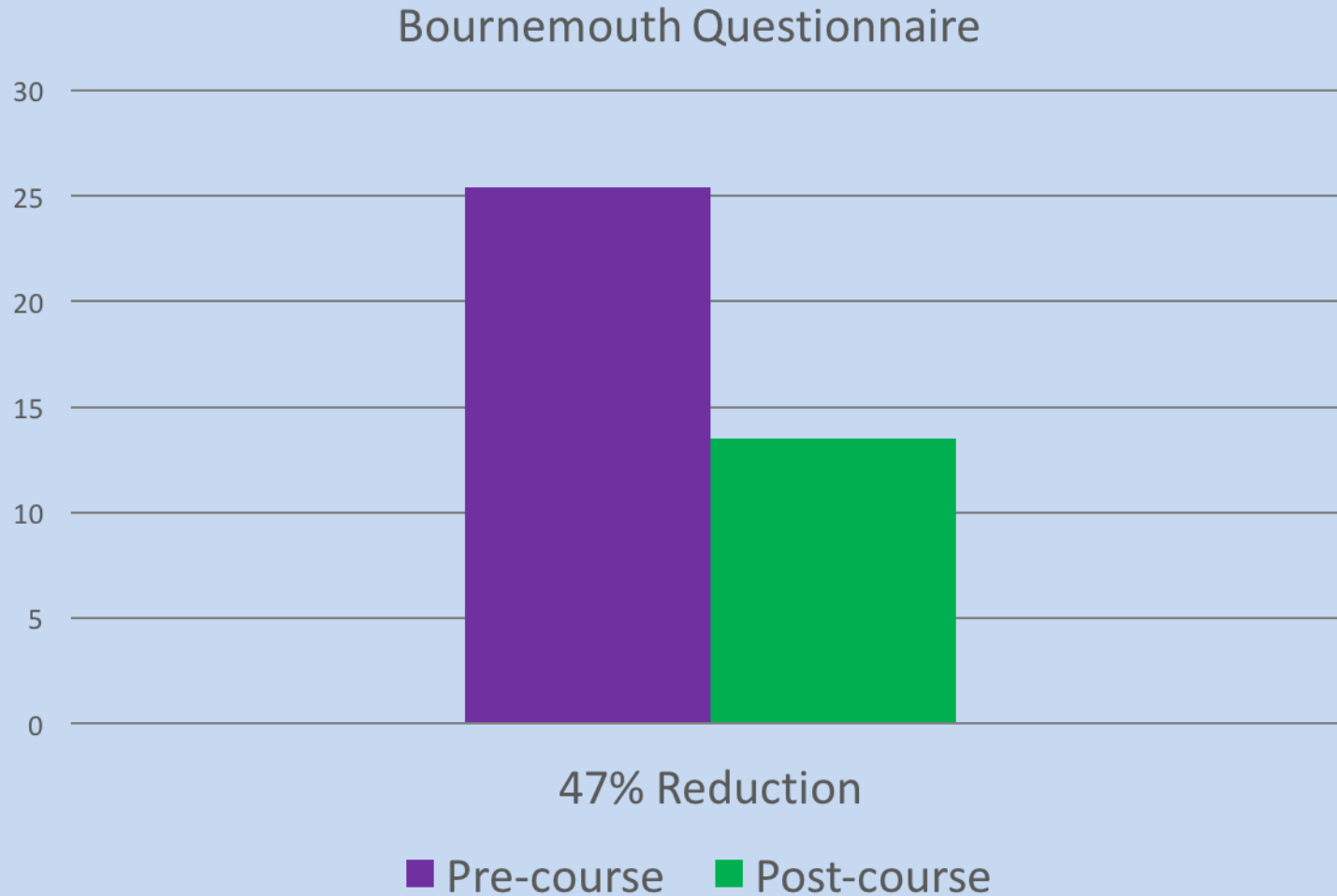
1 patient stopped daily Co-dydramol & Naproxen
(now Naproxen only for flare up)

Visual analogue scale - Pain score

Pain score

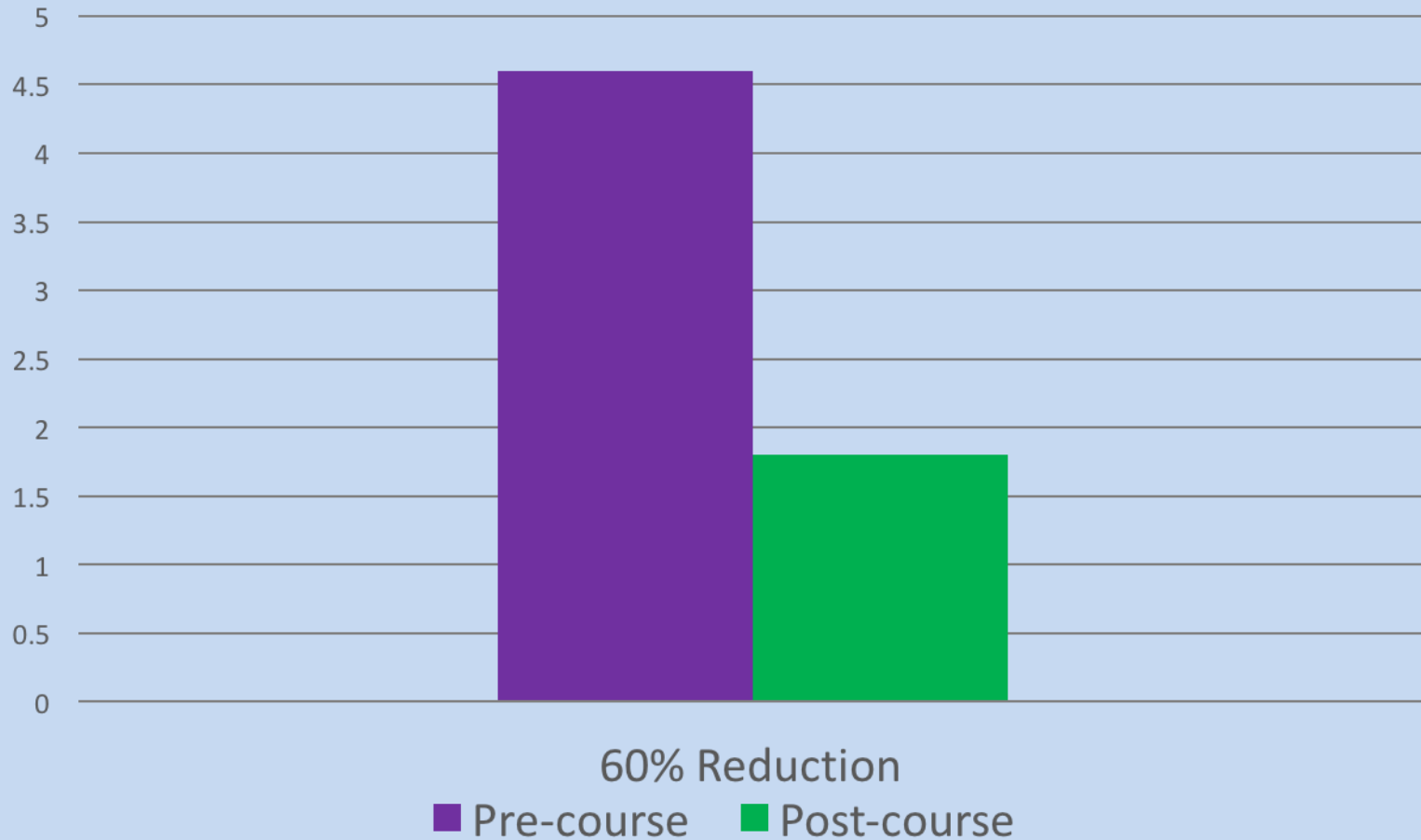


Bournemouth Questionnaire Severity, Impact & Control

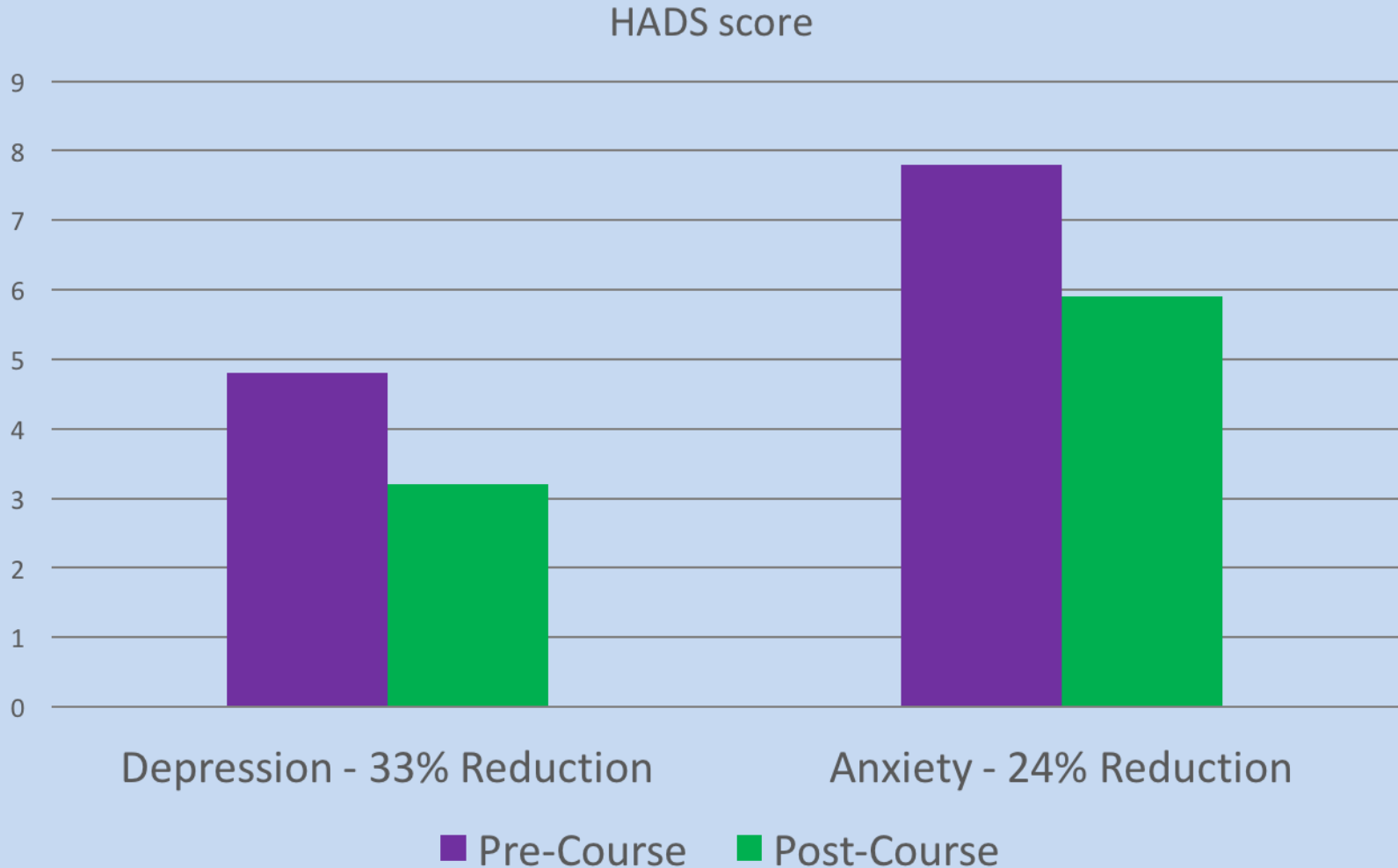


Roland Morris Disability Questionnaire

Roland Morris Questionnaire



HADS Questionnaire



Quote from a Penryn patient:

‘Thanks very much for running the course!

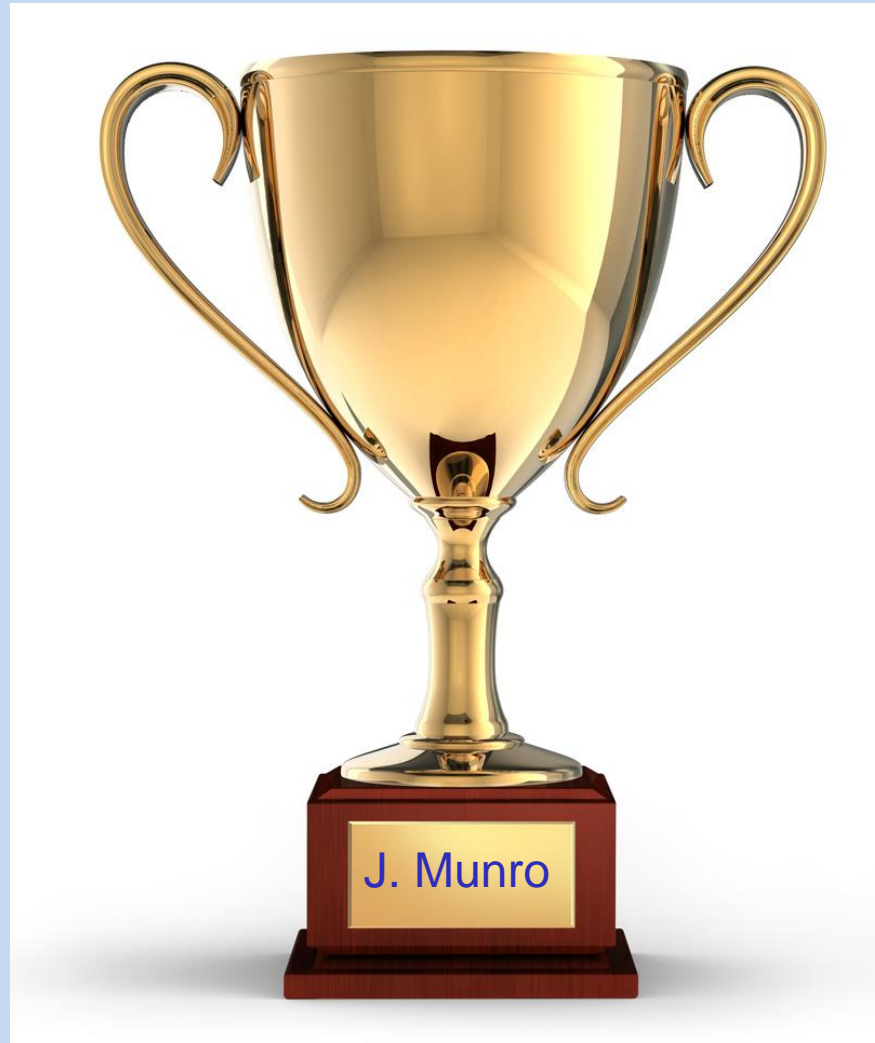
It's great to see the NHS, and the Penryn practice in particular, taking a proactive approach to back issues.

I'm firmly convinced that empowering people to tackle things themselves is the best way forward.’

A huge THANK YOU to you ALL!

**Special thanks to Emma and the
admin team!**

**GP YHLB referrer of the year
goes to...**



Congratulations!

www.yogaforbacks.co.uk



“I’m prescribing exercise. Think of it as a stress pill that takes 30 minutes to swallow.”

Questions?

Thank you!