

Ref: FOI/GS/ID 8667

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### **Freedom of Information Act 2000**

I am writing in response to your request for information made under the Freedom of Information Act 2000 in relation to MSK (Musculoskeletal) and Women's Pelvic Health.

*You asked: All questions are shown as received by the Trust.*

- 1) Are you currently using any digital tools to support patients' self-management in MSK (Musculoskeletal)*
- 2) Are you currently using any digital tools to support patients' self-management in Women's Pelvic Health*
- 3) If yes, which digital tools are you using for both?*
- 4) If not, do you have plans in the future to use digital tools for MSK and Women's Pelvic Health?*

Trust response:

- 1) Yes.
- 2) Yes
- 3) In Pelvic health the Trust use a You tube video – Education and advice for people undergoing gynaecological surgery, recommend use of the squeeze app for pelvic health patients, Virtual online education group for pelvic health patients and Patient information gets sent via email after initial appointments or the while you wait information leaflet is also sent virtually.

In MSK we currently have recorded class videos that patients are signposted to and also signpost patients to relevant organisational websites with advice such as self-management advice, support groups relevant to the patients conditions e.g. Versus arthritis, National Axial Spondyloarthritis society and others. Physitrack and rehab my patient exercise systems would sit under this as well, these allow patients to access their exercises digitally.

- 4) We are continuing to develop and review which digital tools we are using across all services.