

Orthopaedic Physiotherapy Screening in Primary Care (OSiP)

The Orthopaedic Physiotherapy Screening in Primary Care (OSiP) Service was implemented at Pine Rivers Community Health Centre in March 2014 and permanently funded in January 2017 under The Prince Charles Hospital jurisdiction. At OSiP we accept direct referrals from GP's and we assist in the screening of patients directly from The Prince Charles Hospital Orthopaedic Outpatient waiting list.

The OSiP service is for patients with musculoskeletal conditions who may benefit from well-coordinated multidisciplinary management and do not need immediate surgery. The Service improves access to multidisciplinary management and decreases waiting times for patients requiring consultation with Orthopaedic or Neurosurgical Specialist Services. GP's contemplating a patient referral to Orthopaedic or Neurosurgical Specialist Services may consider referring to the OSiP service for an advanced musculoskeletal assessment and consideration of multidisciplinary management prior to referring to specialist services. The OSiP service has demonstrated improved optimisation of Orthopaedic Specialist Services

The clinics are staffed by Advanced Musculoskeletal Physiotherapists (AMP) who perform a comprehensive assessment and develop a multidisciplinary management plan. The multidisciplinary team includes physiotherapy, pharmacy, psychology, and dietetics. All relevant findings and plans are communicated to the referring GP. Services such as Hydrotherapy, and Towards a Healthy Recovery to LIVE (THRIVE) Lower Limb exercise class for patients with Hip and Knee Osteoarthritis are available at PRCHC via OSiP. The Healthy Eating and Lifestyle Programme (HELP) led by the senior Psychologist and Dietician is also available. We accept direct GP's referral to the HELP.

If there are any concerns regarding the patient's condition the AMP will discuss this with an orthopaedic consultant. Further investigations may be requested.

Patients may be followed up with the AMP to evaluate their progress and the effect of the management plan implemented. Patients who require a consultation with the orthopaedic specialist will be highlighted and the referring GP informed with the recommendation to refer them on to the Orthopaedic Outpatient Service for escalation of care.

Implementation of this service in Queensland Health has resulted in a reduction of waiting times for patients, delivered good clinical outcomes, and provided high rates of satisfaction from patients, referrers, and orthopaedic specialists.

For further information please contact:

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Orthopaedic Screening in Primary Care (OSiP) Direct Referral Catchment Area

Included Suburbs

- Albany Creek
- Aspley
- Bald hills
- Boondall
- Bracken Ridge
- Bray Park
- Brendale
- Bribie Island
- Brighton
- Burpengary
- Carseldine
- Cashmere
- Clontarf
- Caboolture
- Chermside
- Dakabin
- Deception Bay
- Eatons Hill
- Griffin
- Joyner
- Kallangur
- Kippa Ring
- Lawnton
- Mango Hill
- Murrumba Downs
- Margate
- North Lakes
- Narangba
- Petrie
- Redcliffe
- Rothwell
- Samford
- Sandgate
- Strathpine
- Wavell Heights
- Warner
- Woody Point
- Zillmere

Referrals: Fax to MNHHS Central Patient Intake: 1300 364 952

Contact: Ph : 3817 6357 Email : osippinerivers@health.qld.gov.au

OSiP Pine Rivers, Pine Rivers CHC, 568 Gympie Road, STRATHPINE, QLD, 4500

Orthopaedic Screening in Primary Care (OSiP) Direct Referral Criteria

Eligible/ Included

1. Patient and GP located in the targeted catchment areas

2. Patients with Non-Urgent Musculoskeletal conditions (Category 2 or 3)

(i.e. Patients who may otherwise have been referred to public hospital orthopaedic or neurosurgery services with benign musculoskeletal conditions and mechanical pain, who require further assessment and/or more comprehensive non-surgical management). **Examples include:**

• Lower limb conditions

- Chronic knee instability/sprains/strains
- Hip and Knee OA
- Patellofemoral joint pain/instability
- Trochanteric bursitis/Gluteal tendinopathy
- Chronic / recurrent Ankle instability
- Achilles tendinopathy (non-diabetic) / plantar fasciitis

• Upper limb conditions

- Rotator Cuff tendinopathy / tear
- Chronic shoulder impingement or instability
- Neck/shoulder pain
- Elbow tendinopathy

• Spinal conditions

- Spinal conditions with non-progressive neurology
- Chronic degenerative disease
- Non-specific low back pain
- Chronic cervical and lumbar radiculopathy
- Whiplash Associated Disorder

Recommended Investigations

Hip – AP pelvis + lateral [x-ray](#)
Knee – AP standing +lateral + skyline [PEJ](#)
Achilles – x-ray + ultrasound

Shoulder (if unable to elevate arm)
– x-ray (AP + lateral) + ultrasound

Back Pain – x-ray if none in previous 12 months

Excluded – please do not refer:

1. General

- Does not reside within the catchment area
- Urgent (Category 1) conditions
- Workcover / CTP / insurance claims patients
- Requests for orthotic / bracing prescription

2. Condition Specific

- Post fracture, prosthetic or fixation reviews

3. Red Flags

- Constant severe pain, unexplained weight loss, night pain, systemically unwell (fever, malaise)
- Lumps, bumps, bunions, ganglions, masses
- Suspected tumour, infection, or inflammatory disease (RA / AS)
- Non-mechanical pain, cord / cauda equina signs, severe/ worsening neurological signs, severe thoracic pain, recent spinal surgery, significant spinal trauma

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