

FOI 1803

07 August 2023

**FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST**

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**Question:**

Are you currently using any digital tools to support patients in the following departments?

- MSK (Musculoskeletal)
- Womens Pelvic Health

If yes, which digital tools are you using?

If no, do you have future plans to use digital tools for MSK and Women's Pelvic Health?

**Response:****Digital Tools in MSK:**

- QR codes to direct patients to our resource videos.
- Signpost patients to websites to watch specific patient information videos i.e. explain pain in 5 mins/ tame the beast/Versus Arthritis.
- Occasionally for patients with Chronic Pain we would advise patients to use a laterality app such as 'Recognise' or 'orientate'.
- Also use exercise prescription – many staff have their own individual licence for app such as physiotec and can print exercises for patients from this app.

**Digital Tools used in Pelvic Health**

- QR codes to signpost to our information videos
- Signpost to websites eg. Bladder and Bowel foundation
- Squeezy App (information app on pelvic floor exercises)
- Online delivery of group sessions, ante natal classes, Pelvic Girdle Pain classes, Women's Health Information Sessions, Weigh to Healthy Pregnancy.

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