

Is Aquatic Physiotherapy effective in clinical practice?

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Introduction

- Evidence of clinical effectiveness is increasingly required by all stakeholders.
- Measure Yourself Medical Outcome Profile, Version 2 (MYMOP2) questionnaire.
- A snapshot of pre and post MYMOP2 scores for a 3 month period is presented.

* MYMOP2 *

Full name Date of birth

Address and postcode.....

Today's date Practitioner seen

Choose one or two symptoms (physical or mental) which bother you the most. Write them on the lines.
Now consider how bad each symptom is, over the last week, and score it by circling your chosen number.

SYMPTOM 1:	0	1	2	3	4	5	6
.....	As good as it could be						As bad as it could be
.....							
SYMPTOM 2:	0	1	2	3	4	5	6
.....	As good as it could be						As bad as it could be
.....							

Now choose one activity (physical, social or mental) that is important to you, and that your problem makes difficult or prevents you doing. Score how bad it has been in the last week.

ACTIVITY:	0	1	2	3	4	5	6
.....	As good as it could be						As bad as it could be
.....							

Lastly how would you rate your general feeling of wellbeing during the last week?

	0	1	2	3	4	5	6
	As good as it could be						As bad as it could be

How long have you had Symptom 1, either all the time or on and off? Please circle:

0 - 4 weeks 4 - 12 weeks 3 months - 1 year 1 - 5 years over 5 years

Are you taking any medication FOR THIS PROBLEM ? Please circle: YES/NO

IF YES:

1. Please write in name of medication, and how much a day/week

.....

2. Is cutting down this medication: Please circle:

Not important a bit important very important not applicable

IF NO:

Is avoiding medication for this problem:

Not important a bit important very important not applicable

Choose one or two symptoms (physical or mental) which bother you the most. Write them on the lines.
Now consider how bad each symptom is, over the last week, and score it by circling your chosen number.

SYMPTOM 1:	0	1	2	3	4	5	6
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Method

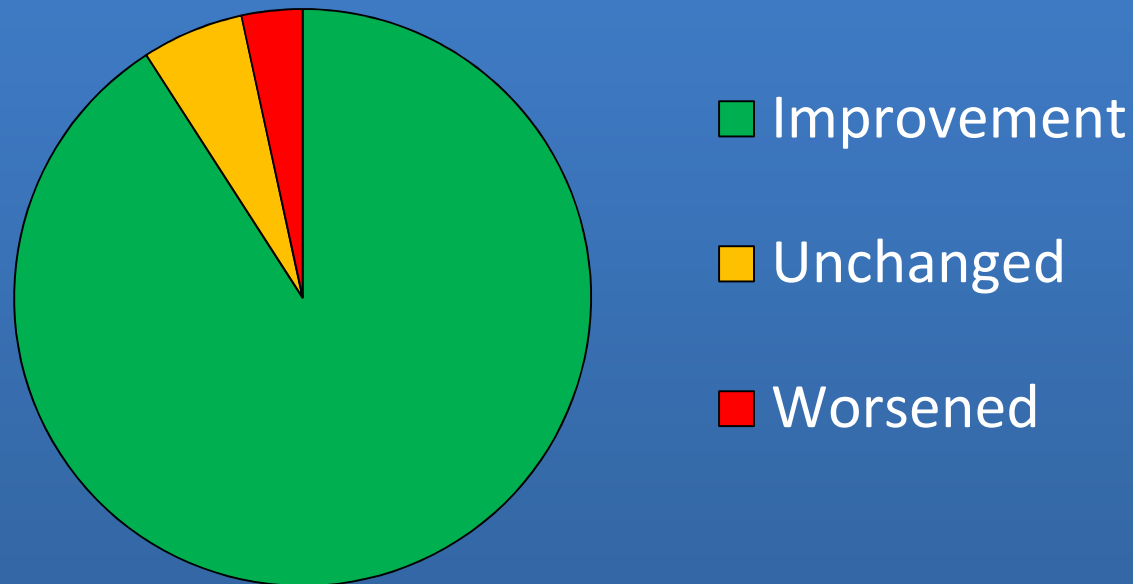
- AP patients January - March 2012
- AP given as per Aquatic Therapy Association of Chartered Physiotherapists (ATACP) Guidance on Good practice in Hydrotherapy.
- The MYMOP2 Profile score used pre and post AP.

Results

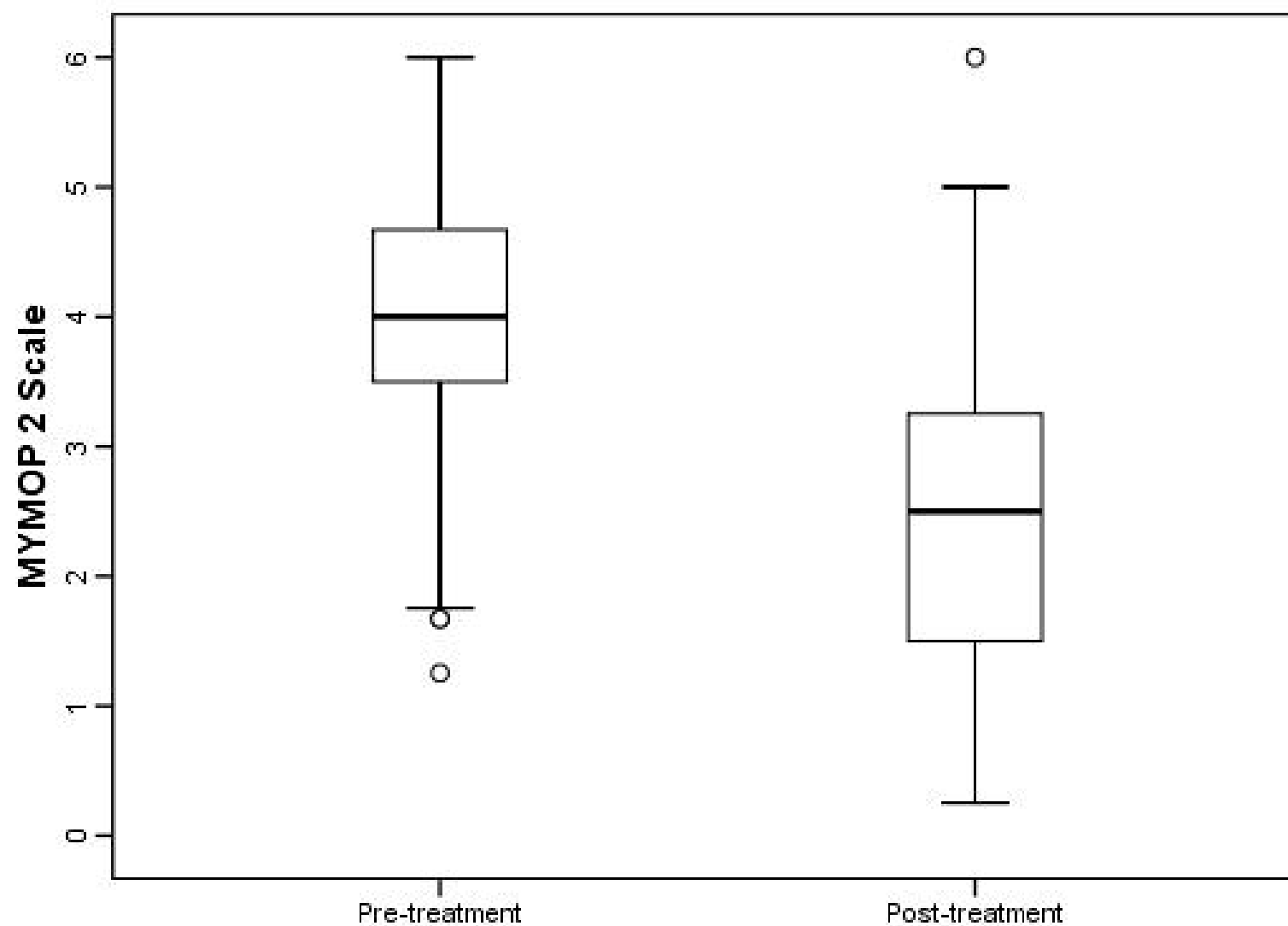
- N=87
- Mean age - 57.2 years (SD:16.7)
- Males: females 24:63
- 67 patients had musculoskeletal conditions
- Disease Duration: 77.1% chronic
- Mean number of treatments was 5.4 (SD:1.3).

Results: Difference in Profile score

- Profile score= $(S1+S2+activity+wellbeing)/4$
- 90.8% improved after AP
- This was independent of condition & disease duration

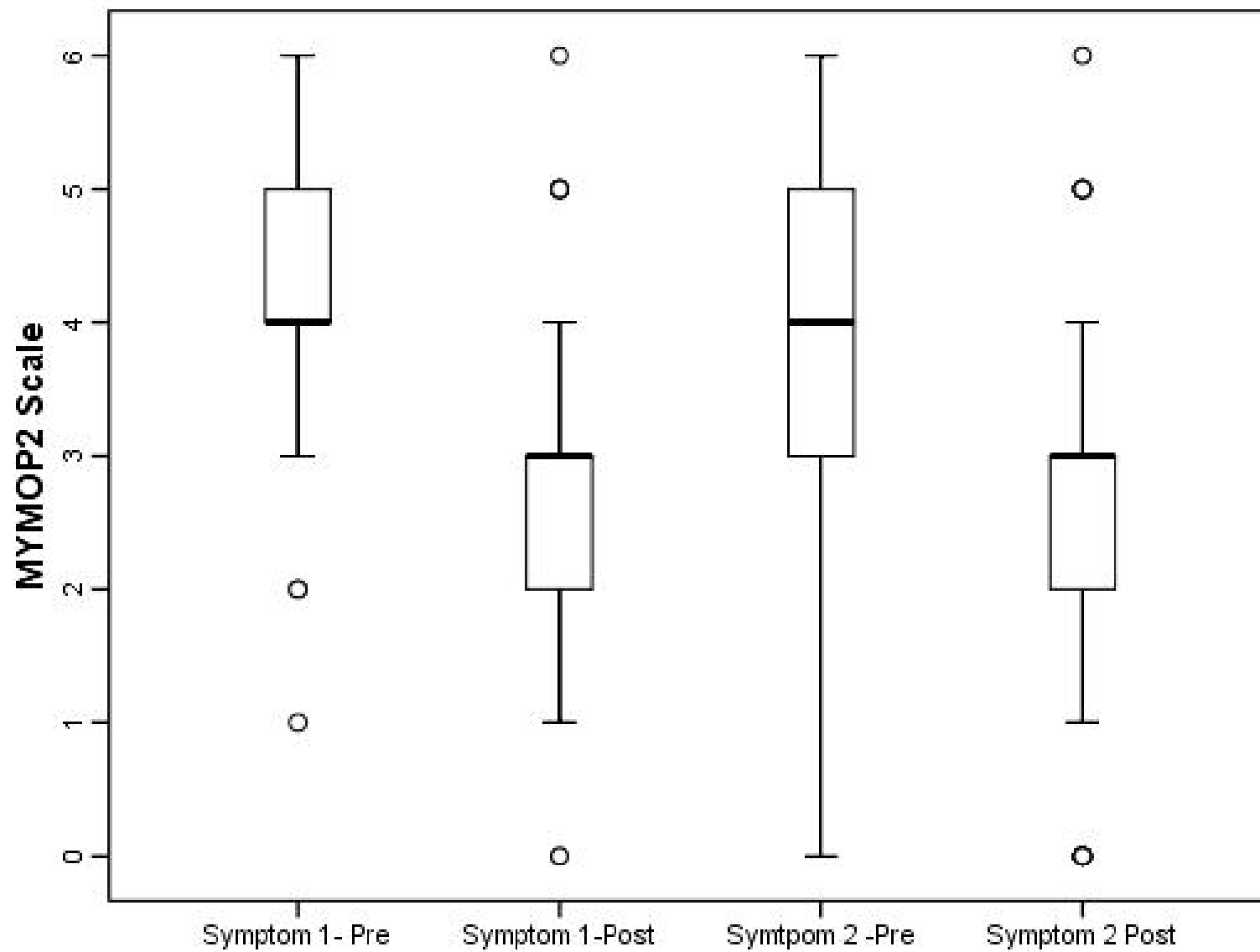


MYMOP2 Profile Scores Before and After Aquatic Therapy (n=87)



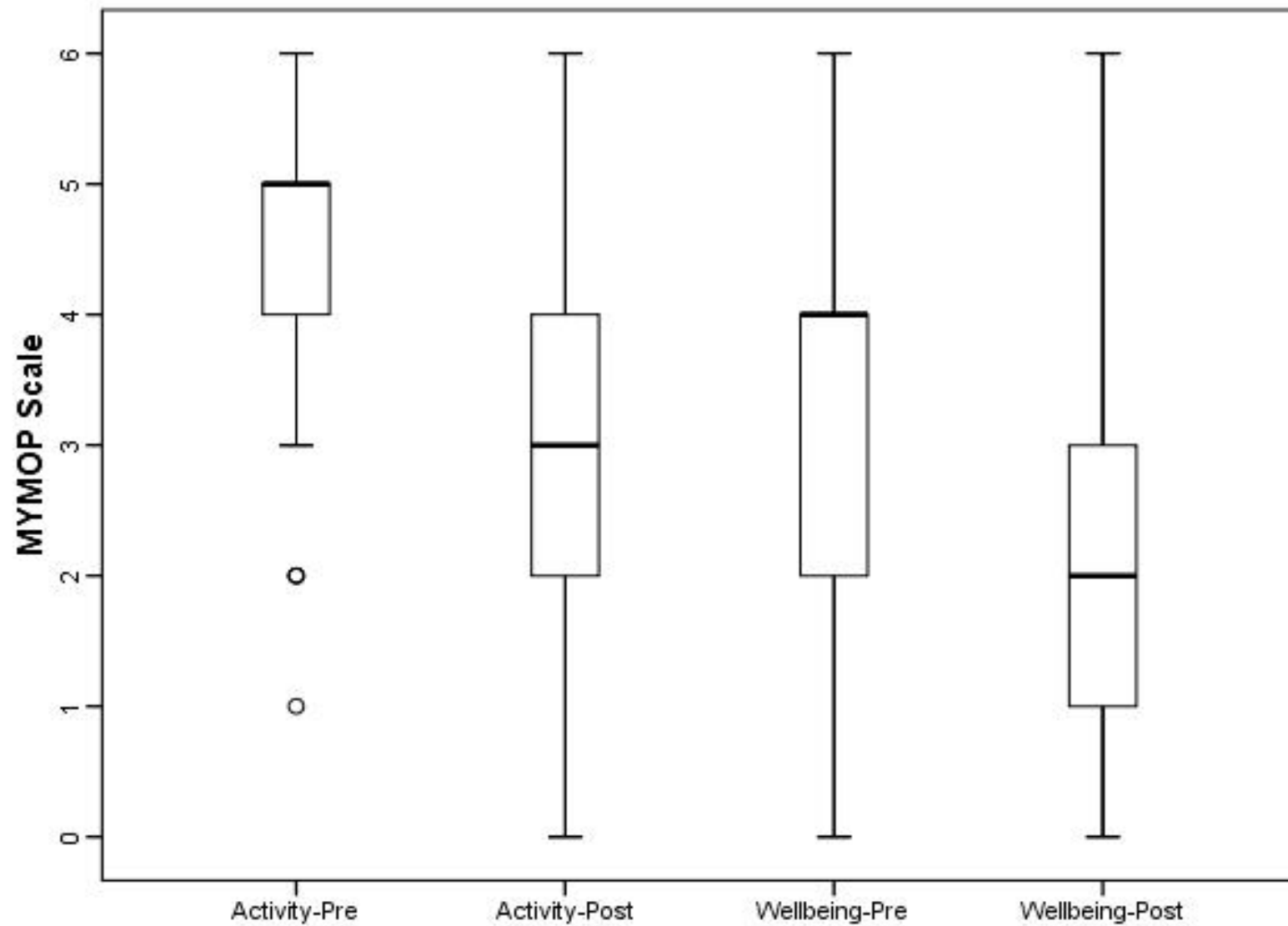
There was a significant improvement in profile score after treatment ($p < 0.001$)

Figure 2 - Symptoms Before and After AP (n=87)



There was a statistically significant change, signifying symptom reduction, after AP ($p < 0.001$)

Figure 3 -Activity and Wellbeing before and after AP



There was a statistically significant change, signifying improvement in activity and wellbeing after AP ($p < 0.001$)

Clinical Significance

- MCID=0.85 (Patterson, 1996)

77.3% showed a MCID in
their profile scores of
more than 0.85

Conclusions

Aquatic Physiotherapy

- Effectiveness in Clinical practice proved
- Statistical and Clinical significance proved

MYMOP2 tool

- Feasible and responsive measure for use in AP
- Recommended as the measure of choice in AP

Future Projects

- National & International data base for AP
- Long Term follow up using MYMOP qual to explore patients attributions for perceived benefit
- Comparing MYMOP2 with EQ5D (recommended by CSP for musculoskeletal outpatients)



Thank you

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www.measuringimpact.org/s4-mymop2

Clinical Significance

- MCID=0.85 (Patterson, 1996)

PROFILE SCORE	77.3 %
Symptom 1 (1.14)	46.3 %
Symptom 2 (0.91)	62.0 %
Activity (1.33)	46.8 %
Wellbeing (0.39)	70.5 %