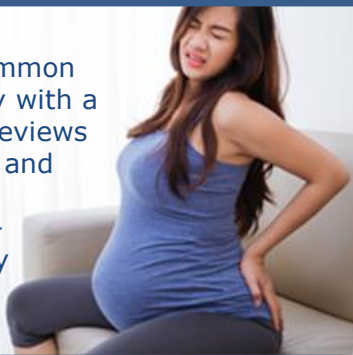


The use of e-learning tools in the management of common pregnancy related musculoskeletal conditions

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Background

Lumbopelvic pain (LPP) is the most common musculoskeletal condition in pregnancy with a prevalence of up to 65%. Systematic reviews conclude that timely patient education and guided self-management are effective components of Physiotherapy management of this condition; however, timely intervention in an outpatient (OPD) hospital setting is a challenge.



Intervention

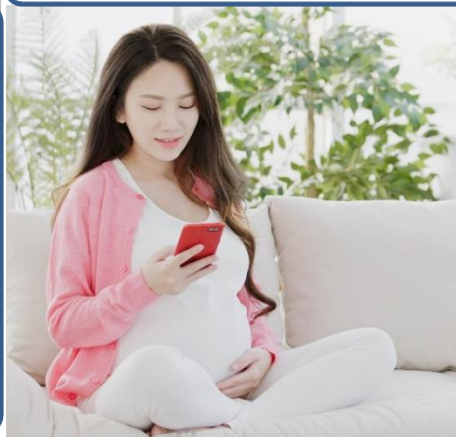
Pregnant women presenting with mild to moderate LPP symptoms were sent a personalised email, including **self-management information** and a **video** link providing clear guidelines to facilitate techniques for moving, stretching and resting well during pregnancy. Patients were also advised that if significant LPP persisted after two weeks of self-management to re-contact Mater Physiotherapy Department for an urgent OPD appointment. Patients presenting with severe LPP were immediately booked an OPD appointment.

Current model not meeting demand

Education is effective treatment

eHealth is a viable option

- Pregnant women with LPP benefit from acute care via physiotherapy treatment focussed on self-management (Shiri 2018, VanBenten 2014).
- Timely management was not possible as demand exceeded Mater Physiotherapy OPD availability.
- Pregnant women access most of their health related information online (Lupton 2016).
- Pregnancy related LPP can be effectively treated via Telephone delivered education (Pecetin 2018).
- eHealth (electronic health) physiotherapy pelvic floor (PF) education via an email of a video to women during pregnancy increased knowledge and performance of PF exercises (Wilson 2015)



Outcomes

- Demand for OPD appointments for LPP reduced by 9.4%.
- Appointments are now available within the appropriate timeframe for acute patients.

Conclusion

eHealth is an effective way to:

- manage OPD waiting times
- manage mild to moderate LPP in pregnancy.



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