Physiotherapy has developed a philosophy and methodology (PACE) for dynamic group-based rehabilitation and physical activity opportunities based in community settings and espousing the self care / self management ethos. Physical activity / exercise based sessions are complimented by education and advice with the aim of moving patients on from health based care to leisure based sustained self management.

PACE groups currently being run include:

- General Rehabilitation
- One-to-One
- Rheumatology
- Pain Management
- Complex Physical Care
- Movement in Mind
- PACE for Office Based Workers (PhysPOP)
- Paths to Health - Health Led Walk

Where

- Midlothian Community Hospital
- Bonnyrigg Health Centre
- Newbattle Medical Centre
- Dalkeith Health Centre
- Penicuik Health Centre
- Roodlands Hospital
- Edenhall Hospital
- Herdmanflat Hospital, Haddington
- Dunbar Medical Centre
- North Berwick Health Centre
- Prestonpans Health Centre

Sports and leisure centres across Mid and East Lothian

Who to refer

- All age groups are eligible for access to our services other than Paediatric cases (under age of 16) requiring physiotherapy
- Each case will be assessed in the first instance prior to the development of care plans & ongoing physiotherapy treatment/interventions(s) if required.
- Conditions:
  - trauma, orthopaedic, musculoskeletal, general mobility, pain, problems of ageing etc.
- Specialist Physiotherapy Centres:
  - Staff are multi-skilled with extensive experience & expertise in all common areas of clinical physiotherapy management & continuing professional development is considered a vital part of their practice
  - patients requiring to be seen by a highly skilled clinician from the start of their episode of care and are put on an appropriate waiting list until appointment slots become available.
- Triaging:

  - Upon receipt of referrals, screening and streaming of patients is undertaken by a team of very senior clinicians using an agreed set of clinical criteria.
  - The team of senior clinicians also act as initial coders of the referral data and more importantly use the information provided to decide its urgency and therefore how quickly the patient should be given a physiotherapy appointment. Again, the service operates an agreed and transparent set of urgency criteria.
  - Once seen in the Specialist Physiotherapy Clinic, the physiotherapist will agree with the patient the most appropriate means of managing their health issue, making an onwards referral to the resource best placed to meet the patient’s needs.

Who not to refer

- Children under the age of 16 should be referred to RHSC.
- Individuals with a Learning Disability
  - referred to the Mid Lothian Learning Disability Team
  - specialist physiotherapists are embedded in this team
- Mental Health problem
  - referred to the Mid Lothian Adult or Older People’s Community Mental Health Team as appropriate
  - specialist physiotherapists are embedded in the Adult Community Mental Health Team.

How to refer

- Access to PACE programmes is limited to physiotherapy staff and Consultants in the East Lothian MSK and Rheumatology Clinics
- GPs can suggest PACE access on their SCI Gateway referrals as a most appropriate physiotherapy management philosophy for their patient but the final decision will be taken by the coding team
- SCI Gateway referrals ensure the availability of a greater amount of pertinent & important clinical information is included from GP patient records as the basis for clinical decision making. It is also very easy to use, speedily received by physiotherapy & therefore processed faster, & an e-record of the referral remains on the SCI Gateway system even after downloading
- All SCI Gateway referrals are downloaded in the Physiotherapy Referral Management Centre in Roodlands Hospital.