

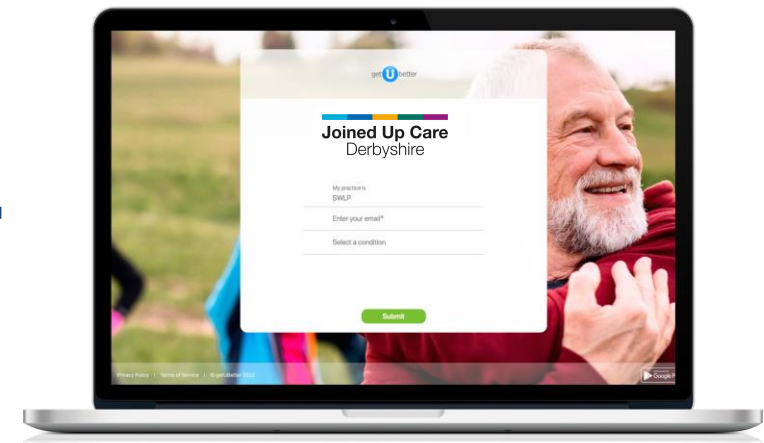
## JUCD ICS MSK App

**Digital self-management** for all  
common musculoskeletal  
injuries & conditions  
**across your ICS**



Together, we're supporting GP practices  
and clinicians

across the **JUCD ICS** by  
**connecting patients to their  
local MSK care pathways**



- **Free service** standardised to **your ICS**.
- **Locally configured** MSK pathways .
- **Signed off by your ICS clinical teams** and regularly updated
- Layers of risk management - **safe**.
- **Not an alternative** to clinical care, **but a routine** part of it.



The whole condition journey

Personalised and targeted

Responsive to patient recovery

Access to; healthcare, social care, public health services



## LOCAL SELF-MANAGEMENT ACROSS THE ENTIRE ICS CARE PATHWAY

SAFETY  
NETTING

RECOVERY

REFERRAL

REHAB

WAIT LIST  
PIFU

PREVENTION



We are **helping your patients to trust their recovery**, have the confidence to self-manage **and get better while using less health care resource**

Back

Back and leg

Neck

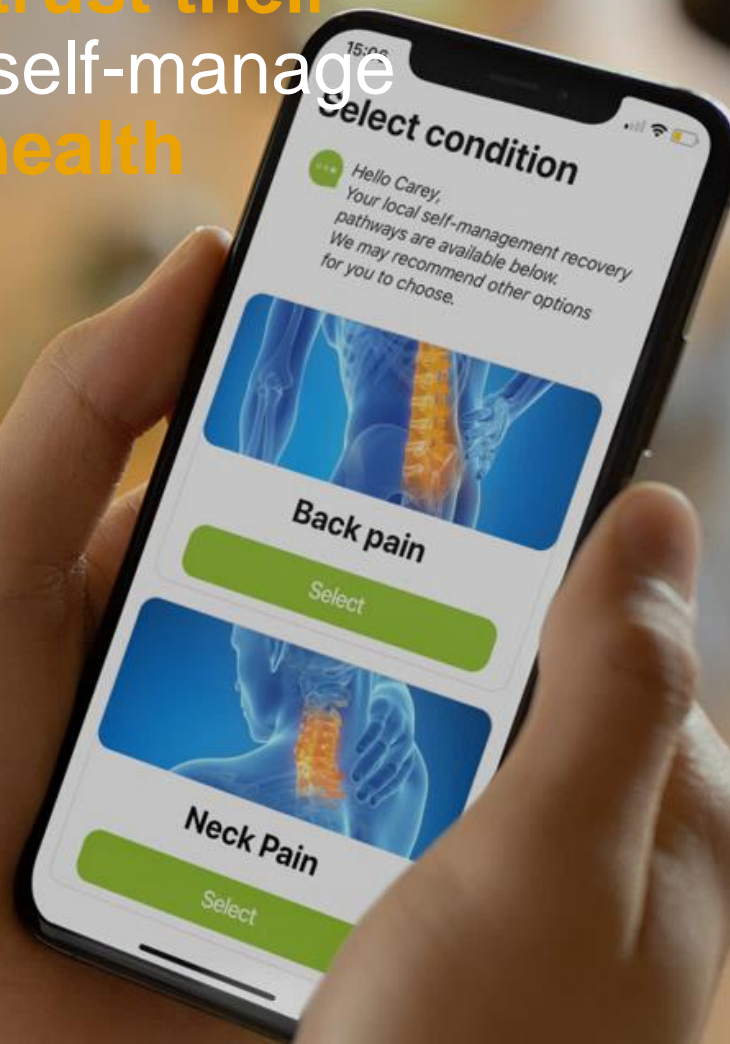
Shoulder

Hip

Knee

Ankle

Lower Limb: Soft Tissue Injury



# Who the service is for:

- ✓ Patients with **new**, **recurrent**, or **long-term MSK conditions**
- ✓ Patients requiring self-management support
- ✓ Patients **over 18** years of age



## Benefits to your GP practice:

- Safety netting throughout the patient journey
- Less GP visits (13% reduction)
- Less need for physio (20% less)
- Less need for medication (50% less prescribed medication)
- Less need to go to ED (66% less)
- Reduced inter-practice referral

## Benefits to your patient:

- Increased understanding of their condition and recovery
- Confidence and ability to self-manage
- Re-assured on recovery journey
- Supported behaviour change
- Will need less medication
- Access to local treatment and services
- Patient Choice
- Self-management at home





## The patient journey....



57 years old



Overweight



Lower back pain (3-4  
week)



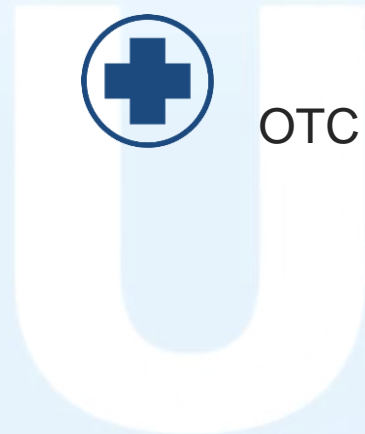
Off work



OTC pain medication



First time user



get  better

  
**Joined Up Care**  
Derbyshire



# How can Jo access the app?



## Self-referral



## Routine Care



# What does Jo get in the app?



We **safely** promote self-management but will **refer** Jo **if needed**

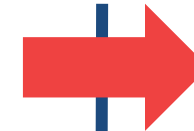


Screening  
questionnaire

Symptom  
checker

“getting worse”  
X3

Gateway  
questionnaire



Urgent Care

111

MIU

FCP/GP

Physio

Rehab programmes



By signposting the app to just **1 patient a day**, you can help significantly **reduce GP appointments, prescription costs, and physio referrals.**



## JUCD ICS MSK App

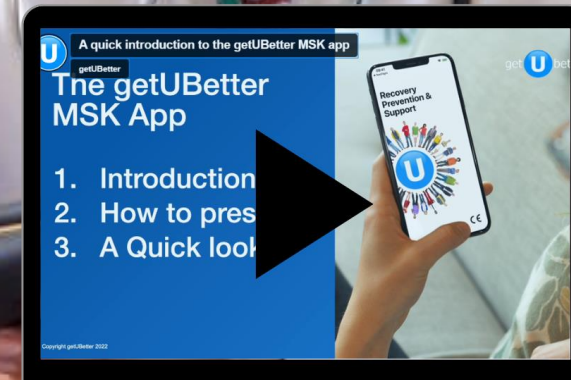
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# What can you do to make the **getUbetter MSK app** a **part of your routine care**?

Powered by  
get  better

- Watch our 5 minute video to **understand why and how to prescribe** the JUCD MSK app to your patients
- Provide additional patient support - **maintain a good levels of QR cards and posters** - let us know when to send more
- **Make sure** your surgery's **website content is clear and accessible**
- **Send batch AccurX update** to all patients when/where possible





# Digital self-management of ALL common musculoskeletal conditions across JUCD Integrated Care Board (ICB)

