

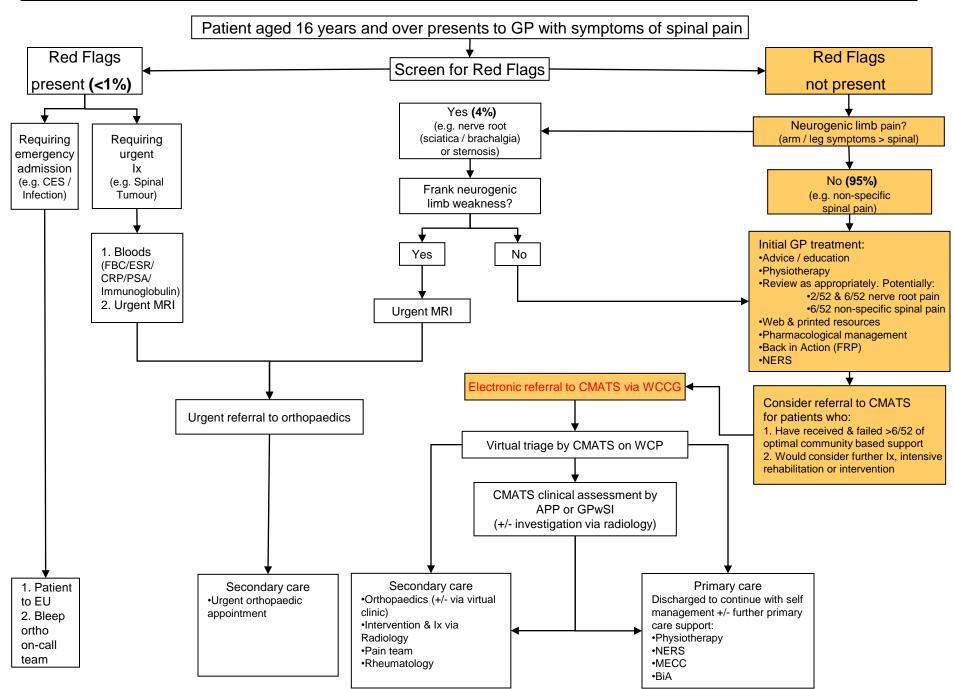
Pathway

Clinical Musculoskeletal Assessment and Treatment Service (CMATS) pathway Patient aged 16 years and over presents to GP with symptoms of knee, shoulder or spinal pain Screen for: •Emergency cases (red flags / widespread neurology) Present Not present •USC Rheumatology Manage using Does the patient Does the patient have a BMI of 25 or above? appropriate smdke? pathways / services Patient willing to engage with services No Ye Smoker BMI 30+ BMI 25-29 Discussion with patient of potential impact Refer to Community Provide BDA fact sheet non-engagement with Offer referral to addressing smoking/BMI Dietetic Service Online information 'Help Me Quit' •(http://www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx) on future By E-referral to: •Patient self referral to: sswcvreferrals management options • Foodwise for Life or @wales.nhs.uk OR by Commercial slimming group telephoning 0800 085 Consider NERS referral 2219 OR by SSW Quit Manager log in Apply appropriate pathway to support primary care clinical management +/- referral to CMATS Refer to See statement on Does the patient communit management of have a **Knee Pathway Shoulder Pathway** Spinal Pathway y dietetic obesity in hip and BMI 40 or service knee pathways above?



Spinal Pathway

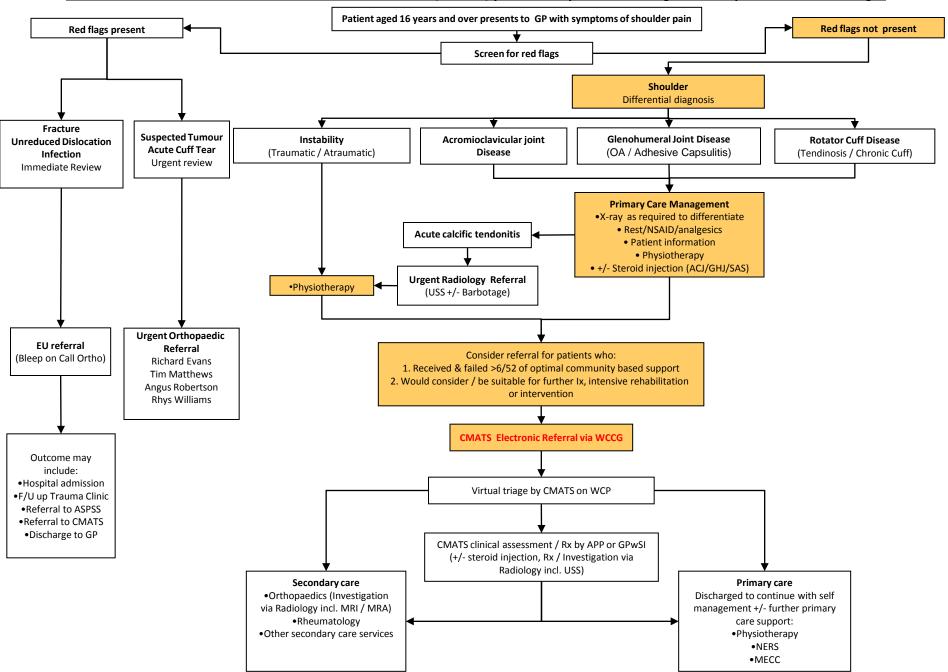
Clinical Musculoskeletal Assessment Treatment Service (CMATS) pathway for GP management of pain of spinal origin





Shoulder Pathway

Clinical Musculoskeletal Assessment Treatment Service (CMATS) process map for GP management of pain of shoulder origin





Knee Pathway

Clinical Musculoskeletal Assessment Treatment Service (CMATS) pathway for GP management of pain of knee origin Patient aged 16 years and over presents to GP with symptoms of knee pain Screen for red flags Red flags Red flags not present present Acute traumatic knee injury Atraumatic onset or history of previous knee injury Hot swollen joint <6/52 >6/52 Suspected fracture, extensor Infection / mechanism failure Inflammatory disease / recent <u>GP</u> surgery gout X-ray Attend A&E Advice and education Pharmacology Web resources GP bloods Attend Physiotherapy A&E X-ray · Weight loss and life style advice Acute on Treatment chronic knee pain Refer to • GP bloods Electronic referral to CMATS via WCCG if: on-call X-ray 1. Completed optimal community based treatment Acute knee trauma and support but symptoms persist screening team 2. True locking/true giving way service Virtual triage by CMATS on WCP No improvement MRI & refer to physio rheumatology rehab CMATS clinical assessment by APP or GPwSI -ve MRI +ve MRI conservative Secondary care Primary care management Orthopaedics Physiotherapy Refer to trauma •Pain team NERS / dietetics clinic / oncology? Rheumatology •MECC Fracture Podiatry Injection