

# Musculoskeletal Health at NCH&C

## What's the ambition?

To provide resources to proactively promote good musculoskeletal (MSK) wellbeing and promote prevention, and to provide interventions to support rehabilitation when it is needed

## What can you expect?

- Development of a trust charter setting expectations of all involved.
- Review MSK incident reporting to ensure we have an accurate understanding of the current context and to ensure staff are supported to log incidents.
- Revision of MSK risk assessments process and support provided, to encourage uptake of these to highlight concerns, mitigate risks and prevent poor practice / injury.
- A range of self-care resources collated into an accessible MSK Health Guide for staff.
- Comprehensive awareness campaign to promote the importance of good MSK health.

## Why is it important?

NCH&C was the worst performing community trust in the 2020 NHS Staff Survey for staff experiencing MSK problem as a result of work in the last 12 months.

**34.9%** of staff report experiencing a MSK problem in the last 12 months (increase from 27.8% in 2019).



Staff aged **41-65 YEARS** experienced the highest rate of MSK problems in 2020

Between April 2020 - March 2021 the impact of MSK absence for the trust resulted in **5,00 DAYS** lost, costing almost **£350,000**



AHPs and Medical & Dental report the biggest deterioration in MSK problems since 2019 (13% and 11% respectively).