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LEG HEALTH ASSESSMENT DAYS

Facilitating undergraduate training and population empowerment



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Leg assessment days

- Leg health assessment days have taken place with industry support since 2011.
- Members of the public are invited via local press to attend a leg health assessment.
- The assessment is carried out by podiatry undergraduates, supported by practising clinicians.
- The holistic assessment incorporates: medical history, presenting complaint, limb assessment.
- Assessment results are communicated with the individual and any necessary early intervention is recommended, such as lifestyle advice, skin care, provision of hosiery, or instructions to visit the General Practitioner.

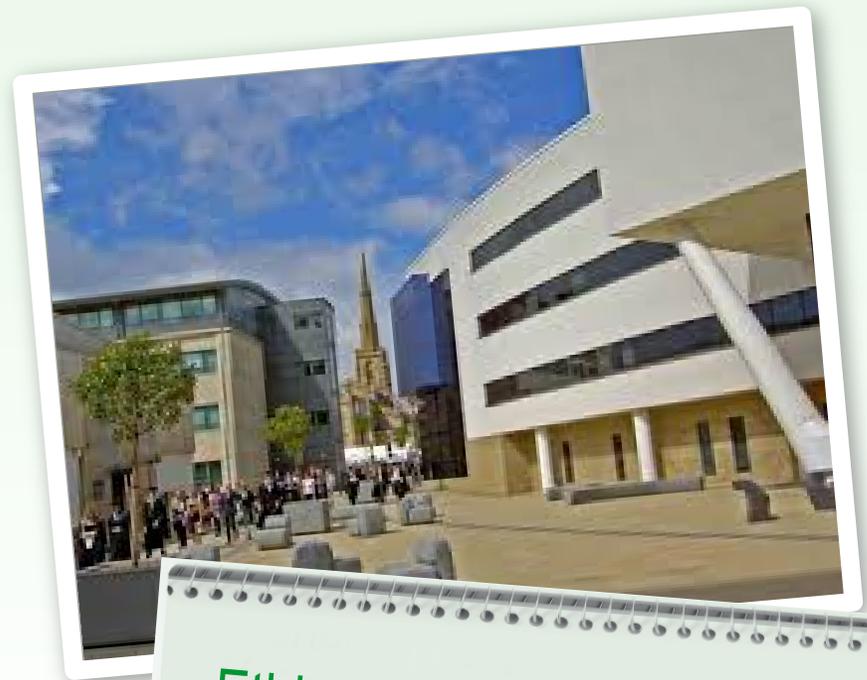


Aim of evaluation

- To illustrate the benefits of working in partnership with clinicians, academics and industry to improve undergraduate clinical skills
- To promote leg health amongst the local population.

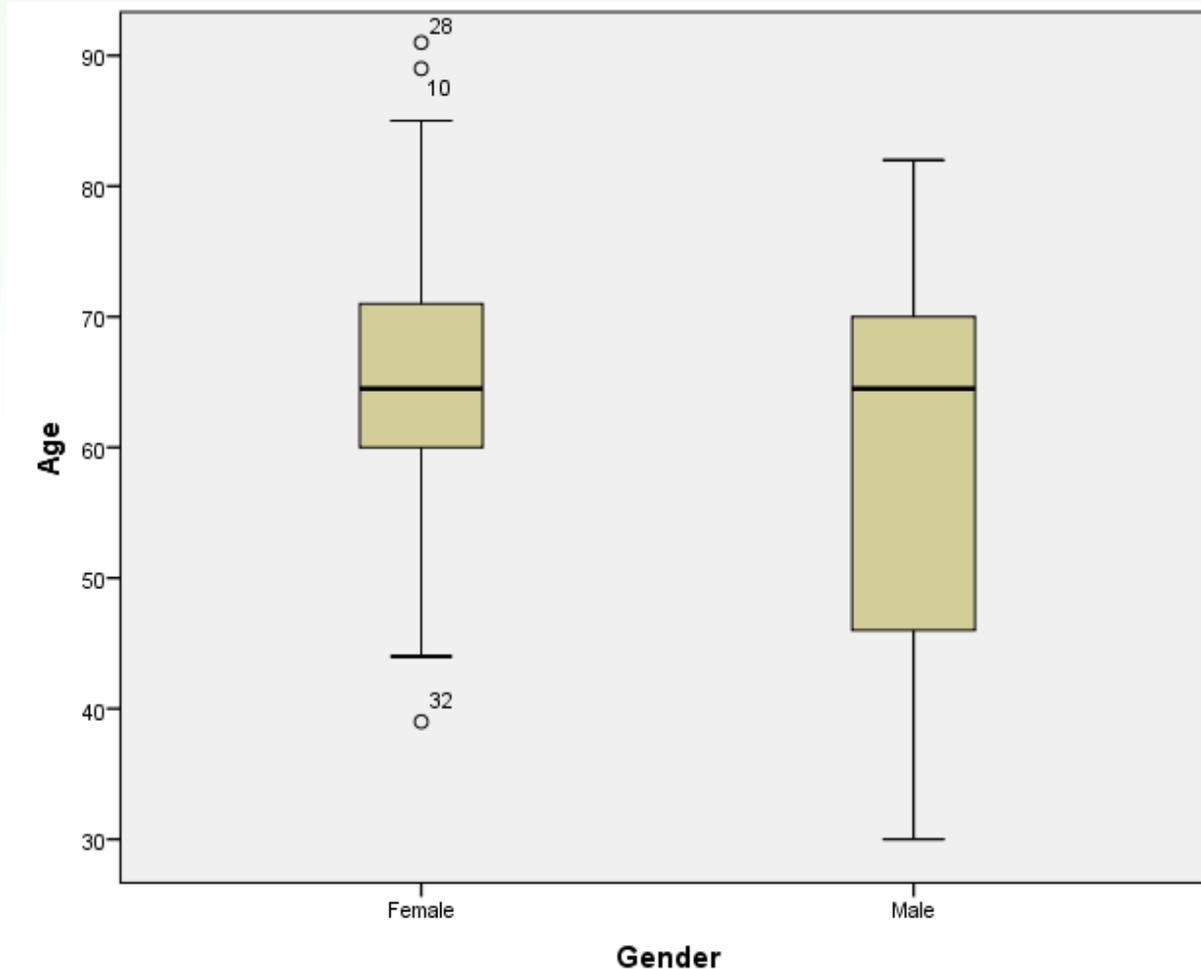
Methods

- Collection of patient demographic information including symptom history and whether patient had accessed a health practitioner about their legs previously
- Patient feedback questionnaire
- Student feedback questionnaire.



Ethical approval to conduct the study was granted through the School of Health Science – School Research Ethics Panel. Written consent was gained from all participants.

Demographics: Age of participants



Age distribution of males and females

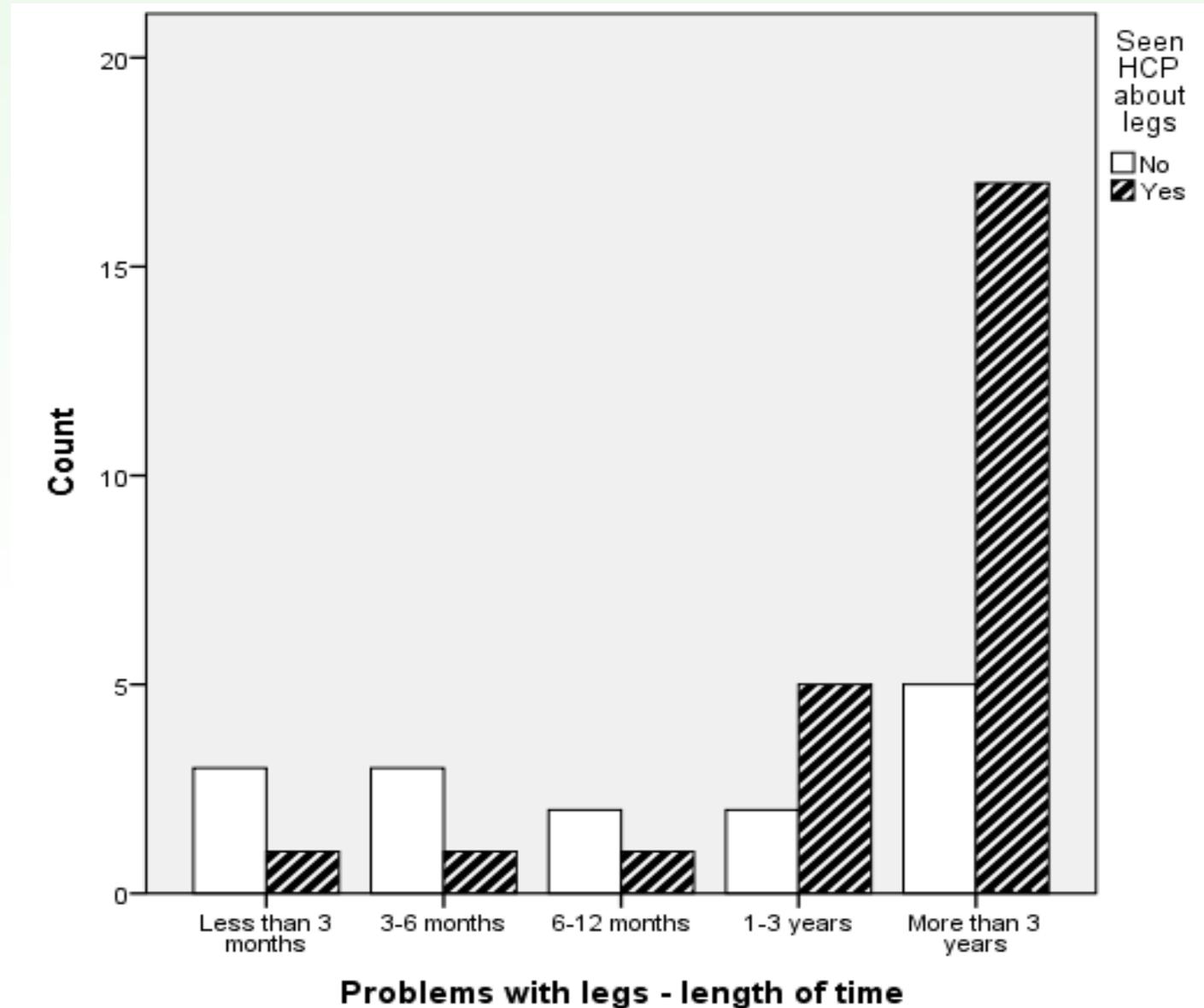
Median ages are quite similar but there are a few more younger males and older females.

Length of symptoms

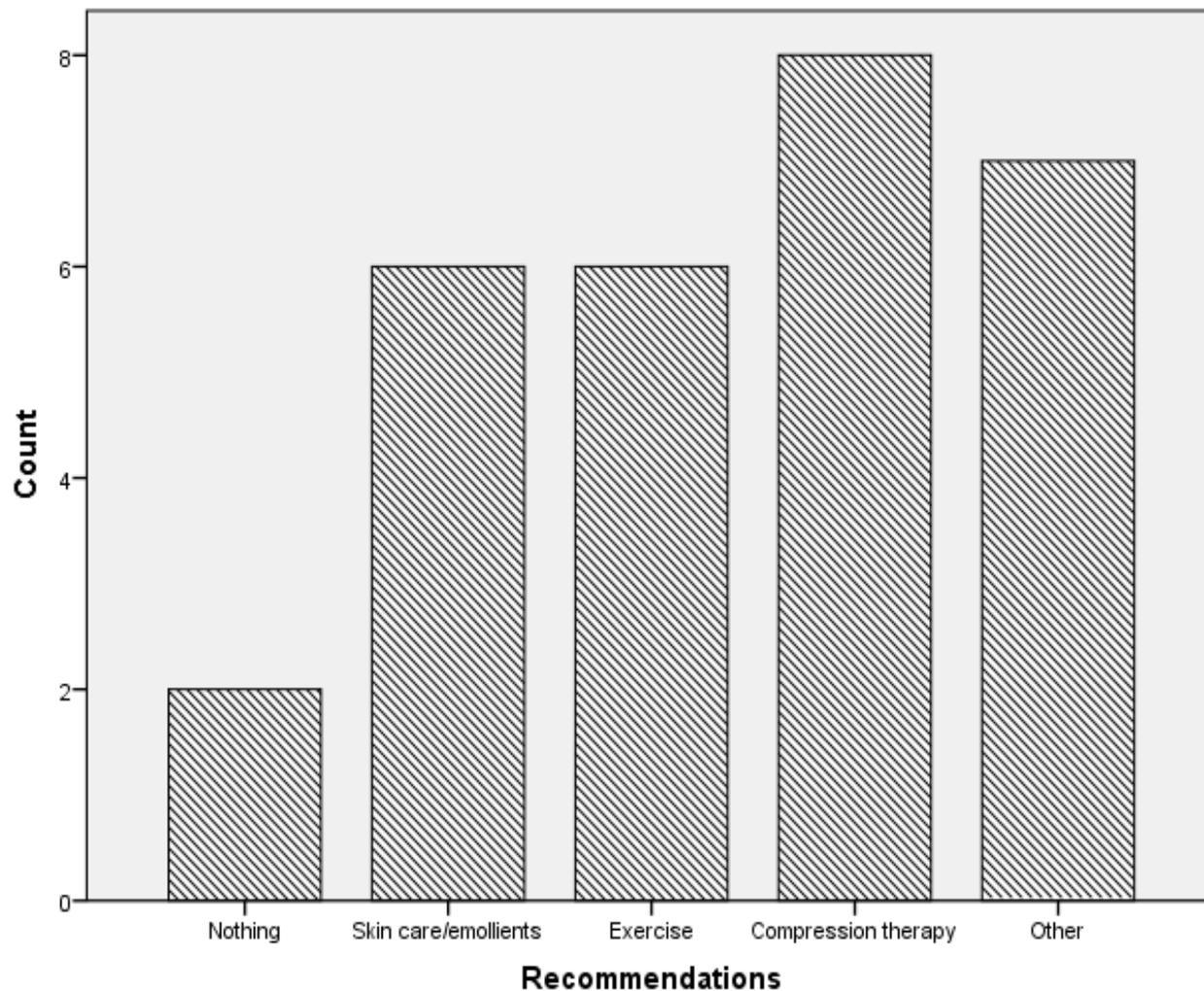
Over half of patient respondents (22; 55.0%) had experienced problems with their legs for more than 3 years, of these 17 had seen an Health Care Practitioner.

The remainder is approximately equally distributed between those with problems for less than 6 months, and those with problems for between 6 months and 3 years.

Most respondents had seen a health care practitioner: in most cases a General Practitioner.



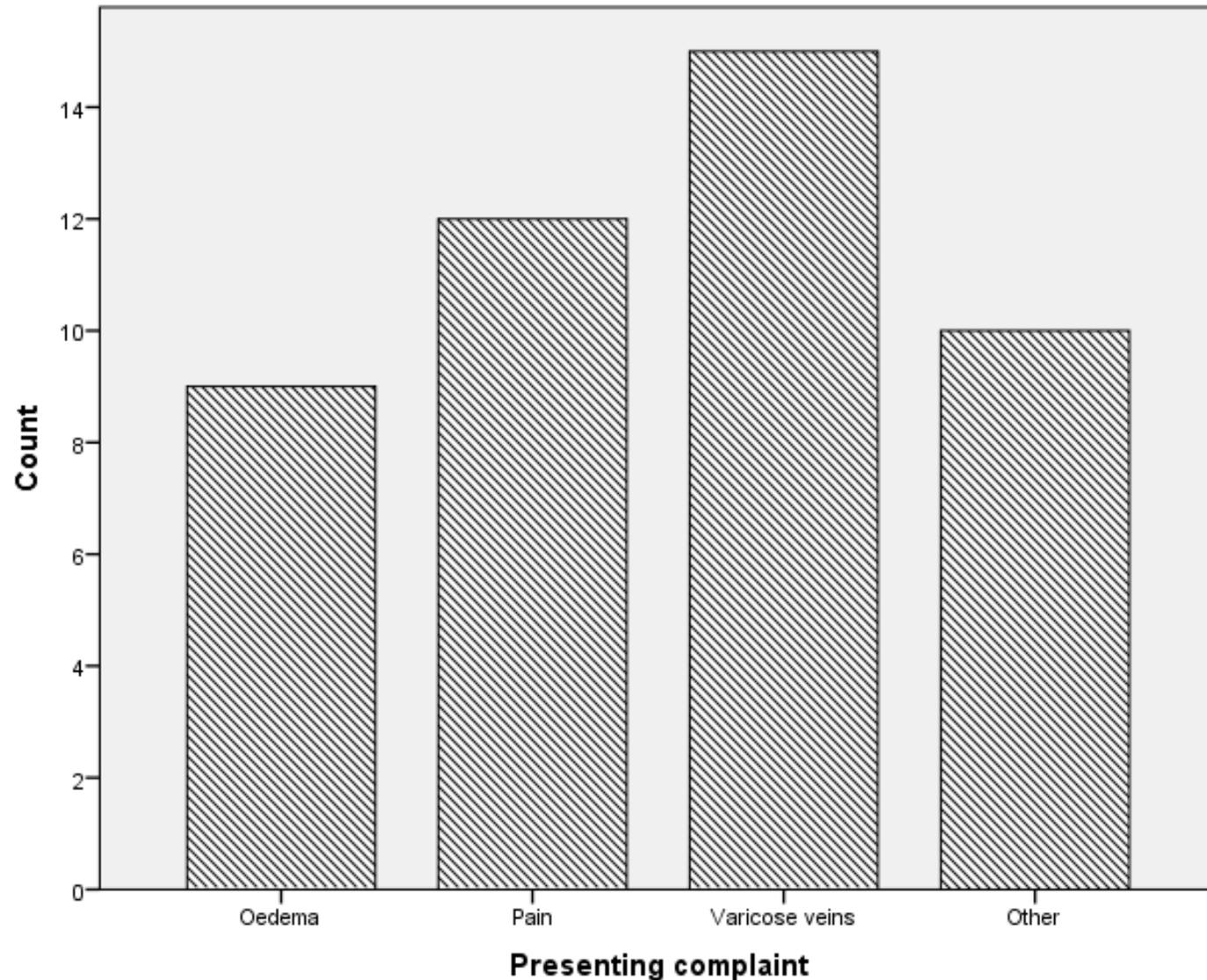
Previous recommendations



A variety of recommendations had been made by respondents' practitioners; with compression therapy being the most common.

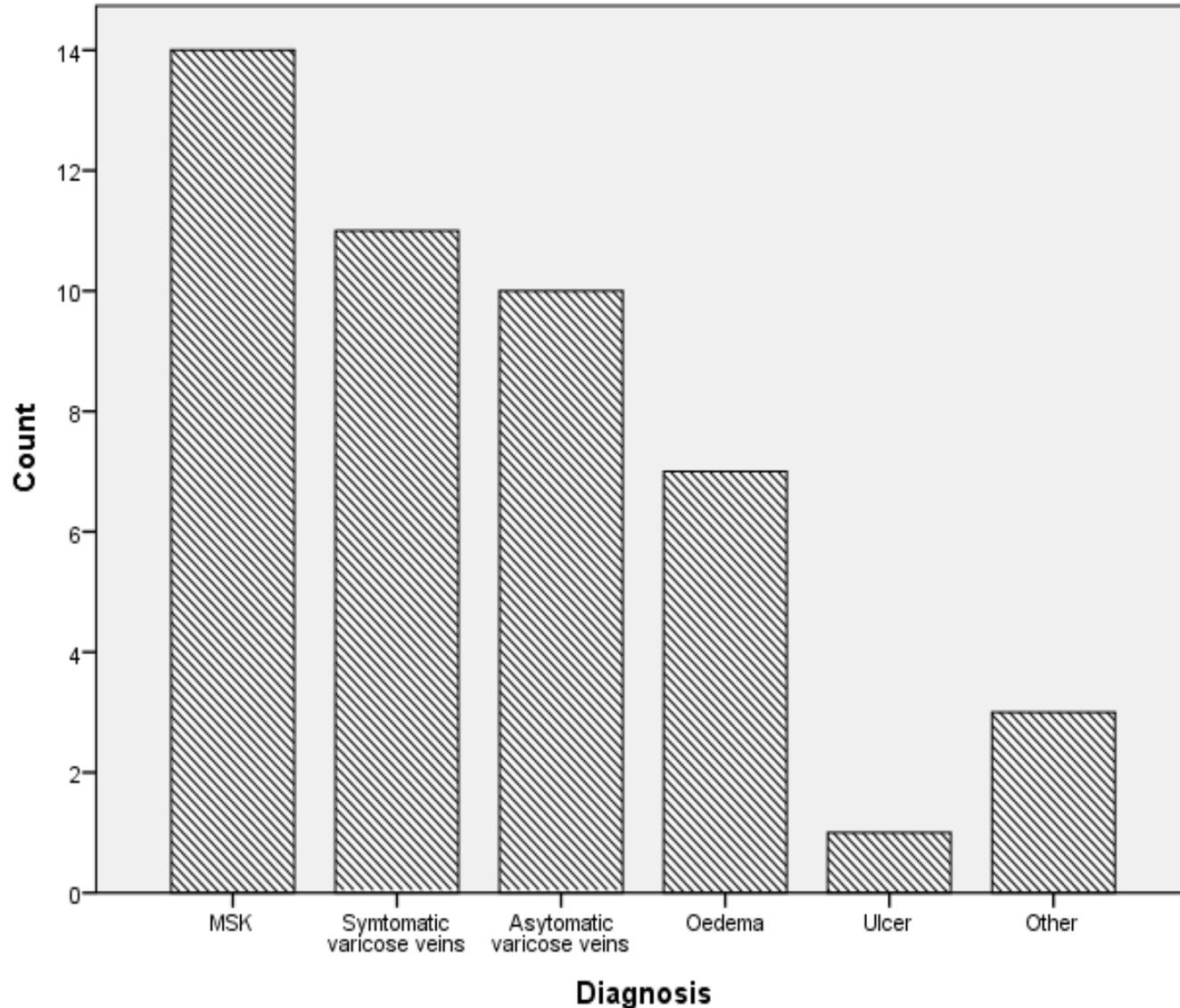
Skin care/emollients and exercise were also recommended to a number of respondents.

Presenting complaint



- Varicose veins = most common reason.
- Other reasons included skin conditions, gait issues, ulceration or assessing health screening.

Diagnosis



- Muscular Skeletal = most common diagnosis.
- Varicose veins = second highest – symptomatic and asymptomatic in similar numbers.
- Oedema = main diagnosis in 7 patients.
- Others included potential skin cancers, PAD, eczema.

Participant/student feedback results

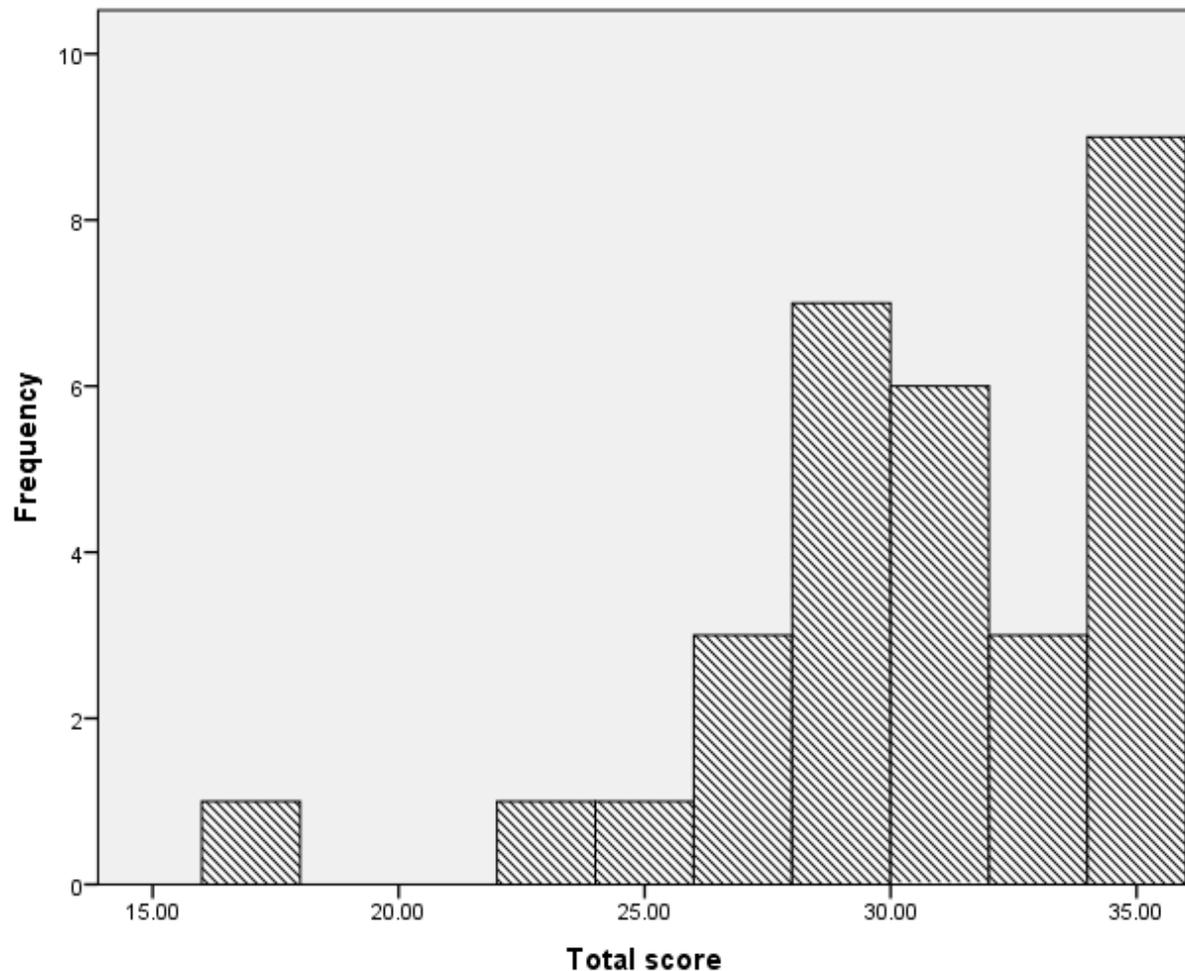
Participants:

41 questionnaires were completed. Most questionnaires were fully completed; however around 4% of data was recorded as missing.

Students:

31 questionnaires were completed. Most questionnaires were fully completed; however around 2 items had one missing value (about 1% of the total data).

Participant feedback – how they scored the assessment



- The score is the sum of responses to all items, with the most negative response being given a score of 1 and the most positive response being given a score of 5.
- The graph is highly skewed, with many more people scoring the day positively than negatively, including 9 who gave it the maximum of 35 out of 35.

Participant feedback

Respondent perception of having been listened to	
Yes	38 (100.0%)
No	0 (0.0%)
Respondent perception of having been adequately assessed	
Yes	38 (100.0%)
No	0 (0.0%)
Respondent perception of clarity of information provided	
Very clear	34 (87.2%)
Clear	5 (12.8%)
Unclear	0 (0.0%)
Slightly confusing	0 (0.0%)
Confusing	0 (0.0%)
Respondent recommendation of day to others	
Yes	39 (100.0%)
No	0 (0.0%)
Respondent overall satisfaction level	
Very satisfied	36 (92.3%)
Satisfied	3 (7.7%)
A little dissatisfied	0 (0.0%)
Very dissatisfied	0 (0.0%)

Uniformly positive...

- 100% reported that they felt they had been listened to, been adequately assessed, and would recommend others to attend similar days.
- Most respondents rated the clarity of the information provided to be *“very clear”*.
- Most respondents rated their satisfaction of the service they received to be *“very satisfied”*.

Student feedback

Overall student perceptions were strongly positive...

- Over half of the students strongly agreed that their learning was enhanced by the contributions of other professions.
- Almost all students agreed that the session had increased their understanding of how professions work for patient benefit.
- A similar distribution of responses to the statement *'improved insight into the roles of other professions'*.

Statement	Frequency (valid %)
My learning from this session has been enhanced by the contribution of other professions	
Strongly agree	17 (54.8%)
Agree	14 (45.2%)
Neither agree nor disagree	0 (0.0%)
Disagree	0 (0.0%)
Strongly disagree	0 (0.0%)
Don't know	0 (0.0%)
This session has increased my understanding of how health professions work with industry for patient benefit	
Strongly agree	14 (45.2%)
Agree	13 (41.9%)
Neither agree nor disagree	3 (9.7%)
Disagree	0 (0.0%)
Strongly disagree	1 (3.2%)
Don't know	0 (0.0%)
This session has given me an insight into the role of another professional group	
Strongly agree	12 (40.0%)
Agree	13 (43.3%)
Neither agree nor disagree	2 (6.7%)
Disagree	3 (10.0%)
Strongly disagree	0 (0.0%)
Don't know	0 (0.0%)

Student perception

A total score was derived for all students; representing a measure of the students' overall perception of the effectiveness of the day. This measure was calculated to be the sum of scores obtained on individual items; using the coding:

Strongly agree = 5;

Agree = 4;

Neither agree nor disagree = 3;

Disagree = 2;

Strongly disagree = 1.

Coding was not required for the *Don't know* option as this was not selected by any respondent.

The overall perception scores ranged from 17 to 35 (35 being maximum score); with a mean score of 30.2 (SD 4.37).

Overall, students perception of the effectiveness of the day was very high, and consistent across the cohort.

Discussion

The benefits for the undergraduate practitioner:

- Develop assessment skills under supervision
- Understand appropriate referral pathways for those requiring medical input
- Appreciate the need and the clinical benefits of early intervention for venous/lymphatic insufficiency.

The benefits for the participant:

- The process of self referral facilitates empowerment
- Promotes self care
- Individuals feel listened to and supported
- Prevents disease progression and, potentially, the development of further complications.
- Facilitates timely specialist referral in cases requiring prompt review.

Conclusion

Leg health assessment days facilitate both undergraduate training and health promotion. The days gain positive feedback from both individuals and undergraduates.

Thank You

Questions?

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