

# ***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.

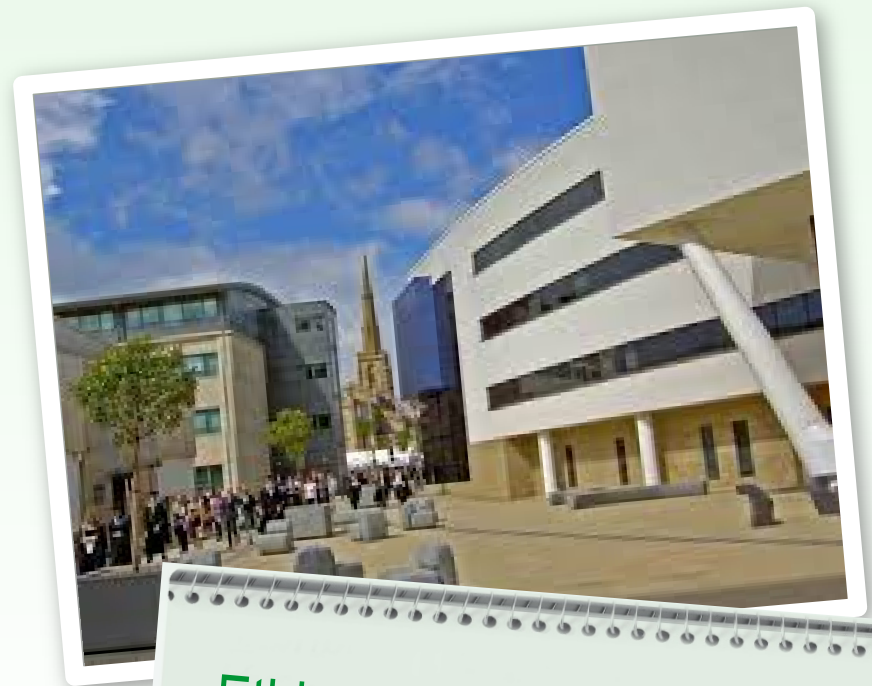


## *Aim of evaluation*

- 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.

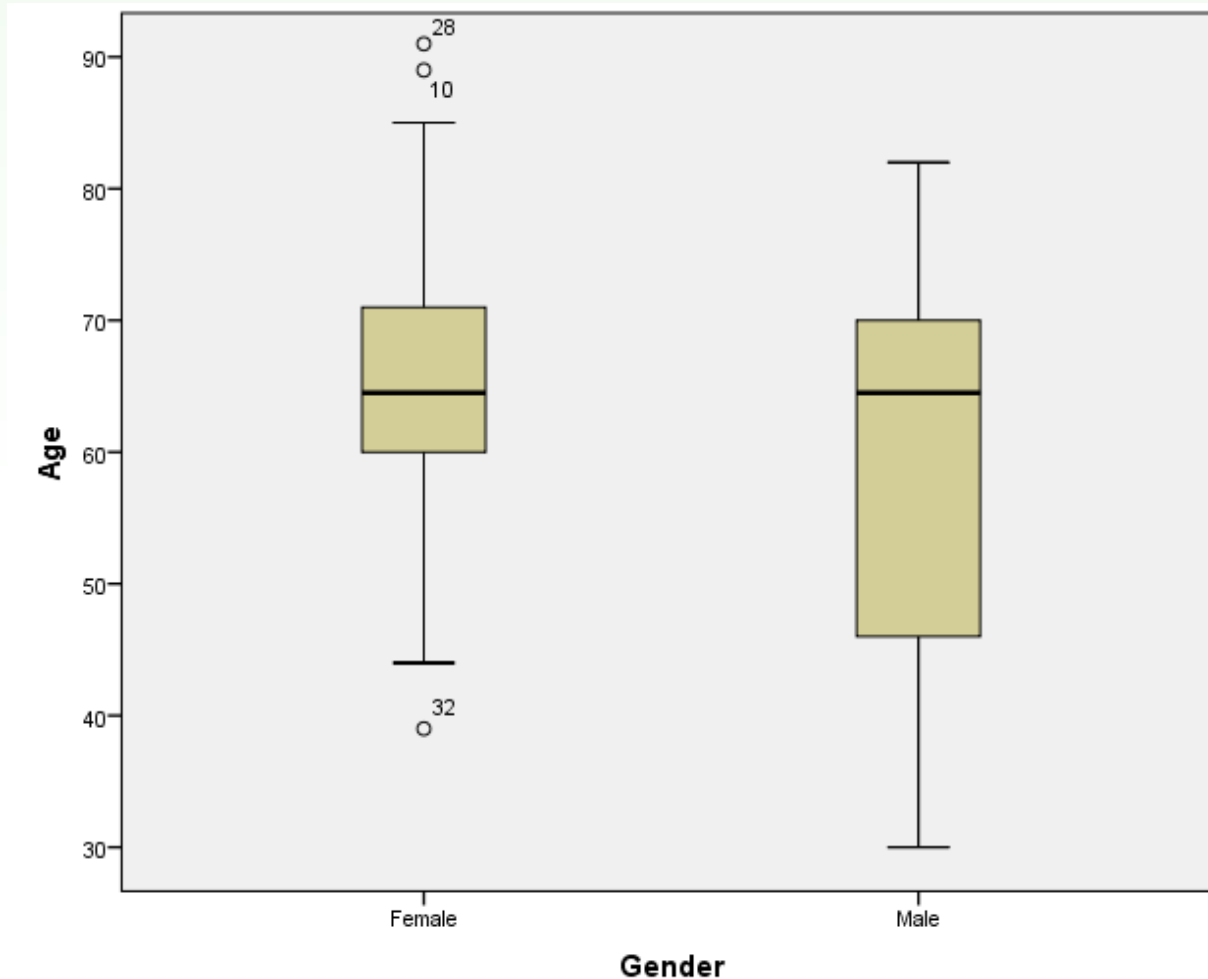
## *Methods*

- 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

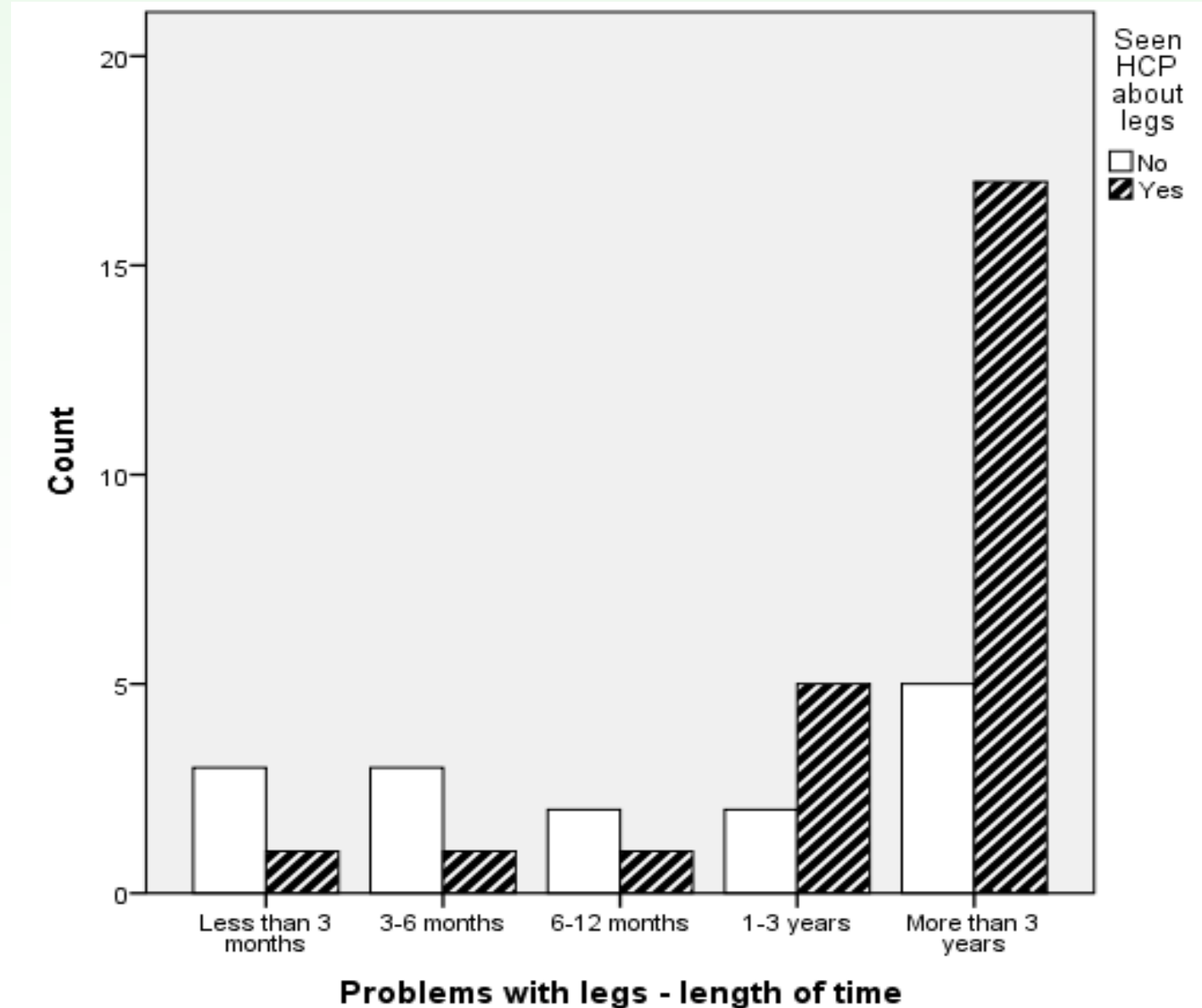
Median ages are quite similar but there are a few more younger males and older females.

## 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.

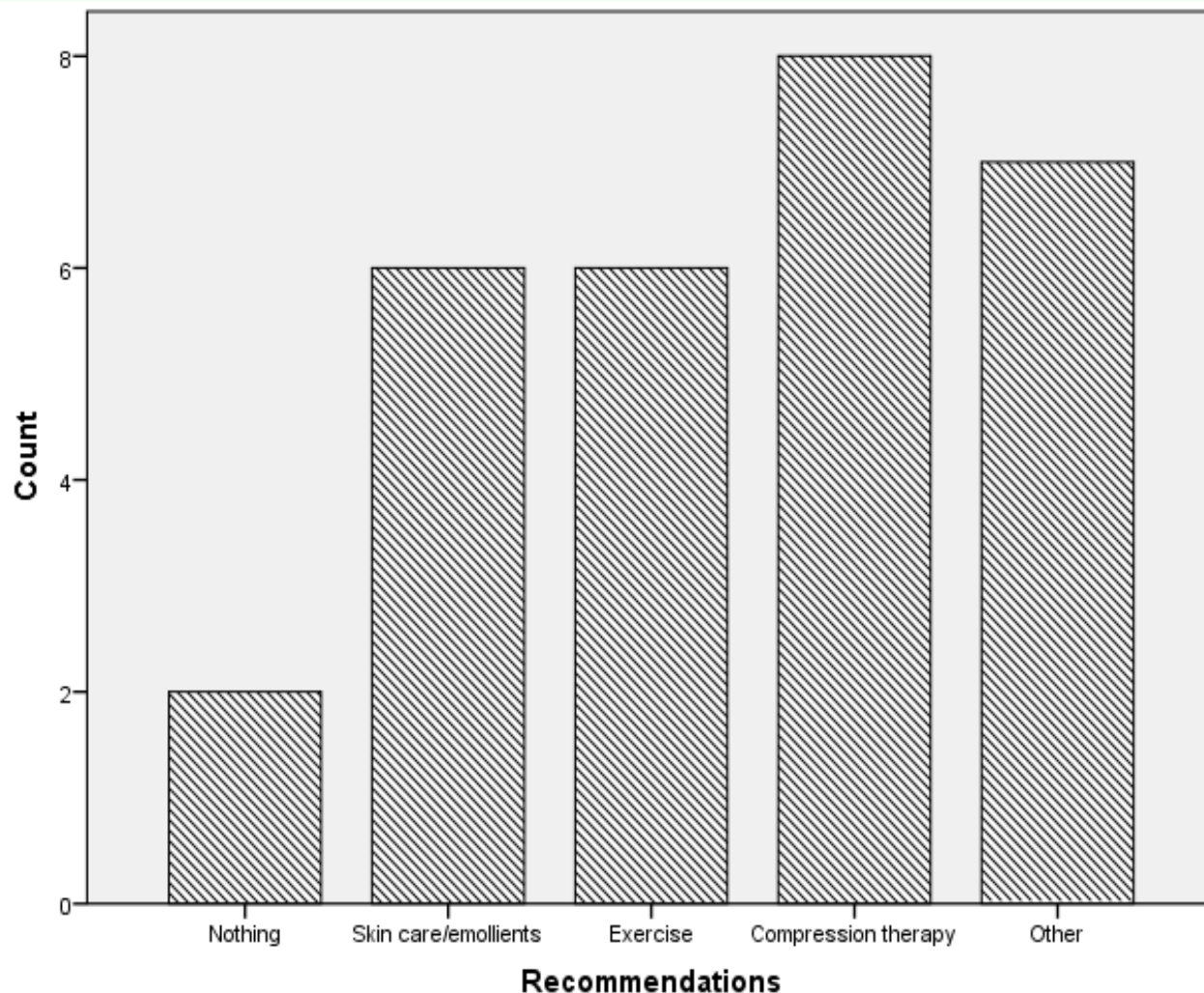
The remainder is approximately equally distributed between those with problems for less than 6 months, and those with problems for between 6 months and 3 years.

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





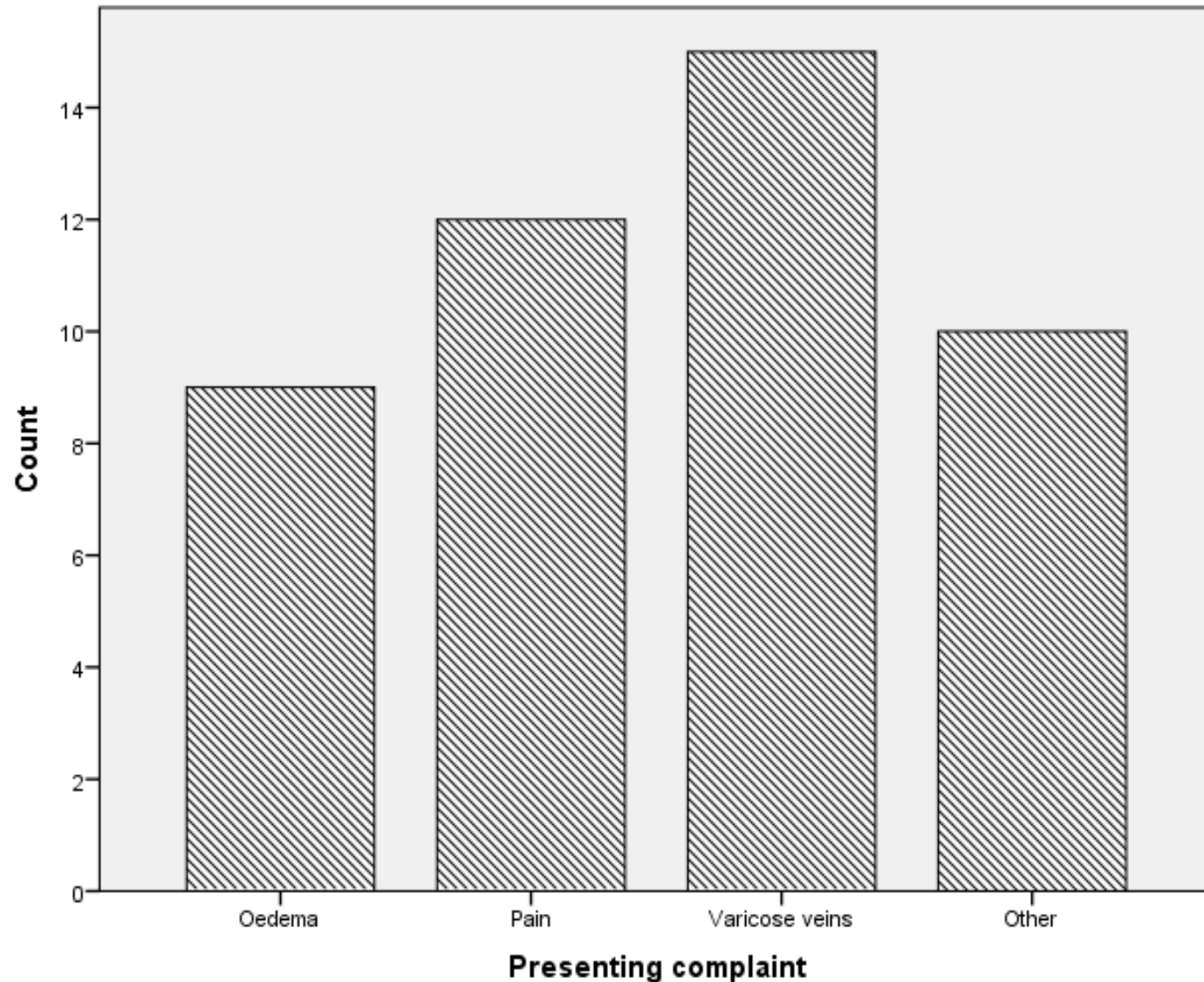
# *Previous recommendations*



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

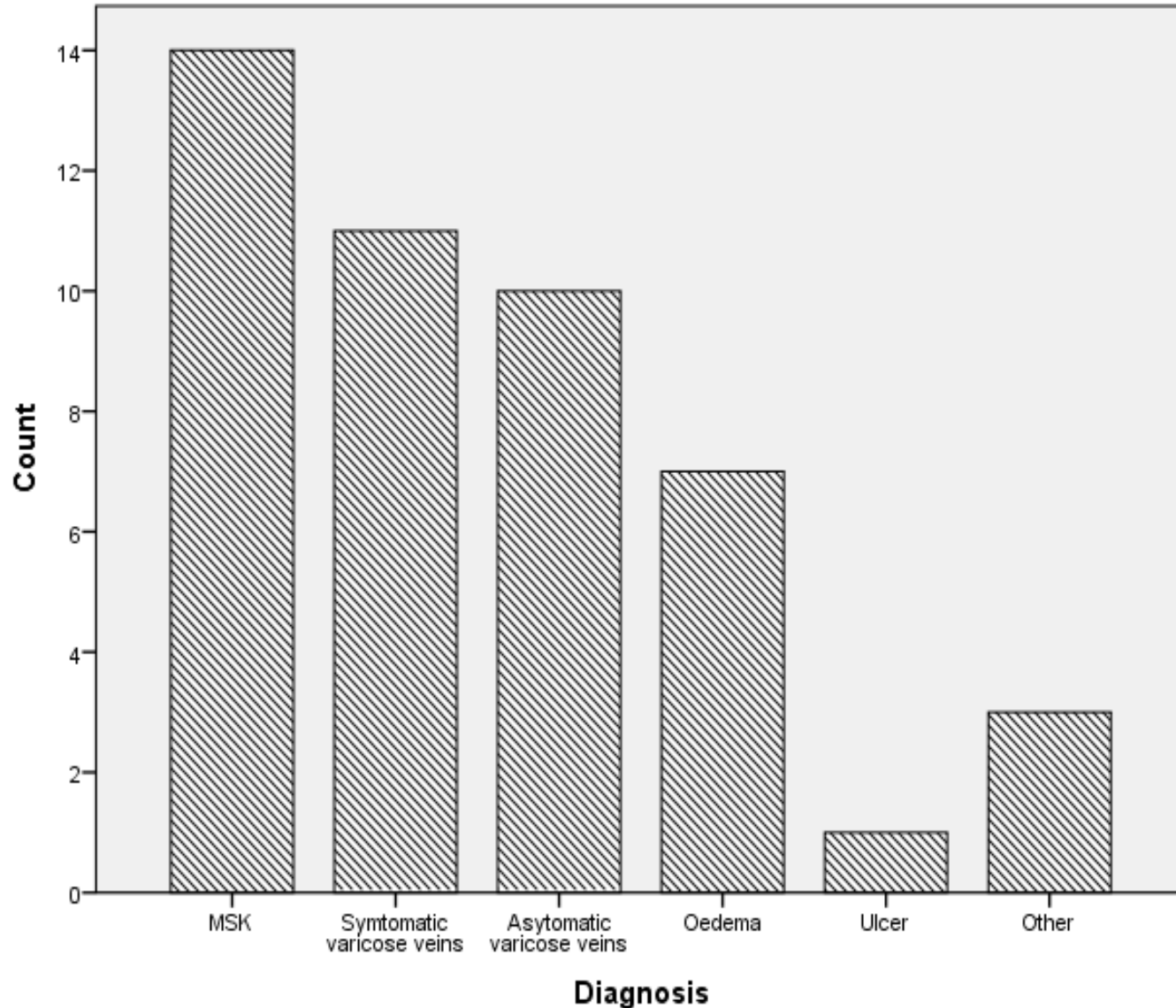
Skin care/emollients and exercise were also recommended to a number of respondents.

# *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*

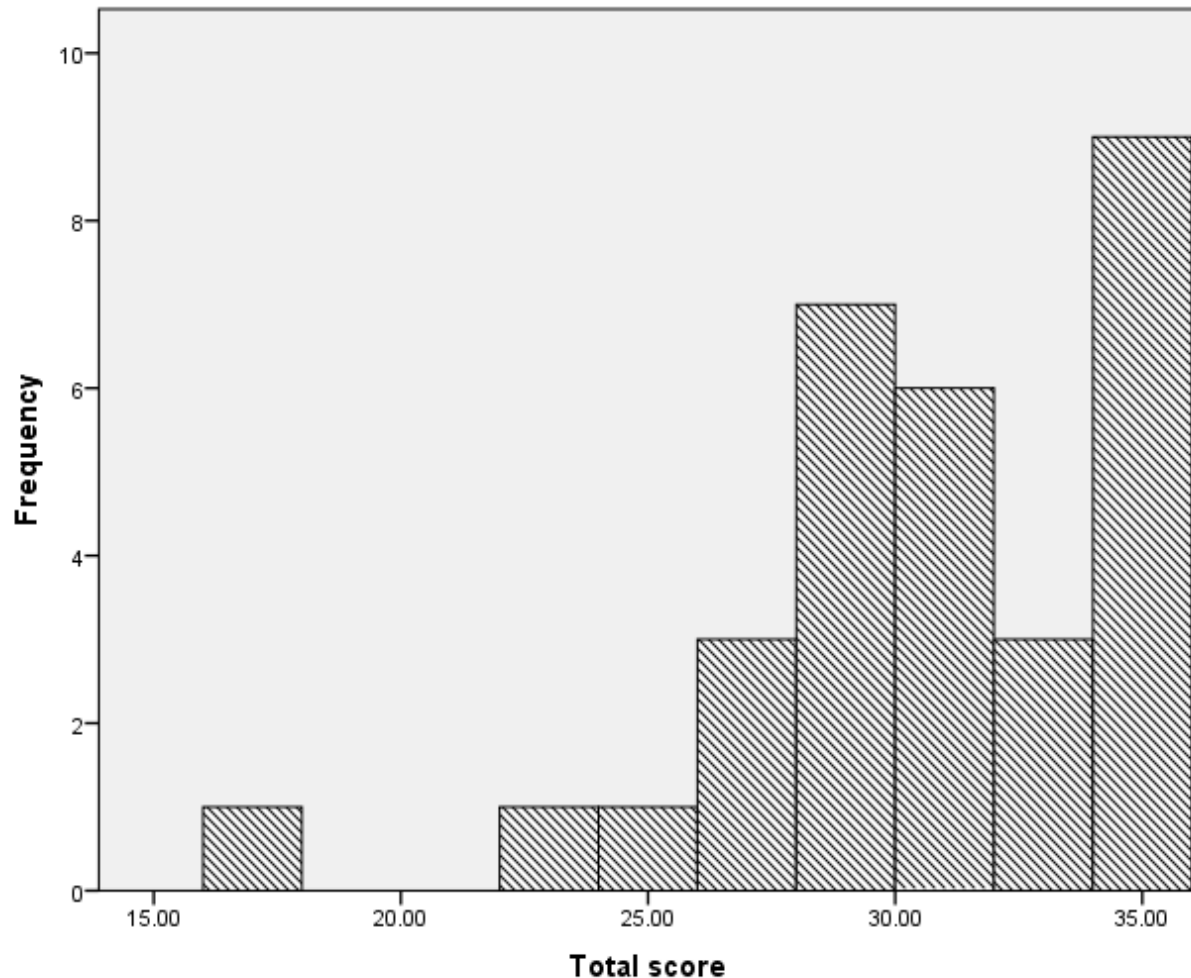
## **Participants:**

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;*

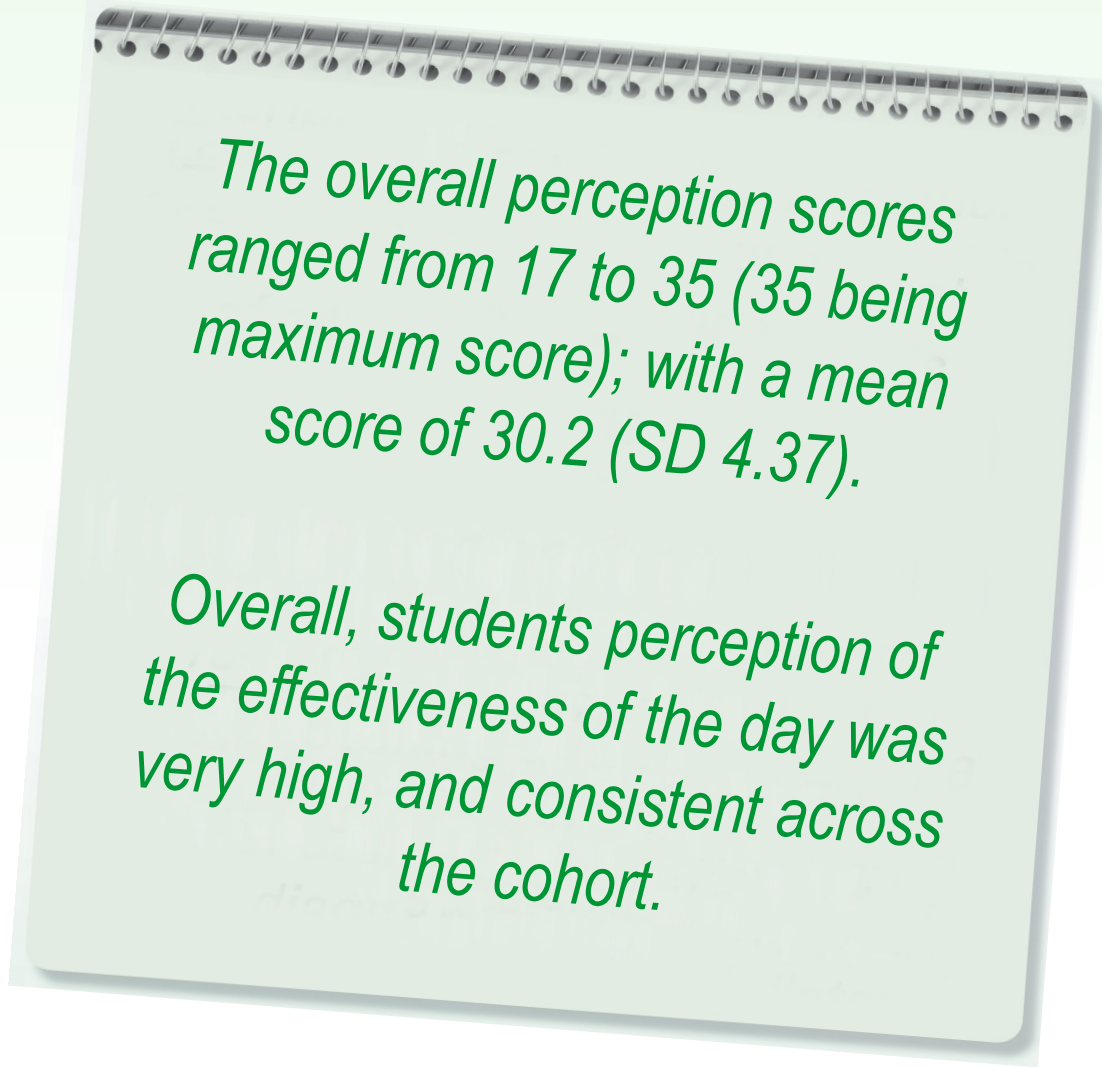
*Agree = 4;*

*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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