

Outcome measures included pain severity, shoulder range of motion and muscle strength was quantified using the shoulder pain score, a digital inclinometer and a manual muscle tester, respectively. Proprioception acuity was measured using the closed kinetic chain upper extremity stability test.

All measurements were done at baseline before rehabilitation begins and at end of the 20th weeks of rehabilitation. Data were analyzed using the SPSS version 21.0. Repeated measures ANOVA was done to compare within and between groups. Data are expressed as means \pm SD as well as 95% confidence intervals (CIs).

Results: Within group comparisons showed significant measured variables differences between baseline measures (beginning of 2nd week post-operative) and at end of protocol phases; after 20th weeks of rehabilitation in patients of the two groups ($P < 0.01$).

Between groups comparison showed significant differences in labrum preservation patients regarding selected shoulder muscles strength and proprioception acuity ($P < 0.011$, figure 01). Patient with labrum removal showed significant pain severity difference ($P < 0.001$) and external rotation range of motion ($P < 0.001$).

Discussion and conclusions: With available numbers, labrum preservation significantly improves shoulder proprioception and strength following rehabilitation. On the other hand, labrum removal, when indicated, significantly improves pain and external rotation range of motion following latarjet operation.

Impact and implications: Long term follow up and further investigations into the effect and benefit of labrum on proprioception acuity of shoulder joint and further investigation are needed to show the effect of same rehabilitation protocol on different types of surgical repair after anterior shoulder instability.

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Patients' willingness to access cross-border healthcare

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Relevance: European Union (EU) Member States were required to direct their health practices to ensure implementation of 'Directive on patients' rights in cross-border healthcare' which provides the right for EU citizens to seek treatment abroad. This study recruited Maltese patients, consequently it identified and quantified domains constituting willingness to access cross-border healthcare. Via this analytical approach, the results and recommendations were presented to assist cross-border healthcare policy.



Purpose: The purpose of this study was to identify and analyze factors influencing willingness to access cross-border healthcare by evaluating patients' behaviours, attitudes, experiences and expectations.

Methods/analysis: This study employed a quantitative cross-sectional approach surveying outpatients of a general hospital. A self-designed survey was disseminated amongst patients. The total number of patients recruited was 400, leading to a margin of error of 5.0% and a Confidence Interval of 95.0%. Quota sampling was used, with 1:3 ratio, 1 indicating the proportion of patients who did receive treatment abroad and 3 indicating the proportion of patients who did not receive treatment abroad. The inclusion criteria were:

I. Patients waiting for their appointments in the waiting rooms of the outpatients departments of the local hospital.

II. Patients aged 15 years or over. This criterion was used so that the participants would be able to read the questionnaire independently. In the case of paediatric patients the relatives of patients were approached directly.

There were no exclusion criteria in this study.

Univariate analysis was used to analyse the data. This study was conducted in part-fulfillment for the degree of Masters in Health Services Management, at the University of Malta. This project was approved via the University of Malta, Research and Ethics Committee.

Results: The respondents were found to be willing to access cross-border healthcare. Age (P -value = 0.006), education (P -value = 0.008), language literacy (P -value = 0.000), literacy on cross-border healthcare (P -value = 0.000) and financial resources (P -value = 0.000) were found to have a significant association with willingness to access cross-border healthcare. Gender, employment status, and occupation were not found not to be significantly associated with willingness to access cross-border healthcare. The respondents would seek treatment abroad mostly in the United Kingdom, and they would base their decision on the General Practitioners/Specialists recommendations. Maltese patients are willing to seek treatment abroad for specialised care.

Discussion and conclusions: The findings of this study are context specific and they are in line with the results of the Euro barometer survey (2015), both showing that patients are willing to access cross-border healthcare, with their decision based on the doctors recommendations. This study adds knowledge on the motivations that influence willingness to access cross-border care. Future research would include quantification of confounding factors and exploration of the knowledge of doctors/physiotherapists on cross-border healthcare.

Impact and implications: The findings of this study show that patients' decisions whilst seeking treatment abroad are based on the doctors' recommendations. This could be transposed to physiotherapists being first-hand contact practitioners also of patients who are seeking treatment abroad. The major implication is to address needs within the com-

munication pathways so that physiotherapists can guarantee a continuum within the patient care pathway.

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POS177

~~The value of quality improvement training for physiotherapy in a large teaching hospital~~



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Relevance: Quality Improvement is crucial in progressing physiotherapy services as well as enhancing staff skills and education.

Purpose: Service development projects are undertaken by all staff grade physiotherapists on a four month basis within St. James's Physiotherapy Department. Between September 2015 and January 2016, 23 staff grades undertook quality improvement (QI) training using QI methodology.

Quality improvement is becoming ever prominent within healthcare. It is now widely accepted that identifying the need for service change and evolution must become an intrinsic part of everyone's job in order to improve patient experience and outcomes. QI skills are important for all physiotherapists as a means of implementing change. Therefore, the aim of this training was for all involved staff grades to complete a quality improvement project in teams per speciality.

Approach/evaluation: 23 staff grade physiotherapists attended two half day training sessions on the components of QI. Senior physiotherapists who had completed external training in quality improvement presented on different elements of the quality improvement cycle such as aim statements, measurement plans, run charts, driver diagrams, process mapping, lean management and stakeholder analysis.

Staff grades were invited to give a brief presentation on their project proposals at the second training morning. Staff grades submitted a project planning template detailing the background, aim, necessary resources, tests of changes, list of deliverables and potential benefits of their chosen project. Feedback was given on project ideas by the manager, seniors of each clinical area and by the physiotherapists providing the training.

Outcomes: Twelve QI projects were completed and staff grades presented their work at the department presentations in January 2016. A number of valuable quality improvements resulted from the training including the transition to paperless documentation system in critical care, orthopaedics and care of the older person, the replacement of wooden walking sticks with a stock of aluminium sticks and the implementation of

a multi-disciplinary team falls prevention programme in the care of the older person day ward.

Discussion and conclusions: All quality improvement projects have been implemented resulting in positive changes in service provision thereby demonstrating the importance of QI skills. The increased awareness of quality improvement will help evolve future projects and initiatives within the department.

Impact and implications: These projects have led to advancements throughout the hospital in terms of the quality of patient care provided. Now that staff are equipped with adequate training and education, the scope for further quality improvement within both the physiotherapy department and overall hospital is enormous.

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POS178

~~Tools for promoting the development of the student leadership – a vector for improving the global profession representation~~



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Relevance: Professional physiotherapy organizations have their differences when it comes to governance, membership and members. For many years, a large number of professional organizations have concentrated their effort in professional representation. But now it's time to focus the development of commitment to the process between education and professional career. Physiotherapist students and early career professionals (ECP) is an essential part in the future of physiotherapy and the member organizations needs to ask themselves: 'How and where do we find the commitment in students and ECP?' and 'How do we get the students and ECP to discover and get involved in matters concerning physiotherapy on a national, regional and European level?' These organizations need to find students and the commitment during the education and create a mindset to keep it as young professionals.

Purpose:

1. To provide tools to promote and facilitate commitment of students in national, regional and European matters in physiotherapy to initiate the concept of commitment into the years as a young professional.

2. To familiarize participants with the needs of students to learn the skills for a better integration into the actions of the professional organization in global issues.