

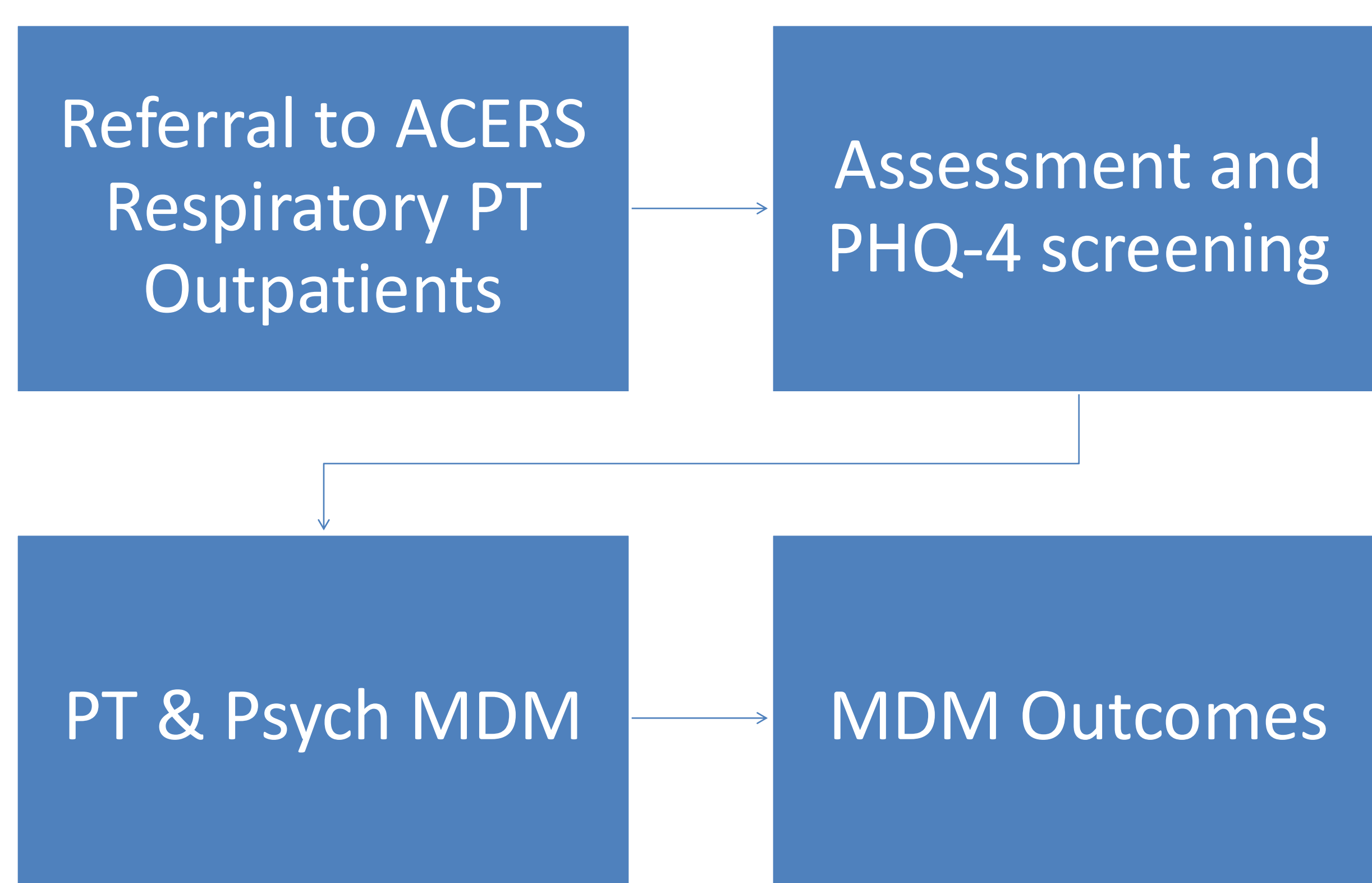
# Evaluating the outcomes of Joint Respiratory Physiotherapy and Clinical Psychology Multidisciplinary Meetings in Respiratory Physiotherapy Outpatient Care: A Pilot Study

Anderton N<sup>1</sup>, Robinson R<sup>1</sup>, Graham L<sup>1</sup>, Ryder M<sup>1</sup>

1: Adult Cardiorespiratory Enhanced and Responsive Service, Homerton University Hospital, Hackney

## Introduction

Individuals presenting with “complex breathlessness” can be referred to the ACERS Outpatient Respiratory Physiotherapy clinic for assessment of their breathing pattern and intervention. On assessment, these individuals commonly report moderate-severe symptoms of anxiety and depression, as measured by The Four Item Health Questionnaire for Anxiety and Depression (PHQ-4). The need for interdisciplinary support between Respiratory Physiotherapists and Clinical Psychologists was highlighted to optimise care in this patient population.



## Aim

To assess the outcomes of Multidisciplinary Team Meetings (MDMs) between respiratory physiotherapists and a clinical psychologist in managing patients within a respiratory physiotherapy outpatient clinic.

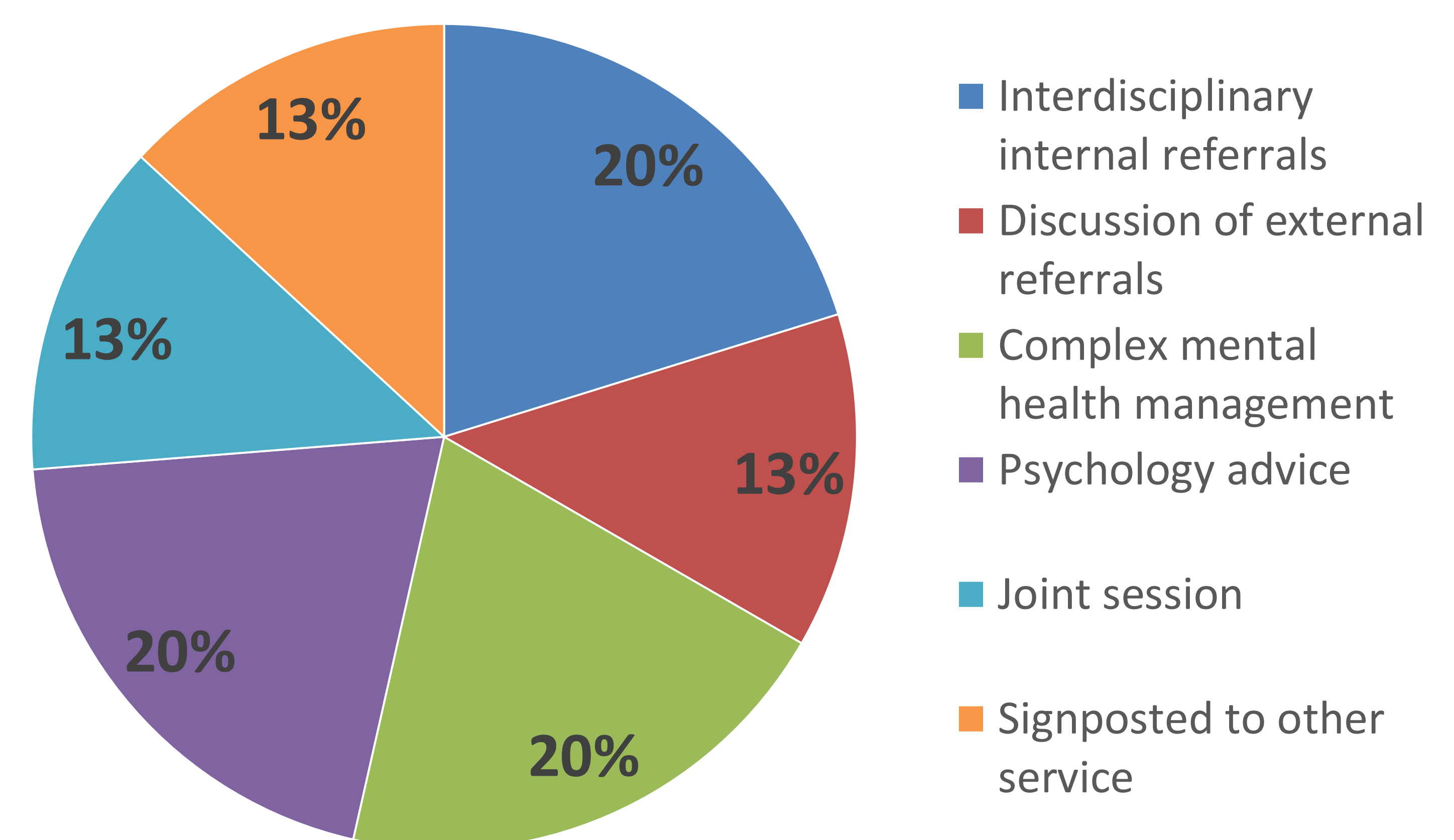
## Methodology

- 10 patients were discussed across 3 MDMs
- A written log was kept, documenting who was discussed and any actions.
- Themes of MDM discussions were identified retrospectively and the outcomes for each patient were categorised.
- A feedback questionnaire was completed by the clinicians who had attended MDMs.

## Results

Of the 10 patients discussed in MDM, 6 themes were identified;

Themes identified



Clinicians who regularly attended the MDMs **strongly agreed (100%)** that;

- interdisciplinary referrals between teams had improved
- they felt more supported in their clinical roles
- they had observed improvements in patient outcomes.

In addition, **75% strongly agreed and 25% agreed** that signposting to other services was enhanced.

## Conclusion

**Regular MDMs between respiratory physiotherapists and a clinical psychologist improved interdisciplinary collaboration, clinician support, and perceived patient outcomes.**

## Recommendations:

Future evaluation of pre- and post-intervention PHQ-4 scores could further demonstrate the impact of MDMs.