



**The aim of the Body In Motion Mobility Action Programme (MAP) is for people with Osteoarthritis, Rheumatoid Arthritis and low back musculoskeletal health conditions. It aims to increase an individuals self-management skills to fulfil their health potential and increase independence. This will be achieved by improved access to high quality advice, assessment, diagnosis and treatment including education and rehabilitation. Most importantly, this service is to be provided in community based locations and to reduce barriers for patients, particularly for Maori and low socio-economic communities.**

The Ministry of Health has awarded Body In Motion Physio & Rehab (BIM) funding to develop and provide this service in the Tauranga region for a period of 18 months, at which time the programme will be evaluated against other MAP models of care to identify those that provide the greatest benefits for patients while providing good value on the investment in health resources. We are funded to see approximately 380 patients.

The BIM MAP has an entry criteria which must be met in order to ensure those with greatest need are accessing the service. The main focus is on patients who need advice and support to manage their symptoms long term and independently before they have deteriorated to the extent that they may need hospital level care.

Our model is detailed in the attached diagram and involves keeping the GP (the referrer) informed at all stages of assessment and reassessment.

Patients that are referred must be prepared to undertake formalised assessments regarding their level of function, questionnaires on quality of life and other measures such as weight, height BMI etc. This information will be supplied to the Ministry of Health, anonymously.

The programme relies on patients WANTING to attend and making a commitment to it.

The service is for those where the disparity in healthcare outcomes is the greatest, hence a priority for low-socioeconomic clients and Māori .

### **General Entry Criteria**

- Between **40-65 years of age**
- **Suffers from Osteoarthritis (OA), Rheumatoid Arthritis (RA) or low back pain (LBP)**
- Primary disability is in a joint of the **lower limb or lower back**
- Has been experiencing disability (as above) for a duration longer than **3 months**
- Not currently waiting for a First Specialist Assessment (FSA) or surgery for the condition
- Is suitable to perform exercise (underlying conditions well controlled)
- No significant untreated depression or anxiety.
- Condition is **not funded by ACC** or another insurer/funder.

Additional entry criteria for BIM MAP Level 1, 2 and 3 is as follows:

**Holds a community Services card** (or would be eligible)

Or clearly fits within the target demographic (Māori or Pasifika) and financial hardship is a barrier.

Additional entry criteria for BIM MAP Surcharged Physiotherapy is as follows:

The client is prepared to pay \$25 surcharge for each visit; assessment and treatment (max 10 visits).

**Electronic Referral via MedTech 32—please confirm entry criteria detail.**

**EDI: bodynmot**