

Habit Health: Integrated Care Pathway (ICP) Clinical Case Study: Maleko

Maleko is a 17 year old male high school student who injured his knee playing rugby. He was concerned when he had a season ending knee injury, and with his parents at the other end of the country did not know what to do. He had no GP and had financial barriers to attending any physiotherapy services. He was referred by his school rugby team physio as it was identified he met the ICP entry criteria. This meant he was able to access a fully funded pathway with a dedicated Health Navigator. This removed the financial barrier and also gave his parents a direct point of contact to keep them updated. He was clinically triaged and subsequently reviewed by the interdisciplinary team which included a Physiotherapist and a Orthopaedic Surgeon. Arranged imaging confirmed an MCL avulsion with associated meniscal tearing and chondral injuries. Following a surgical opinion it was agreed to trial conservative treatment and he identified through goal setting that his focus was a return to school and rugby within 10 weeks. He commenced an intensive physical rehabilitation programme alongside a gradual return to training. 12 weeks later, following a specific functional assessment he returned

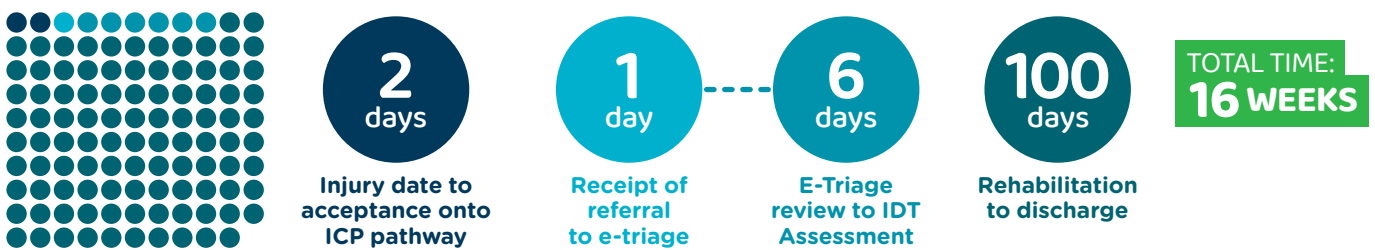
to playing rugby without restriction
Outcome measures also show a high degree of patient satisfaction (10/10), significantly improved symptoms (3 in the Global Outcome of Change Scale) and a 100% reduction in disability (WHODAS).

What are Maleko's results:

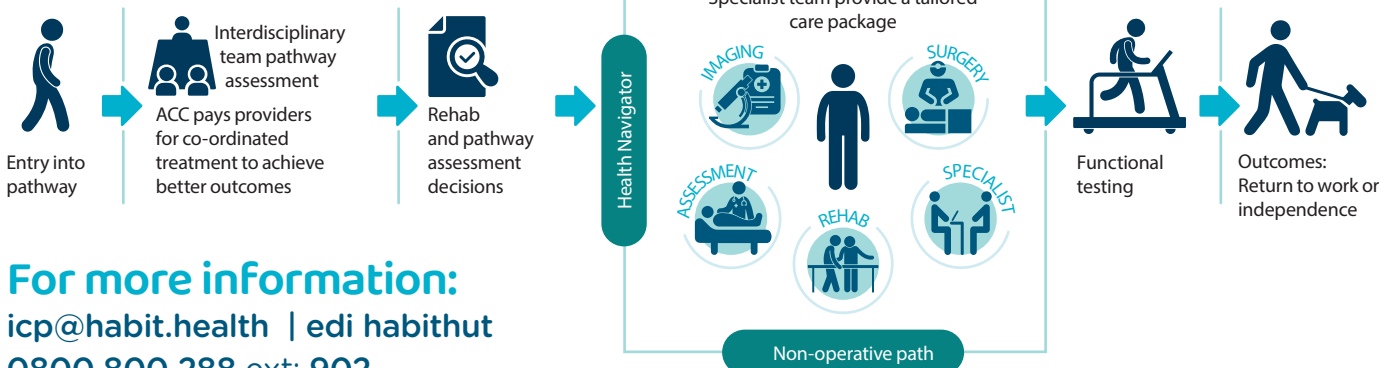


PREMS/PROMS

Maleko's Habit Health recovery pathway



Integrated Care Pathway PROVIDERS WORKING COLLABORATIVELY



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