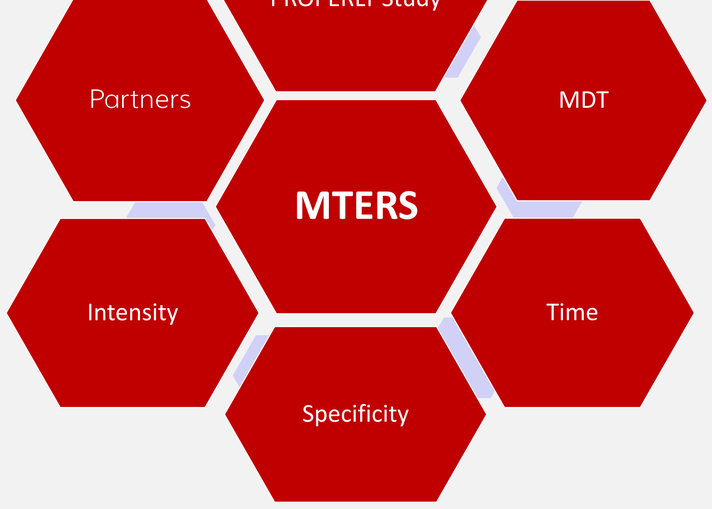
Greater Manchester Major Trauma Rehabilitation Let’s do rehab PROPERLY!



STANDING ON THE SHOULDERS OF GIANTS

Major Trauma rehabilitation is disparate across the UK, with patients reporting poor quality of life, and limited support after severe injury (NICE 2022). Building on the work with survivors of the Manchester Arena attack to improve patient outcomes, a unique service development programme, known as MTERS, was developed as a collaboration between Manchester University Foundation Trust, Nuffield Health, and Northern Care Alliance.

The PROPERLY Trial is a research study imbedded within MTERS, exploring the feasibility, benefits and challenges of recruiting to, and developing an NHS enhanced rehabilitation programme, for patients with injuries associated with major trauma

WHAT ARE WE DOING?

Two arm feasibility study

Enhanced Rehabilitation

23 participants, with severe lower limb trauma, attend 6 months enhanced rehabilitation at the Manchester Institute of Health and Performance (MIHP). This consists of NHS physiotherapists, occupational therapists and multi-disciplinary collaboration with surgeons, sports and exercise medicine experts, and sports scientists. Participants receive up to 2, 60-120 minute sessions per week.

Standard Care Patients in the standard care group attend local therapy services for routine treatment, consisting of approx. 30 mins per week. Participants are asked to complete questionnaires and clinical outcome measure assessments with their routine care therapist

GET IN TOUCH! Follow us at:

Instagram: GM_MTERS

X: @GM_MTERS

Email: RehabMIHP@nca.nhs.uk

THE CREAM OF MANCHESTER IN COLLABORATION

We have built a multi-disciplinary rehabilitation team of specialist Physiotherapists, Occupational Therapists, Surgeons, Sports and Exercises Medics, Biomechanists and Project Management.

Nuffield Health | NHS Manchester University NHS Foundation Trust | NHS Northern Care Alliance NHS Group | Greater Manchester Major Trauma Network

WHAT A DIFFERENCE IT MAKES!

6 months monitoring

	STS 30	6MWT	Y Bal L %	Y Bal R %	LEFS	EQ-5D-5L	ABC %	GAD-7	PHQ-9	ONS1
MTERS 001	6	228	26	25	39	0.337	53	-4	-2	8
MTERS 002	4	104	11	17	27	-0.046	39	-7	-5	3.5
MTERS 003	9	352	6	59	43	0.397	43	-7	-13	4
MTERS 004	7	177	9	14	36	0.05	43	4	-1	-1
MTERS 005	-1	-110	0	-54	-15	-0.172	16	-1	-2	0
MTERS 006	14	325	71	75	31	0.496	47	-15	-17	8
MTERS 007	9	356	22	13	37	0.54	40	-9	-11	8
MTERS 010	6	273	27	13	25	0.159	24	-15	-17	4
MTERS 011	6	204	94	28	45	0.4	3	4	-11	6
MTERS 012	6	299	33	7	39	0.186	40	2	-2	7
MTERS 014	9	128	28	37	14	0.052	17	0	-1	6
MTERS 015	8	156	69	63	39	0.238	47	-2	-14	1
MTERS 017	9	265	31	30	20	0.167	16	-15	-15	-7
MTERS 018	10	304	11	52	23	0.063	6	-2	-8	4
MTERS 019	12	120	13	16	3	0.136	9	-9	-10	5
MTERS 020	5	145	6	20	34	0.519	6	-4	-7	0
MTERS 021	11	172	23	29	31	0.268	12	-7	-9	3

Key

Improvement clinically meaningful	8 (67%)	12 (100%)	9 (75%)	6 (50%)	4 (34%)	8 (67%)	9 (75%)
Improvement but not clinically meaningful	4 (33%)	0	0	6 (50%)	7 (58%)	4 (46%)	1 (8%)
Deteriorated	0	0	3 (25%)	0	1 (8%)	0	2 (17%)

> We’re literally talking decades of quality to my life, for the sake of 6 months.. That’s a huge thing to give someone.
>
> Partipant

TIME IS RUNNING OUT

MTERS is only funded until December 2023.

Manchester is recognised as trailblazing with the MTERS project. We are therefore working tirelessly to secure funding to establish continuation of this this service beyond December. Our mission is to provide the template for Major Trauma Rehab services at a national level.