

## Deciding on treatment after an Anterior Cruciate Ligament (ACL) rupture

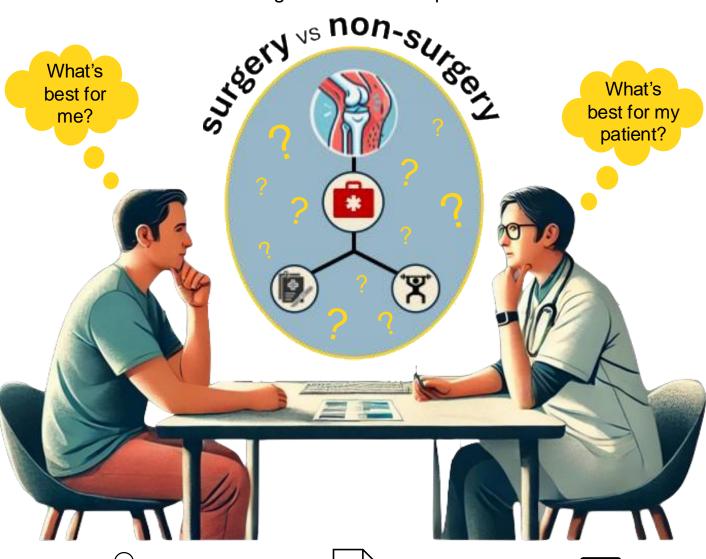
University of Nottingham Ur

University Hospitals o Derby and Burtor NHS Foundation Trus

National Institute for Health and Care Research

The POP-ACLR Feasibility Study

A <u>newly developed shared decision-making tool</u> was trialled in an NHS orthopaedic & physiotherapy pathway to support treatment decision making after an ACL rupture.





20 patients & 11 physiotherapists took part



Data were collected on acceptability and effectiveness of the new tool



5 patients & 5 physiotherapists were interviewed

## Results

The shared decision-making tool appeared to be...



## **Acceptable**

to patients and physiotherapists



## **Effective**

in supporting shared decision-making

Patients & physiotherapists said...

"If I wasn't given the 'shared decision-making tool', I think I would be quite clueless as to what's happening... I feel like I'm in a position where I can make a decision"

Physiotherapist

"there are a lot of questions that patients ask you. We should have been able to answer before, but this gave clarity and data to those conversations, which was useful for patients."

"It has given me a better foundation to have a conversation ... instead of just saying is the knee okay?"

Patient

Patient

