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**King's Mill Hospital**  
Mansfield Road  
Sutton in Ashfield  
Nottinghamshire  
NG17 4JL

**RE: Freedom of Information Request**

Tel: 01623 622515  
Join today: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**12<sup>th</sup> December 2023**

Dear Sir/Madam

With reference to your request for information received on 20<sup>th</sup> November 2023, I can confirm in accordance with Section 1 (1) of the Freedom of Information Act 2000 that we do hold the information you have requested. A response to each part of your request is provided below.

In your request you asked:

**1. Are you currently using any digital tools to support patients' self-management in MSK (Musculoskeletal)**

Yes

**2. Are you currently using any digital tools to support patients' self-management in Women's Pelvic Health**

Yes

**3. If yes, which digital tools are you using for both?**

MSK (Musculoskeletal)

Patients are directed to a number of online digital tools;

- NHS choices
- VERSUS arthritis
- ESCAPE pain
- We have QR codes for fracture clinic patient information leaflets/self-management.
- We have QR codes for brace management.

Once assessed a treatment package planned patients can have access to patient specific exercise programme through:

- Patient knows best- BFIT class
- PHYSIOTEC exercise programme

Sherwood Forest Hospitals Patient MSK Information leaflets are available on our website <https://sfh-tr.nhs.uk/for-patients-visitors/patient-information-leaflets/patient-information-leaflet-library/>

## Home, Community, Hospital.

**Patient Experience Team**  
01623 672222  
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## Women's Pelvic Health

Sherwood Forest Hospitals currently utilise the BadgerNet/BadgerNotes pregnancy records system. Via this, patients can access digital information leaflets which provide self-management strategies and guidance. Additionally, there are some self-management of pregnancy related aches and pains videos hosted on a YouTube channel, the link for which is shared with patients as required.

We also have "core exercises" demonstration videos hosted on this channel and some further brief information videos (such as how to wear a tubigrip bandage support to help with pelvic girdle pain symptoms).

#### **4. If not, do you have plans in the future to use digital tools for MSK and Women's Pelvic Health?**

N/A

I trust this information answers your request. Should you have any further enquiries or queries about this response please do not hesitate to contact me. However, if you are unhappy with the way in which your request has been handled, you have the right to ask for an internal review. Internal review requests should be submitted within two months of the date of receipt of the response to your original letter and should be addressed to: Sally Brook Shanahan, Director of Corporate Affairs, King's Mill Hospital, Mansfield Road, Sutton in Ashfield, Nottinghamshire, NG17 4JL or email [sally.brookshanahan@nhs.net](mailto:sally.brookshanahan@nhs.net).

If you are dissatisfied with the outcome of the internal review, you can apply to the Information Commissioner's Office, who will consider whether we have complied with our obligations under the Act and can require us to remedy any problems. Generally, the Information Commissioner's Office cannot decide unless you have exhausted the internal review procedure. You can find out more about how to do this, and about the Act in general, on the Information Commissioner's Office website at: <https://ico.org.uk/your-data-matters/official-information/>.

Complaints to the Information Commissioner's Office should be sent to FOI/EIR Complaints Resolution, Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Telephone 0303 1231113, email [casework@ico.org.uk](mailto:casework@ico.org.uk).

If you would like this letter or information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call us on 01623 672232 or email [sfh-tr.foi.requests@nhs.net](mailto:sfh-tr.foi.requests@nhs.net).

Yours faithfully

### **Information Governance Team**

All information we have provided is subject to the provisions of the Re-use of Public Sector Information Regulations 2015. Accordingly, if the information has been made available for re-use under the [Open Government Licence](#) (OGL) a request to re-use is not required, but the licence conditions must be met. You must not re-use any previously unreleased information without having the consent from Sherwood Forest Hospitals NHS Foundation Trust. Should you wish to re-use previously unreleased information then you must make your request in writing. All requests for re-use will be responded to within 20 working days of receipt.