

# THE ROYAL COLLEGE OF CHIROPRACTORS MYMOP PROJECT

Thank you for expressing an interest in using MYMOP and participating in the RCC MYMOP project.

## Aims of the project

- To provide a simple online collection point for MYMOP data
- To process the MYMOP data from each participating clinic centrally (as a free service to members) and produce clinic-specific patient outcome results for a range of musculoskeletal diagnoses/conditions in the form of patient-friendly graphs. Clinics can choose to publish these on their websites or print as a poster/leaflet etc,

## AND

- To combine and process all the MYMOP data centrally and produce national outcome results for the same diagnoses/conditions. Clinics can choose to publish these national results alongside their own for comparison purposes [page 3 of this document shows an example of the sort of thing the College will provide you with (plus we can send you the raw data if you want to produce your own graphs)].
- The College will regularly provide clinics with updated results as the data-set grows.
- The College will publish the combined, national results (only) on its website.

## Why MYMOP?

There are a number of reasons for using MYMOP as opposed to other patient outcome measuring tools, but the main ones are that it is highly patient-centred, it has been well validated, it is recognised and understood within the NHS (helpful if you plan to approach your PCT for commissioning) and was viewed very positively in the Northern Ireland CAM pilot project.

## Getting started

If you have already tried MYMOP, you will be familiar with how easy it is to use. If you haven't used it yet, it is very simple and quick to implement. Everything you need is provided on the MYMOP website (<http://www.bris.ac.uk/primaryhealthcare/resources/mymop/>). Essentially, the principle is that you ask each new patient to complete (with you present) an initial MYMOP form which asks questions about their symptoms, wellbeing and activity over the past week. Then, at a given point, you ask them to complete a follow-up form, again with you present. The data is analysed to provide a measure of the improvement in the factors recorded. The forms are available for download from the MYMOP site and all your questions are answered in an excellent FAQ section. Do please register as a user.

## Recording your MYMOP data

You will collect your MYMOP data on the paper forms (downloadable from the MYMOP website). Periodically (we suggest in batches) your data should be entered onto our online database set up for the purpose – more details below.

After very careful consideration, we have made some important decisions about how and what data we can collect and analyse for you centrally:

1) After your patient completes the initial form, please record a diagnosis so that this can be entered onto the online database along with the rest of the data. This will allow us to produce outcome results specific to conditions that patients understand. The online database provides a pull-down list of the following musculoskeletal conditions, and provides an 'other' option:

- Non-specific low back pain
- Low back radiculopathy
- Disc lesion
- Sacroiliac sprain/strain
- Thoracic joint dysfunction
- Cervical joint dysfunction
- Cervical radiculopathy
- Neck/headache
- Whiplash

2) We ask that you focus on collecting the follow-up data at the FOURTH visit (i.e. after THREE treatments). For the time being, our data collations and analyses are based on the three-treatment follow-up data. There are strong arguments for collecting the follow-up data later in the treatment programme and you may well wish to collect this data too. If you do, our system now accommodates follow-ups after 6 and 9 treatments. Note that once you have submitted data for three-treatment follow-up for a given patient, you cannot add 6 and 9 treatment follow-up data at a later date so you would need to delay entering any data until you have it all.

3) You will note that MYMOP optionally includes a section on medication. This may well be of particular interest to you but will not form part of our analysis for the time being.

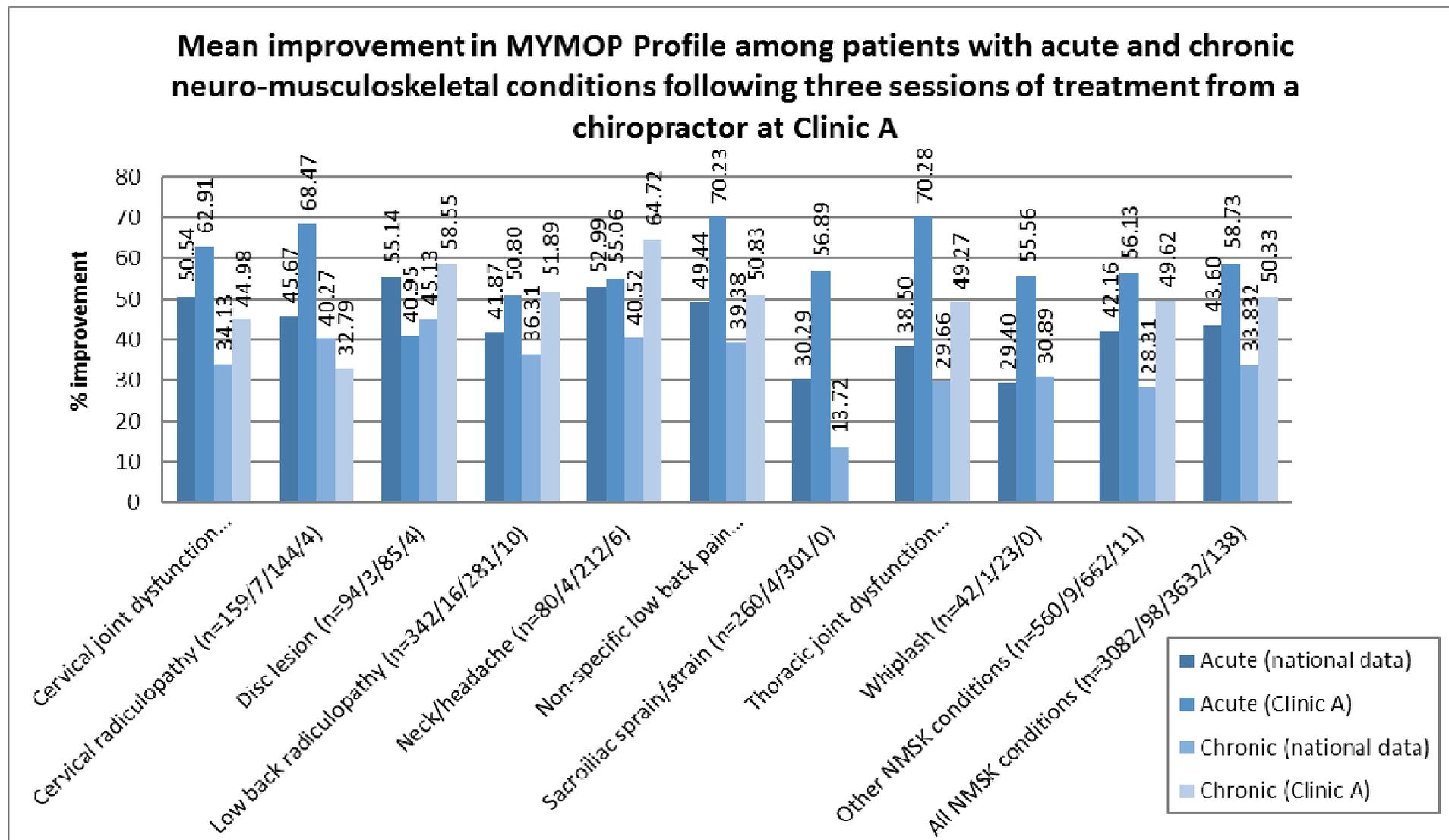
You can view the online database to see how it works by visiting the following web address (click the link or paste it into your browser):

[https://www.surveymonkey.com/s.aspx?sm=gOZcrSkB46ltkduEMZTcfg\\_3d\\_3d&c=Test](https://www.surveymonkey.com/s.aspx?sm=gOZcrSkB46ltkduEMZTcfg_3d_3d&c=Test)

Please don't spend time entering any real data yet – this version is just for testing purposes. When you are ready to go, let us know and we will provide you with your own individual weblink to the real database.

**Please contact Rob Finch with any questions or comments: 0118 946 9727**

Example of data collation supplied by the RCC on request to participating clinics:



Note: The MYMOP profile is a widely recognised measure of patient symptoms, feelings of wellbeing and ability to undertake important activity. The data shown refers to improvements reported by our patients after three treatment sessions.