

MUSCLE

Streamlining Care for Musculoskeletal Disorders Through Lean Healthcare

ABSTRACT

Musculoskeletal disorders (MSDs) are among the leading causes of disability globally, placing significant strain on healthcare systems due to fragmented pathways and inefficiencies. This project seeks to revolutionize MSD care pathways by applying Lean Healthcare principles to identify and eliminate non-value-adding activities, streamline workflows, and enhance both patient outcomes and resource utilization.

The project is structured around three key phases: (1) analysing existing care pathways and inefficiencies using Lean tools such as Value Stream Mapping, (2) redesigning care models to prioritize patient-reported outcomes (PROMs), equitable access, and operational efficiency, and (3) piloting and evaluating the optimized pathways in real-world healthcare settings. Digital health solutions, including tele-rehabilitation platforms and shared decision-making tools, will be assessed for feasibility and integrated only if their implementation within the project time span is achievable and they effectively empower patients and enhance care coordination across primary, community, and specialized services.

Aligned with the THCS 2025 call, the project focuses on delivering high-quality care closer to home while reducing dependence on hospital-based services. Additionally, the new care pathways will be evaluated for their impact on equity and environmental sustainability, ensuring alignment with broader healthcare transformation goals.

KEYWORDS

- Musculoskeletal disorders
- Lean healthcare
- Value-based healthcare
- Care pathway
- Patient empowerment

DURATION

36 months

PARTNERS

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