



Dr Angela Cadogan

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Bio

Dr. Angela Cadogan is a Specialist Physiotherapist with extensive experience in orthopaedic triage including the surgical and non-surgical management of shoulder conditions. She has worked in the Canterbury/Waitaha Elective Orthopaedic Shoulder Service since 2014, working with a local orthopaedic consultant to establish a physio-led triage team assessing GP referrals for surgical or non-surgical treatment pathways for shoulder conditions. This role included establishing the Non-Surgical Diagnostic Assessment and Treatment Service managing diagnostic and clinical treatment pathways for patients triaged to non-surgical service. Collaborating with the NZ Orthopaedic Association Angela developed role descriptions and training frameworks for these roles, and more recently with a group of orthopaedic triage physiotherapists, to develop an Entrustable Professional Activity framework for physiotherapists working in orthopaedic triage and assessment roles. With a PhD in musculoskeletal diagnostics (shoulder sub-specialty), she also consults from her private practice in Christchurch, works in an advisory role on several clinical governance committees and is an Associate Editor at JOSPT.

Abstract

Shouldering the Burden: 10 Years of Orthopaedic Shoulder Triage in Canterbury.

Musculoskeletal conditions present a significant and growing burden worldwide, often resulting in prolonged waiting times for orthopaedic assessment and care. To address this challenge, physiotherapists with advanced training are playing an increasing role in orthopaedic triage and management, both in New Zealand and abroad. This presentation will overview the varied roles for physiotherapists in the orthopaedic setting, and present in more detail the innovative approach taken in Christchurch to establish a physiotherapy-led shoulder triage role in 2014 which has now been running for 10 years.

The structure of the physio-led triage service within the orthopaedic service will be explored, highlighting its role in managing referrals, guiding patients towards appropriate treatment pathways and freeing up surgeon clinic time. Insights into the Non-Surgical Shoulder Service will be provided, including access, clinical governance, outcomes and succession planning considerations.

Central to the success of these initiatives has been the development of clear role descriptions and competency frameworks for physiotherapists in orthopaedic triage roles. This presentation will overview these and other existing frameworks, including the Entrustable Professional Activities framework developed in collaboration with other physiotherapists working in orthopaedic departments in triage roles.

Through a combination of collaboration with orthopaedic specialists, innovative service structures, and evolving competency frameworks, advanced physiotherapists are driving

positive change in musculoskeletal care delivery. This presentation will provide insights into the transformative potential of physiotherapist-led initiatives in improving access to non-surgical treatment for people with non-ACC musculoskeletal conditions thereby contributing to enhanced orthopaedic access and care delivery models in New Zealand.