**New musculoskeletal personalised self-management tool launches across Somerset**

Offering digital services in general practice is part of our current agenda. As part of the recovery plan, personalised and supported self-management was identified as one of the digital innovation priorities, specifically for musculoskeletal (MSK) conditions. One in five people in Somerset live with an MSK long term condition so the ICB has procured a web-based App to be rolled out across the ICS in Somerset including all GP practices, community hospitals and Minor Injury Units.

GetUBetter provides evidence based digital self-management support for all common MSK conditions. GetUBetter provides self-management support that helps patients trust their recovery, so prevents overtreatment. Each element of Somerset MSK pathways are configured and integrated locally and then made available to the population. There are multiple layers of safety netting jointly developed with our clinicians, throughout a patients journey to provide the knowledge, confidence and skills to self-manage but seek help if needed.

GetUBetter has been piloted by the Community MSK Physio team last year with overwhelmingly positive outcomes. One of the key recommendations was to make the tool accessible earlier in the pathway to offer more benefit to patients. GetUBetter are already working with 25% of ICSs in England, are DTAC certified and feature in the NHS Digital Playbook.

West Mendip PCN, West Somerset PCN and North Sedgemoor PCN have agreed to be early adopters of the tool and are working towards deployment of the App.

A virtual demo of the tool will be held on the below dates. We welcome you to join us for this on the date of your choice by using the link.

Tuesday 16th May @ 13:00 [Click here to join the meeting](https://eur01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_ODE1ZTk0YTQtNzc3Ni00ODM0LWIzMzYtZDM1MTcyMWQzNzg5%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25222e7d1874-5045-4a21-bfec-c6020d6948d7%2522%252c%2522Oid%2522%253a%2522d97776e3-b158-4134-b68e-a91973f992af%2522%257d&data=05%7C01%7CBeatrix.Hajdu-Howe%40SomersetFT.nhs.uk%7C4c655f757adb4561af9808db457673ca%7C98ec91be8de748a39e800f0180ed9219%7C0%7C0%7C638180147271700594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2mljXqgVDV75kzpeXuel4Aanxh9eSkz4%2BCaF4FAvtQQ%3D&reserved=0)

Wednesday 17th May @ 13:00 [Click here to join the meeting](https://eur01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_YWFmZjg3ZGEtMzNiZi00MTE1LTljYTktYTAyYTllMTc2OWI1%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25222e7d1874-5045-4a21-bfec-c6020d6948d7%2522%252c%2522Oid%2522%253a%2522d97776e3-b158-4134-b68e-a91973f992af%2522%257d&data=05%7C01%7CBeatrix.Hajdu-Howe%40SomersetFT.nhs.uk%7C4c655f757adb4561af9808db457673ca%7C98ec91be8de748a39e800f0180ed9219%7C0%7C0%7C638180147271700594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JAZ%2BI2Hd8Y85WdjOYRKKnETedVxHPWqC0kOiNPOIjjI%3D&reserved=0)

Thursday 18th May @ 13:00 [Click here to join the meeting](https://eur01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_YzQ3ZWMzZWUtMDM4YS00OWRmLTk4ZTgtYmQ2NDdjMTNmNDhl%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25222e7d1874-5045-4a21-bfec-c6020d6948d7%2522%252c%2522Oid%2522%253a%2522d97776e3-b158-4134-b68e-a91973f992af%2522%257d&data=05%7C01%7CBeatrix.Hajdu-Howe%40SomersetFT.nhs.uk%7C4c655f757adb4561af9808db457673ca%7C98ec91be8de748a39e800f0180ed9219%7C0%7C0%7C638180147271700594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=epH2wi3a8qQVRUSV%2FnfHnxEaABw%2BkQUQghXfAmnNyrg%3D&reserved=0)

Tuesday 23rd May @ 13:00 [Click here to join the meeting](https://eur01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_ZmJmMzgwZDQtZTk3YS00OTM2LWI4OTMtYzhkNTU4NDc4OTQ1%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25222e7d1874-5045-4a21-bfec-c6020d6948d7%2522%252c%2522Oid%2522%253a%2522d97776e3-b158-4134-b68e-a91973f992af%2522%257d&data=05%7C01%7CBeatrix.Hajdu-Howe%40SomersetFT.nhs.uk%7C4c655f757adb4561af9808db457673ca%7C98ec91be8de748a39e800f0180ed9219%7C0%7C0%7C638180147271700594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vR%2Fcq4QIcqD%2BJoaKDMXwotMSpnAbin9A5UCyhmw8nag%3D&reserved=0)

Wednesday 24th May @ 13:00 [Click here to join the meeting](https://eur01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_YTQxODEwOTMtMGExNS00ZmJmLWE3NzAtZmJiZmExNTQ0MDUw%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25222e7d1874-5045-4a21-bfec-c6020d6948d7%2522%252c%2522Oid%2522%253a%2522d97776e3-b158-4134-b68e-a91973f992af%2522%257d&data=05%7C01%7CBeatrix.Hajdu-Howe%40SomersetFT.nhs.uk%7C4c655f757adb4561af9808db457673ca%7C98ec91be8de748a39e800f0180ed9219%7C0%7C0%7C638180147271700594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=giHzQicIs0nynsdXDXCCZZaSAHV6Dr9XG56uKiwMT3o%3D&reserved=0)

Thursday 25th May @ 13:00 [Click here to join the meeting](https://eur01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_MzJlYjU5MGMtN2QzYS00ZTQ1LWJkZWUtYWZhYTJkNjkyZmQz%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25222e7d1874-5045-4a21-bfec-c6020d6948d7%2522%252c%2522Oid%2522%253a%2522d97776e3-b158-4134-b68e-a91973f992af%2522%257d&data=05%7C01%7CBeatrix.Hajdu-Howe%40SomersetFT.nhs.uk%7C4c655f757adb4561af9808db457673ca%7C98ec91be8de748a39e800f0180ed9219%7C0%7C0%7C638180147271700594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CbC%2BtCrU7JMm8I05O6%2Btii1ketz04TtHQl%2FqlkLwFZg%3D&reserved=0)

For more information please visit the link below.

<https://www.getubetter.com>

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