

**Borders NHS Board****REHABILITATION NEW MODELS OF CARE AN UPDATE - AN UPDATE ON HYDROTHERAPY PROVISION****Aim**

To update Board members on the progress made to date on the implementation of the preferred option for the provision of water based exercise and hydrotherapy as a Rehabilitation treatment modality across the Scottish Borders.

**Background**

Rehabilitation New Models of Care – Hydrotherapy (Appendix – 2013-52) was presented and discussed at the Borders NHS Board meeting 2<sup>nd</sup> May 2013. Option 5 - Combine options 3 & 4 (utilise Jedburgh Hydrotherapy pool & improve access to local pools) was unanimously agreed by Board members as the preferred option to develop.

**Outpatients Renewal**

Phase 1 redevelopment of the Outpatient Department on the Ground Floor of the Borders General Hospital (BGH) was completed in September 2013. Currently planning work continues for Phase 2, which requires the closure of the Hydrotherapy pool and associated rooms. At present funding is not allocated for Phase 2, but to fully exploit the opportunities for patient care of Outpatients being situated on the ground floor it remains a priority.

**SBC – Wilton School Pool.**

Paediatric Physiotherapists are ensuring that future paediatric patients are supported to access the Wilton facility. Term-time timetabling is being reviewed and during school breaks programmes will be run at Wilton School pool.

An agreement in principle has been reached to open the pool for NHS use during (at least part) of the longer school holidays. NHS Borders will need to provide cover for additional staffing and energy costs and staff absence in Borders Sport and Leisure Trust (BSLT) is delaying the finalisation of these costs.

There is agreement that where adults are of a suitable height and geographic location these patients would not be excluded and this would be based on individual risk assessments.

### Jedburgh Leisure Facilities Trust

Jedburgh have adopted a 3 phase approach to achieve the planned training/hydro pool. In addition to NHS Borders contribution of £45,000 they are seeking grants from other bodies for the balance, and have been given encouraging feedback to date. The timeframe is not yet confirmed but it is hoped that this will soon be publically announced.

Phase 1. Reconfigure, extend and refurbish the current changing facilities - plans have been drawn up and are being submitted for a building warrant, at the same time as the formal grant application for this phase. A project manager has been appointed.

Phase 2. Build a new fitness centre adjacent to the existing building. This will be a relatively straightforward construction and plans will be drawn up and grant applied for during the first phase. This will free up space currently occupied by the existing fitness centre.

Phase 3. Install a teaching/hydro pool in the current fitness centre which will be vacated in the second phase. This is situated above the original swimming pool tank and the new pool will be sunk into the floor void, enabling deck level access to the pool via a ramp at minimum cost.

There will be enough space in the vacated fitness centre to provide full changing facilities adjacent to the pool.

### Joint Working with Borders Sport and Leisure Trust

We are continuing to work jointly to provide not just treatment and rehabilitation but access to self-help and health maintenance activities through BSLT pools. Regular meetings take place with BSLT and the emphasis has been on informing pool based BSLT staff and gaining their support to enhance their service prior to installation of equipment (steps, handrails, hoists) and arrival of new users.

The training required to deliver water based exercise programme by BSLT staff has been identified and staff in Kelso are the first recipients of the training programme. The training in Kelso will be complete during March and then rolled out to the other sites during April and May. Although progress with rolling out self-managed access has not been as fast as anticipated staff changes within BSLT have complicated the process but good progress is being made now and rolling out training to the remaining pools should be much quicker, along with the installation of equipment.

#### Milestones:

- 2013 – Joint NHSB/BSLT STEADi/ Falls Prevention Programme has been in place for some time across four BSLT Centres. Work is in progress to facilitate self referral to these and through ongoing falls awareness raising with Physiotherapists to encourage appropriate signposting to the classes.
- February 2014 – Moving Paediatric Hydrotherapy away from BGH to Wilton School Pool.

- February 2014 - Physiotherapists have been working with Duty Managers in Peebles and Galashiels to audit equipment and facilities and BSLT staff support available to pool users and Health and Safety issues to enable more efficient streamlining of assessment and signposting of service users/patients to the most appropriate facility for their needs. This work will continue across the remaining pools and be complete in March 2014.
- February/March 2014 – tailor patient evaluation process for use with new service in BSLT pools.
- March 2014 - A number of BSLT staff have already been trained on poolside hoist facilities at Kelso Swimming Pool, resulting in some patients with more complex needs now able to access Kelso pool and we will deliver the remainder of the training programme to support water based exercise programmes and self management approach during March.
- March 2014 - Sessions starting in Kelso Pool once training is complete targeting musculoskeletal issues that patients may experience such as upper and lower limb, spinal problems and high level balance requirements. To be evaluated and rolled out across remaining BSLT pools April to June 2014.
- April 2014 - The Physiotherapy Service will introduce a single point of referral from 1st April 2014. This will ensure patients are appropriately triaged and streamed to the correct services/speciality.
- April and May 2014 - evaluate training delivered in Kelso and roll out to Hawick, Peebles, Galashiels and Eyemouth BSLT pools.

## Summary

The Hydrotherapy Pool at BGH remains open currently and can do so only until Out Patient Department developments continue. Work to implement the New Models of Care service has been ongoing. Several important milestones have been achieved and the remaining steps should be complete by June 2014, with the exception of the key element of Jedburgh Training/Hydrotherapy pool. The delays to the Jedburgh component of the new service have been unfortunate but a more definite timeline for that element of the re-provision, which is beyond our control, is now emerging.

## Recommendation

The Board is asked to **note** progress as outlined above.

<b>Policy/Strategy Implications</b>	This was outlined as part of the original option appraisal. Consistent with 2020 Vision, NHS Borders Corporate Objectives and AHP National Delivery Plan
<b>Consultation</b>	Informing and engaging patients and public was undertaken as part of the options appraisal process

<b>Consultation with Professional Committees</b>	Not required at this stage
<b>Risk Assessment</b>	Managed by the service
<b>Compliance with Board Policy requirements on Equality and Diversity</b>	This was undertaken as part of the original option appraisal process and commended by the Board
<b>Resource/Staffing Implications</b>	Limited in terms of resource more in terms of change in practice and approach. Managed by the service

**Approved by**

<b>Name</b>	<b>Designation</b>	<b>Name</b>	<b>Designation</b>
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