

## Freedom of Information request 125-17

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### Request

Could the health board answer the following:

1. In 2015/16 (or most recent year for which data is available) how many people were referred to clinical rehabilitation following:
  - a. A heart attack, revascularisation procedure, or other heart condition
  - b. A diagnosis or post exacerbation of chronic obstructive pulmonary disease (COPD)
  - c. A stroke
2. And of those referrals to clinical rehabilitation:
  - How many were made from Primary Care?
  - What was the average waiting time for referral to a physiotherapist, or occupational therapist?
3. What is the length of the clinical rehabilitation programmes provided?
4. What exercise maintenance programmes are provided to people living with long-term conditions such as COPD, stroke and heart disease?
5. Where exercise maintenance classes are provided:
  - Are they provided in partnership with other agencies
  - What level of qualification are trained instructors required to have, if any
  - What the capacity of is of exercise classes provided.

### Response

1. NHS Borders are unable to provide data on the number of referrals to clinical rehabilitation by clinical diagnosis; our data collection system does not support collation. This data may be held in a patient medical record but this would require a manual trawl and the cost of carrying out this work would exceed the limit set in the Fees Regulations of the FOI(S)A 2002 and therefore we are not required to provide.
2. As above.  
The average waiting time across services is as follows:
  - Physiotherapy – 7 days
  - Occupational Therapy – 4 days
3. Unable to provide an average length of clinical rehabilitation programme for stroke and COPD patients as data systems do not support collating information by diagnosis. Clinical interventions are person centred and tailored on individual need. The average clinical rehabilitation programme for heart disease is 10 weeks.

4. Maintenance Programmes. Once an episode of treatment interventions is completed by an physiotherapist or an occupational therapist, then people are sign posted to services within the community where they can be supported by Lifestyle Advisory Service (LASS) e.g for example 'Walk It' groups, or exercise groups run by Live Borders, which are tailored to support ongoing maintenance. Please see leaflets attached for information:



Exercise Referral  
Live Borders.pdf



LASS leaflet.pdf

5. Where exercise classes are provided:

- They are provided in partnership with groups affiliated to CHSS and referral onto Live Borders (Sport and Leisure)
- Training instructors are either trained with Live Borders or self-run by participants.
- Capacity differs group to group and across localities.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or [foi.enquiries@borders.scot.nhs.uk](mailto:foi.enquiries@borders.scot.nhs.uk).

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **125-17** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.