

Dynamic Development of Inpatient Physiotherapy Services Woodland View Hospital



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Introduction

Individuals with mental illness engage in significantly less amounts of physical activity than the general population. A mental health setting can exacerbate barriers to exercise, and facilitate physical inactivity and sedentary behaviour. Physiotherapists can directly impact patients' lives and should be considered integral to exercise promotion in secure mental health settings. It has been evidenced that individuals with severe mental illness experience premature mortality of up to 20 years and that this rate is linked largely to physical health inequalities which can be reduced through modifiable risk factors, such as diet and exercise.

Aim

Our aim is to explore perceptions of staff and patients of Physiotherapy and their attitudes to exercise promotion for adult patients in a mental health hospital. Also to improve Inpatient Woodland View Physiotherapy Services.

To achieve this we began with two separate projects:

The Ward 5 Addiction services Education Program – Improving the patient pathway between physiotherapy and addictions management,

And

The Patient activity program for Inpatients- Improving the patient referral pathway to physiotherapy, adherence to group therapy and increasing inpatient referral rate.

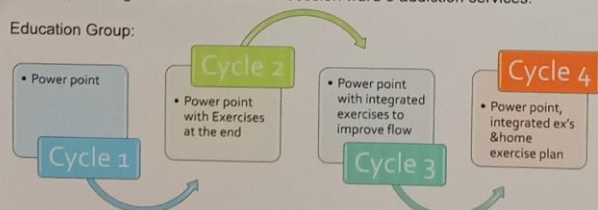


Method

Initially, we collected qualitative semi structured data from staff and patients using feedback forms and wellbeing questionnaires.

Secondly we began with an education session ward 5 addiction services.

Education Group:

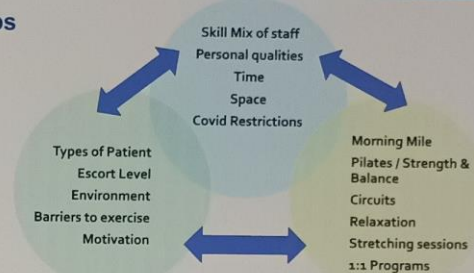


Next we trialled a variety of group sessions and analysed attendance and adherence to the groups.

References

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Groups



Discussion

An **informal approach** to exercise promotion was deemed most effective to some, whereas others committed to more formal methods including compulsory sessions. Strategies to maximise participation were introduced, including a morning mile and offering group sessions. This is where we discussed **barriers** to exercises, **optimised** exercise promotion and **encouraged**

strategies effective exercise promotion.

Results

- Lack of awareness around purpose of Physiotherapy Services, resulting in poor referral reasons and criteria
- Reduced collaboration in promotion of exercise across Woodland View
- Lack of integrated physiotherapy programmes within patient care plans
- Reduced adherence and lack of motivation of patients



Future Work

Physiotherapy Education Sessions for staff within Woodland View

Collaborative working with ward staff and AHP's to improve knowledge, develop ward based activity groups and reduce sedentary behaviour of patients

Collaboration with nursing staff and AHP's to develop integrated physiotherapy care plans during admission for new patients

Development of clear physiotherapy referral criteria and improve pathway

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