



# World Physiotherapy

World Physiotherapy Day is an opportunity to recognise the work that physiotherapists do for their patients and community.

Using World PT Day as a focus, World Physiotherapy aims to support member organisations in their efforts to promote the profession and advance their expertise. This year World Physiotherapy Day is promoting the role of physiotherapists in the prevention of osteoarthritis and in the management of people affected by osteoarthritis.

I am proud to call myself a physiotherapist and to work at the James Paget University Hospital with a group of amazing, dedicated physiotherapists who make a difference every day to our patients.

Our physiotherapists provide specialist rehabilitation following stroke, enabling people to recover and gain independence following this life-changing event. Current work is underway to empower the whole ward to embed rehabilitation practices every day of a patient's acute journey.

Our physiotherapists provide life-saving interventions to patients with a range of respiratory condition and are available 24 hours a day to deliver these skills from accident and emergency to the intensive care unit and everywhere in between.

Our physiotherapists provide assessment and rehabilitation to a wide range of medical patients admitted with a variety of acute and complex conditions. This requires the ability to provide holistic care, knowledge of a range of conditions and contraindications, to understand the environmental and social issues that impact upon recovery and a safe return home. This needs to take place in a short period of time determining how best to support individual goals for recovery and which pathway would best serve their patient and the wider healthcare system to ensure there are sufficient acute hospital beds but also that patients are working towards their full potential when they leave our care.

Our physiotherapists work at the front door and help to facilitate direct discharges' which helps ensure patients, who do not require hospital admission, can return home as soon as possible. They also work hard to ensure our most frail patients can access specialist frailty beds when required which support early discharge and improve outcomes for this patient group. This is vital to ensure that our most

vulnerable patients are given the best chance to return to their own home following admission.

Our physiotherapists in pelvic health support patients with a range of pelvic issues to help managing pre and post-surgery, birth and in managing a range of symptoms that impact negatively on all aspects of life. The positive impact of the therapy teams interventions are reflected in the positive feedback and the very important metric of reducing unnecessary surgery.

Our physiotherapists work within highly specialist areas such as pain management and are demonstrating the value of how advanced practice therapists can support the wider multi-disciplinary team in meeting the growing demands placed on Consultants. This lights the pathway for other specialist acute areas to develop advanced practice roles to meet the growing demand and complexity of our hospital.

Our physiotherapists are contributing to the JPUH NMAHP strategy to grow our confidence, capacity and capability to deliver research in order to improve patient care. This will be clearly demonstrated on the 19<sup>th</sup> September at our upcoming JPUH research and innovation showcase.

Our physiotherapists in orthopaedic trauma support a range of injuries including spinal injury and femoral fracture. Their pathways and achievements are being celebrated within the surgical division and recently highlighted nationally as part of the NHS England Hospital only Discharge programme.

Our physiotherapists are invaluable in ensuring surgical pathways are effective and patients achieve the best outcome following their surgery. This is across general surgery, gynaecology, cardiology and orthopaedics.

As this years' focus is on the management of people affected by osteoarthritis it is timely that we are in the process of re-launching our elective orthopaedic education group. This is an integral part of the journey for patients having a hip or knee replacement due to severe osteoarthritis of their joint. This education session helps to prepare people for their upcoming elective surgery with education, empowerment and exercise as key aspects to help ensure a speedy recovery post-surgery and to enable a faster return home.

There has been a lot of hard work put into updating the content in light of changes post covid-19 and due to the increasing numbers on our waiting list and as we support waiting lists across the integrated care system. The orthopaedic therapy team have created a series of "mega joint school days" to ensure as many people on the waiting list have had the education and an occupational therapy assessment to prepare them best for their surgery.

On this point, although this is a celebration of physiotherapists, it is important to highlight that the JPUH physiotherapists work as part of an integrated therapy department. Physiotherapists would not be able to perform their role effectively without the hard work, team work and expertise of our therapy assistant practitioner and occupational therapy colleagues. Our sum is greater than the individual components and so this is a celebration of the whole integrated therapy team!

Rene Gray MSc MCSP

Professional Lead for Physiotherapy

James Paget University Hospital