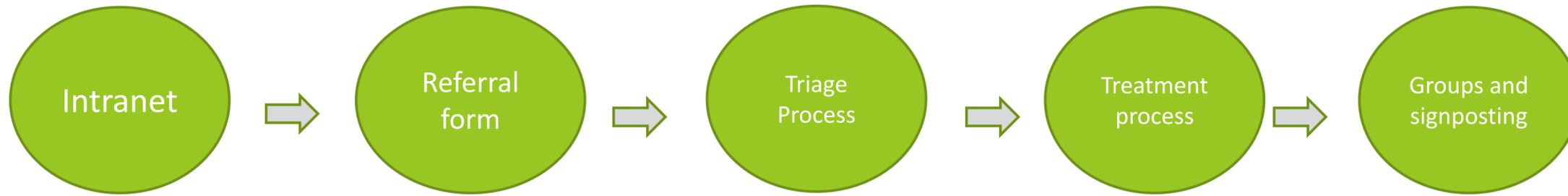


Components of a musculoskeletal (MSK) physiotherapy service rated excellent within an outstanding occupation health service in an acute NHS Trust.

John Kent Senior Physiotherapist.



Log onto trust intranet.
Go to **departments** and click on **O** for **occupational health**.
Scroll down the left hand column to physiotherapy for staff and click on the link.

Complete the on-line form including **Name, D.O.B, NHS number Symptoms, working status and the site where you wish to have treatment.**
E-mail the form to the link on-site

Referral is registered by the Physiotherapy admin team and a e-mail sent back to the patient asking them to phone the department to arrange an appointment

The patient is assessed by a senior physiotherapist and an agreed treatment plan and goals formulated.

- Identify groups That can be accessed through the trust or privately by the patient to ensure maintenance is achieved post treatment. Patients signposted to trust run Pilates, Hydrotherapy and staff gymnasium.

Future Steps:
Implementation of teaching sessions around staff health and well-being.

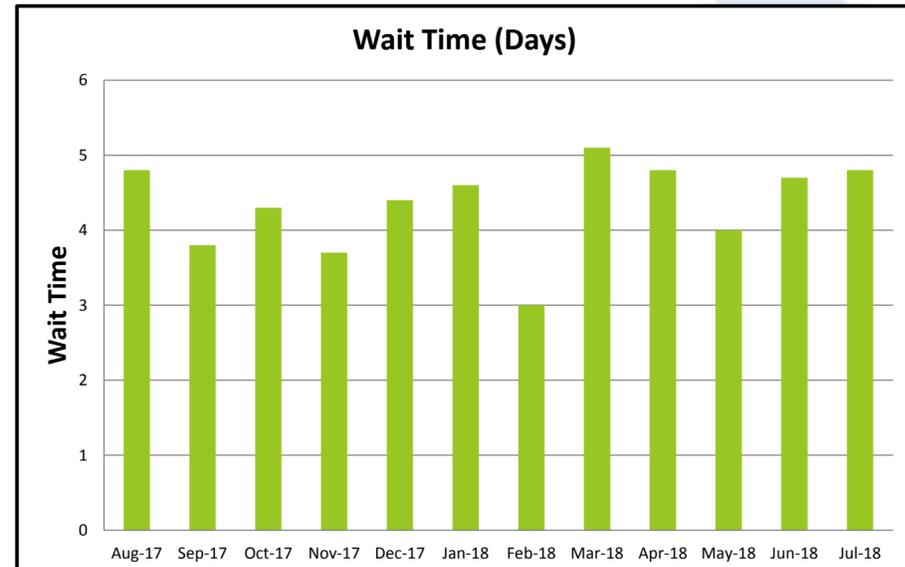
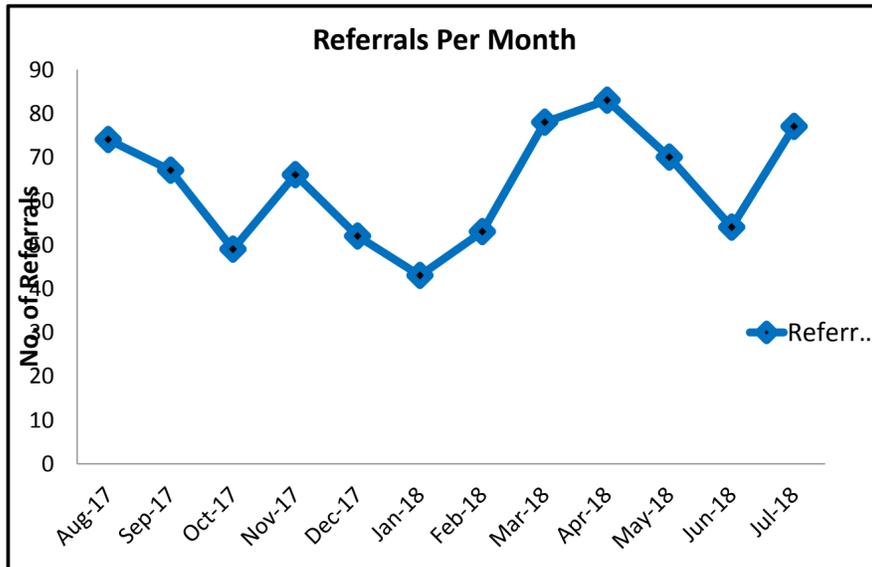
Increase staff self awareness of Occupational health and well-being opportunities.

Develop closer working relationships with O.H and team leaders.

Promote **Making Every Contact Count (MECC).**

Achievements to date.
766 staff self-referred for treatment Aug 17-July 18.
Patients seen within 5 working days.
Audit of service revealed areas to target e.g. the two main areas requiring treatment were necks and backs. The main members of staff who presented with these problems were Admin staff therefore the teaching and training component was introduced with departmental in-service training sessions facilitated.
20 ergonomic lectures delivered to Admin staff Aug 17-July 18.

Feedback
The Occupational health physiotherapy service is fast and efficient I was seen within three days of referral.
The training was thought provoking, informative and fun. A through initial assessment and personal exercise programme enabled me to return to work quickly, I have maintained my fitness through attending Pilates and the staff Gym.



Training goals & outcomes
Highlighted the importance of exercise and moving throughout the day.
CSP booklet distributed to each department throughout the trust.
Active 10 and couch to 5k challenge implemented by the trust as departmental challenges.
Individual Ergonomic assessments were completed.
A better working relationship was created between the physiotherapy department and the moving and handling team which accelerated the provision of appropriate equipment.

