

Physical health: prevention of deterioration and recovery programmes

Date: 05-09-16
Title: Report to Isles of Scilly Health and Wellbeing Board
Report of: Healthwatch Isles of Scilly

1. In 2015 Healthwatch made a recommendation to a number of relevant bodies concerning the need for a more extensive, joined up and flexible service in the areas of musculoskeletal physiotherapy, falls prevention, and rehabilitation.
2. Feedback indicates that people who need to follow a programme of exercise in order to prevent deterioration, or to recover from an operation or acute illness, sometimes lack assessment or access to supported programmes.
3. The potential for enhanced provision was discussed during visits to the islands by senior managers of RCHT and Peninsula Community Health in September 2015 and October 2015 respectively.

We have since discussed the matter in more detail with our senior GP, the Occupational Therapist lead for Penwith and Isles of Scilly Community Rehab Team, the St Marys Hospital team, and the Sports Hall and Gym Manager.

4. We remain concerned about a lack of integration to fully supported on-island recovery programmes from cardiac or stroke episodes, or joint replacements; also about pathways to provide assessment and programmes for people with indicators of future health problems (heart disease, diabetes), or increased fall risk.
5. Currently, the Gym is unable to accept certain patients without a full medical, which places a burden on GP time.

Two gym sessions a week are set aside for NHS-supervised falls prevention and rehabilitation, but are underutilised partly due to time and resource constraints on the provider. This is not a statutory NHS service and could be supported by other staff with appropriate training.

6. National surveys have accentuated the benefits of all forms of exercise in improving physical and mental health. Some ideas have been suggested to us for organised programmes which could be led by organisations or individuals within the community, and include:

walking groups	adapted sport for people with dementia
walking football	daytime sport/fitness sessions for retired people
over 60's badminton	evening sport/fitness sessions for older working people

7. We believe that the will exists in all quarters to improve provision but that this requires leadership to ensure effective integration and use of available facilities and resources.
8. We propose that:
 - a) the Health and Wellbeing Board reviews the current pathways for assessment and supported exercise programmes; and
 - b) Incorporates improved provision into existing projects for early intervention and reablement which are funded through the Better Care Fund.