

Nottinghamshire County LINK

Nottinghamshire County LINK in Partnership with
Nottinghamshire Learning Disability Partnership
Board Sub Group

Hydrotherapy Monitoring Report

November 2011



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Focus

The group focussed on access to hydrotherapy for people with a learning disability, but also by necessity considered service availability in the broader sense. The work was a merger of concerns from the patients and public about general access to hydrotherapy and more specific concerns about access from the Nottinghamshire Learning Disability Partnership Board, and was therefore a joint report producing the following recommendations.

Recommendations

- 1a.** Awareness of the ability to refer to physiotherapy should be raised. Information regarding referral should be disseminated through Speak Out Groups, Annual Health Checks, Annual Reviews and through contacting previous users of hydrotherapy. People should also be supported to self refer and to be referred to physiotherapy through their Community Learning Disability Team.
- 2a.** Organisations should work together closely to minimise bureaucracy and to ensure that the existing hydrotherapy pools are used to their full capacity. For example, using school and college based hydrotherapy pools outside of school hours and in holidays, and facilitating community group use of hospital based hydrotherapy pools. This would ensure that there are more opportunities to include hydrotherapy within a package of physiotherapy.
- 3a.** We recommend that Acute Trusts explore and share best practice to ensure that, following their six sessions, patients are fully aware of opportunities in the community to continue their exercise.
- 4a.** We recommend that Nottinghamshire County Council ensure that service users wishing to use a Direct Payment to cover transport costs and carer support to access hydrotherapy and water based exercise are supported to do so within their agreed support plan.
- 5a.** We recommend that long-term consideration should be given to a better spread of access to hydrotherapy pools across the county due to the perceived negative impact of travelling following a hydrotherapy session.
- 5b.** Council Planning Departments should consider including hydrotherapy pools within new leisure centre complexes.

- 6a.** Organisations should make use of research regarding hydrotherapy as it is undertaken, for example, the HyDAT Project: the UK Aquatic Physiotherapy Data Collection 2009
- 7a.** We recommend that Nottinghamshire County Council supports people wishing to undertake recreational water based activity through Self Directed Support, when the activity is included in that individual's support plan as an identified, affordable and sustainable outcome.
- 8a.** We recommend that support is given to community organisations that wish to take on responsibility for the running of a recreational hydrotherapy / water based exercise group.
- 8b.** Nottinghamshire Healthcare NHS Trust Physiotherapy Team has undertaken an audit to identify people interested in using a recreational hydrotherapy / water based exercise group.

The information is divided into three groups:

- Those requiring warmer water of the hydrotherapy pool (around 25% of people with a learning disability)
- Those who do not need such warm temperature and could access a community pool with the appropriate equipment
- Those who have a carer who would be able to assist a session

This audit should be used to ensure that the recreational hydrotherapy / water based exercise group is accessed by those needing it.

- 8c.** People should have equal support offered through support plans, irrespective of the availability of support offered by parents/carers.
- 8d.** Organisations should develop a competency package to enable independent users of the pool, community groups, service users, carers and personal assistants to use the facility safely without physiotherapist supervision. The competency package would include training and cover established competency package, used for initial training and including additional knowledge required by the poolside person in the event of emergencies. Nottingham University Hospitals Trust have developed a competency package based on staff training, which has been used in the past to ensure that community groups hiring the hydrotherapy pool are doing so safely.
- 9a.** NHS Trusts and Local Authorities should make better use of current information regarding community pool and hydrotherapy pool access

arrangements, for example, the pool survey. This information should be proactively disseminated in the community and regularly reviewed to improve the transition to step down service.

- 10a.** Inclusive access should be considered in all newly built leisure centres to maximise the potential for people with disabilities to take part in exercise and to reduce the strain on the hydrotherapy service.

Monitoring

The Nottinghamshire County LINK in Partnership with Nottinghamshire Learning Disability Partnership Board Sub Group Hydrotherapy Task and Finish Group Report was produced in October 2010.

The partnership approach of this work enabled the Task and Finish Group to collate findings and information from members of the community, Nottinghamshire County LINK, Nottinghamshire Learning Disability Partnership Board, NHS Nottinghamshire County, NHS Bassetlaw, Nottinghamshire Healthcare NHS Trust, Nottinghamshire County Council, Sherwood Forest Hospitals NHS Foundation Trust, Nottingham University Hospitals NHS Trust and other partners.

In June 2011, the group reformed to undertake a monitoring process of the responses to the recommendations set out in this report. A Statutory 20 day letter was sent to the Statutory Bodies listed table A below, asking them all to provide:

“any responses you have to the recommendations, any actions that you have undertaken or planned and any additional information that you feel may be of use to the group”.

Table A

Recipient	Response received?
<i>Nottinghamshire Healthcare NHS Trust</i>	Yes
<i>Portland College</i>	Yes
<i>NHS Bassetlaw</i>	Yes
<i>NHS Nottingham City and Nottinghamshire County</i>	Yes
<i>Sherwood Forest Hospitals NHS Foundation Trust</i>	Yes
<i>Nottingham University Hospitals NHS Trust</i>	Yes
<i>Bassetlaw District Council</i>	Yes
<i>Broxtowe Borough Council</i>	Yes
<i>Newark and Sherwood District Council</i>	Yes

Nottinghamshire County LINK sent informal letters to the six Clinical Commissioning Groups detailed below and Erewash Borough Council:

- Bassetlaw Commissioning Organisation
- Mansfield and Ashfield NHS Clinical Commissioning Group (CCG)
- Newark and Sherwood Health
- Nottingham North and East Clinical Commissioning Group (CCG)
- Nottingham West Clinical Commissioning Group (CCG)
- Principia Rushcliffe (CCG)

The report was acknowledged by Bassetlaw Commissioning Organisation and Principia Rushcliffe and formal responses were received from Mansfield and Ashfield NHS CCG, Nottingham West CCG and Nottingham North and East CCG, their responses are below.

Nottingham North and East Clinical Commissioning Group

Samantha Walters, Chief Operating Officer, responded on behalf of Nottingham North and East Clinical Commissioning Group:

“Based on your report we have identified that we would like to understand more about Hydrotherapy and other therapeutic intervention services within the Nottingham North and East Clinical Commissioning Group area, and as such have decided to take forward the following actions;

1. Undertake a review of what is available locally and publish information about the availability and use of these services for our local community.
2. Discuss your report with our patient reference group focusing on their experience and suggestions in relation to the services.
3. Raise awareness of these services with GPs and patients through our practice and patient networks. We will also prompt discussion about signposting community hydrotherapy services and alternatives as part of the annual health checks undertaken for our patients with learning disabilities.
4. Input into the contract meetings that we hold with each of the providers i.e. Nottinghamshire Health Care Trust, Sherwood Forest Hospital Trust and Nottingham University Hospital Trust; raising and monitoring the impact of your recommendations together with our own findings. We will use our contract review process to ensure

providers share best practice and are providing high quality information to patients and community provision.

5. Link into our local borough and county councils and the Health and Well Being Board to ensure that work on this area is joined up exploring opportunities for further partnership working.

We will keep you updated on our progress on the actions listed and look forward to working with you to ensure the best quality and most accessible services for our community going forward”.

Mansfield and Ashfield NHS Clinical Commissioning Group

Dr Raian Sheikh, Clinical Lead, responded on behalf of Mansfield and Ashfield NHS Clinical Commissioning Group:

“[...] Improving outcomes for people with learning disabilities remains a priority for us. As, the Mansfield and Ashfield NHS Clinical Commissioning Group, we commission services from Nottinghamshire Health Care Trust, Sherwood Forest Hospital Trust and Nottingham University Hospital Trust, all of whom provide Hydrotherapy. This arrangement means that should anyone of our practices consider it appropriate, patients can be referred onto one of the services based at these hospitals. As local GP’s we would take the advice of the Hospital specialists to determine if Hydrotherapy should be a component of the patient’s package of care.

We appreciate from your report findings that these NHS Hydrotherapy facilities have the potential for community use too. We do hope you have some success in exploring with the hospitals how such facilities could be accessed for use by local LD community groups”.

The hydrotherapy pool at Nottingham University Hospitals NHS Trust (NUH) is closed (see response on page 12), as such Nottinghamshire County LINK contacted Mansfield and Ashfield NHS Clinical Commissioning Group asking for more clarity about what currently happens to the patients who are referred for hydrotherapy at NUH. Ruth Hetherington, Locality Support and Development Manager, responded on the 24th October 2011 to advise that:

“It is difficult to give a standard response for all referrals, but I would assume that those patients that have been referred to NUH are offered choice whether they wish to wait, or opt for alternative providers at Sherwood Forest or Notts Healthcare Trust”.

Subsequently a Statutory 20 day letter was sent to Dr Peter Homa, Chief Executive Nottinghamshire University Hospitals NHS Trust on the 25th October 2011 to find out more about the current hydrotherapy referral process. His response received on the 21st November 2011 is detailed below:

“As you have noted, the future use of the hydrotherapy pool is being reviewed. The Physiotherapy Department has negotiated an arrangement with Sherwood Forest Hospitals Foundation Trust to use their pool and they are accepting patients from us accordingly. Thus the patient should be assessed by an NUH physiotherapist to determine whether there was a clear clinical need to use hydrotherapy for treatment. If this was indicated, the patient would be currently seen at the Sherwood Forest Hospitals Foundation Trust”.

Nottingham West Clinical Commissioning Group

Tracey Lindley, General Manager, responded on behalf of Nottingham West:

“NWC is not directly involved in commissioning hydrotherapy services and there have been no concerns raised locally to NWC”.

Responses to the recommendations made

Below are the responses received from the Statutory Bodies that directly addressed the recommendations detailed in the report.

Nottinghamshire Healthcare NHS Trust

Debbie Abrams, OBE, General Manager Specialist Services Directorate and Carol Tucker, Professional Lead for Physiotherapy, responded to recommendations 1a, 2a, 5a, 5b, 6a and 8 on behalf of Nottinghamshire Healthcare NHS Trust:

“The Learning Disability Service recognises that following the closures of Balderton Hydrotherapy Pool (2006), due to the ongoing maintenance problems, and Cedars Pool in Nottingham (2005) as a result of Nottingham City PCT terminating their contract with the Trust that as a service we have much more limited access to facilities in which to provide Hydrotherapy Services.

However by continually working in partnership with other agencies and providers it has been possible to establish three hydrotherapy sessions which are supported by the physiotherapy service - these

are at The Rebecca Adlington Swimming Centre in Mansfield, Fountaindale School Hydrotherapy Pool, and the Oakfield School Hydrotherapy Pool.

There are also individual service users who access the Hydrotherapy Pool at Spa Sensations at Long Eaton, these service users are supported by carers (often utilising Direct Payments) to attend the pool with physiotherapy staff providing the detail of the programmes of exercises to be completed in the water. These sessions are not new, they have been running for a couple of years now and have been referred to in the recent meetings and so you may well already be aware of them.

The Physiotherapy Service are also working with Portland Training College to be able to use their Hydrotherapy Pool on a weekly basis and are also talking to St Giles School in Worksop to ascertain both suitability and access to their Hydrotherapy Pool. All of the sessions above help to illustrate that as a service there is an on-going commitment to the clinically assessed hydrotherapy needs of service users, and the physiotherapy service will continue to provide services where clinically appropriate although it does need to be recognised that these services when offered will be on a time limited basis and may not be provided within the immediate locality of need.

Both Nottinghamshire Healthcare Trust and NHS Nottinghamshire County have previously indicated that they have no intentions to build a Hydrotherapy Pool, and especially in the present economic climate then it would be unlikely that this situation would change.

In specific response to some of your recommendations:

Recommendation 1 a

No service users were discharged from Physiotherapy as a result of hydrotherapy pool closures, however any referrals are always welcome back to physiotherapy at any time should parents, carers, day centre staff feel that they need advice or assistance from the team. In addition when new referrals are received, and if the clinical assessment indicates the need for hydrotherapy, then this is discussed on an individual basis to see whether this is possible, or whether similar therapeutic benefits can be achieved using other treatment modalities.

Recommendation 2a

The Physiotherapy Service are already working in partnership with other organisations to provide access to Hydrotherapy, although we do acknowledge that this can be problematic with the different insurance

needs across organisations, and access outside of school hours is not easily achieved as would be access to staff.

Recommendation 6a (and 5a and 5b)

The Physiotherapy Service are well aware of the HyDAT Project which was undertaken, nationally this has been used to demonstrate where/why/who was undertaking Hydrotherapy, and has provided a useful baseline upon which other areas may be able to base their own work. Part of the work was to establish an outcome measure which was hydrotherapy specific. Within Nottinghamshire Healthcare Trust all Allied Health Professionals are encouraged to use Outcome Measures and as such in Physiotherapy an Outcome Measure is utilised which can be used across all service users and conditions which means that data on the outcome of therapeutic interventions can be collated across the whole physiotherapy service and not just for one specific treatment. The data from the HyDAT project and on going data from our own measures may well be very useful for the future especially if Leisure Services do consider providing Hydrotherapy facilities within new Leisure Facilities.

Recommendation 8

As you are aware the Physiotherapy Service would very much like carer/support groups to set up their own Recreational/water based therapy sessions, you will also be aware that the bid which was submitted to NHS Nottingham City to support this was unsuccessful. This will be a piece of work that the Physiotherapy Service will continue to research to see whether there are suitable accessible premises, and sufficient support from carers to run the sessions”.

Following receipt of this letter Nottinghamshire County LINK contacted Carol Tucker, Physiotherapy Professional Lead, as we had concerns that the temperature of the Rebecca Adlington Pool could not be increased, raising the question of how it provided hydrotherapy. Carol responded on the 24th October 2011 to advise that:

“The temperature at RA [Rebecca Adlington] cannot be increased, you are quite right. However, that session is used by service users who do not necessarily require an increased water temperature as they may be more active themselves, and are able to benefit from properties such as the water supporting them to move more freely, therefore enabling active/assisted movement, or being able to move against the resistance which can be provided by the water and therefore to some degree help maintain muscle strength – therefore most of the benefits of hydrotherapy without the benefits which would come from the warmth of the water. As the pool that is used is the children’s pool the water temp is greater than that of the normal

pool [...] but it does mean that consideration needs to be given to the depth of the pool which is limited [...]”.

Broxtowe Borough Council

Mr A Marriott, Head of Leisure, responded to recommendation 5a and 10a on behalf of Broxtowe Borough Council:

“Broxtowe Borough Council is fully committed to the principles of equality and improving access for people with disabilities.

In respect of access to swimming and swimming facilities considerable work has been done of late, and as part of the Nottinghamshire County Council Aiming Higher project which is summarised below.

- New fully accessible disabled changing facilities at Bramcote leisure centre with changing bed, overhead hoist, complete with shower, wheelchair etc (these are in addition to existing changing facilities for people with disabilities at both Bramcote and Kimberley)
- New mobile and static pool hoists
- New swimming lessons for children with disabilities at both Bramcote and Kimberley leisure Centres
- Free swimming session for people with disabilities at both Bramcote and Kimberley Leisure Centres
- Watersports activity sessions for children with disabilities

This authority, as part of our Broxtowe Sport Unit, employs a fulltime Inclusive Physical Activity Officer, without whom, much of these recent developments would not have taken place.

Turning to the issue of hydrotherapy pools, and specifically Recommendation 5a, this authority does not have any provision at the current time, nor is there any new facility development in the pipeline. It would not be appropriate for any Local Authority planning department to specify such provision.

If however, there was new facility development then it would be highly unlikely that such provision would figure in the facility mix, partly due to cost but more specifically the identification of need and the probable levels of utilisation of such a facility.

In respect of Recommendation 10a, clearly the issue of inclusivity and access is a statutory requirement in building design and

construction and much as been done (with ageing building stock) to overcome the inherent building issues. Future hydrotherapy provision is, unlikely and the cost of providing and operating a facility would require careful consideration planning and possible joint funding. It is not acceptable to merely "shift" the burden from the health service to local authorities".

Nottingham University Hospitals NHS Trust

Dr Peter Homa, Chief Executive, responded on behalf of Nottingham University Hospitals NHS Trust:

"The NUH Physiotherapy service has had LINK participant representation in the Nottinghamshire County LINK Hydrotherapy task and finish group from David Whitaker, Therapy services manager.

In respect to changes 20 to 23 of the report containing the recommendations 1a, 2a, 3a, 4a, 5a, 5b, 6a, 7a, 8a, 8b, 8c, 8d, 9a, and 10a.

The physiotherapy service at NUH fully support the recommendations made by this advisory group and were pleased to be asked to participate in its consultation and drafting process.

We specifically believe that the suggestion that future council run leisure pool complex developments should incorporate warm water hydrotherapy pools to facilitate access to exercise in water for all groups of users.

The physiotherapy department on the city campus has a number of policies and competency documents that we would be happy to make available to members of the group if required.

Unfortunately the hydrotherapy pool on the city campus is old and unreliable and in the last financial year despite the best efforts of the trust we only managed to have the pool operational for 29 weeks. The pool is currently drained and its future opening is being reviewed by the Diagnostic and Clinical Support Divisions management team. An operational appraisal document has been drawn up.

The fabric of the building on the city campus is also a cause for some concern as it has recently been subject to water damage for the third time this year".

Additional responses

The responses detailed below do not directly address the recommendations detailed in the original report; however they have been included in this monitoring report for information.

NHS Bassetlaw

Nottinghamshire County LINK received the following responses from NHS Bassetlaw.

Emma Ducker, Patient and Public Involvement Manager, responded on the 24th March 2011:

“In relation to people who have specifically been prescribed hydrotherapy as a clinical treatment there are currently no waiting lists in Nottinghamshire in relation to patients under the care of Nottinghamshire Healthcare Trust.

As you have highlighted within your report, water based exercise can be provided in community pools for anyone to access and these sessions are already in use in Bassetlaw.

As you may already be aware Barbara Brady, Consultant in Public Health covering NHS Nottinghamshire County and NHS Bassetlaw is currently undertaking work in relation to this area to look at further options for future hydrotherapy provision.

As commissioners, we commission health services from a number of different organisations, e.g. Nottinghamshire Health Care Trust, Sherwood Forest Hospital Trust and Nottingham University Hospital Trust. Clinicians working for these organisations will use their clinical expertise to determine if their patient requires physiotherapy. In the majority of cases, it will then be for the Physiotherapist to determine if Hydrotherapy should be a particular component of care for that patient. For those patients approaching the end of their therapeutic intervention, clinicians will plan for discharge and this will involve making sure that the patient is aware of opportunities in their local community”.

Following the receipt of this letter Nottinghamshire County LINK were contacted on the 28th April 2011 by Sue Gill, Head of Partnership Commissioning for NHS Bassetlaw:

“I would just like to clarify that my comment about their being no waiting list for those people who have been specifically prescribed hydrotherapy as a clinical treatment was based on the statements made at the Learning Disabilities Partnership Board by Debbie

Abrams, General Manager for Specialist Services for Nottinghamshire Healthcare Trust. We had not been updated prior to this that the situation had changed and would like to apologise for any confusion.

In terms of accessible public pools, again from the discussion in the Learning Disabilities Partnership Board, these pools are the responsibility of the District Councils not the NHS. However, this is not to say that the PCT does not support equal access for all for public pools but that it cannot take direct action on these facilities.

I apologise if it sounds as if I am repeating myself but again it was in the Learning Disabilities Partnership Board meeting that Barbara Brady offered to take this issue away to look at further options. We have not currently heard anything further as a result of this and we will pursue this at a future meeting of the Partnership Board and keep you informed of the outcome”.

NHS Nottingham City and NHS Nottinghamshire County

Barbara Brady, Consultant in Public Health, responded on behalf of NHS Nottingham City and Nottinghamshire County:

“As commissioners, NHS Nottinghamshire County and NHS Nottingham City commission health services from a number of different organisations, e.g. Nottinghamshire Healthcare Trust, Sherwood Forest Hospitals NHS Foundation Trust, and Nottingham University Hospitals Trust. Clinicians working for these organisations will use their clinical expertise to determine if their patient requires physiotherapy. In the majority of cases, it will then be for the Physiotherapist to determine if Hydrotherapy should be a particular component of care for the patient. For those patients approaching the end of their therapeutic intervention, clinicians will plan for discharge and this will involve making sure that the patient is aware of opportunities in their local community”.

Bassetlaw District Council

David Armiger, Head of Community Prosperity, responded on behalf of Bassetlaw District Council:

“Unfortunately, planning authorities have no powers to require the provision of a specific type of facility within new leisure facilities; this is a matter for the provider and or the funding body.

In relation to access arrangements to any new building this is covered by Part M of the Building regulations and the relevant requirements of the Disability Discrimination Act which set clear standards for access arrangements to publically accessible buildings”.

Sherwood Forest Hospitals NHS Foundation Trust

Sally Dore, Director Customer Experience and Engagement, responded on behalf of Sherwood Forest Hospitals NHS Foundation Trust:

"All patients when discharged from hydrotherapy usually have their own programme of exercises which they can continue in a local pool. Patients are provided with a list of local pools, which also informs them of the approx pool temperature and of any specific session each pool runs, which certain patients may find useful".

Portland College

Quentin Colley, Vice Principal, responded to Nottinghamshire County LINK on behalf of Portland College:

"The college was donated some sensory equipment from the Balderton Hydrotherapy Pool. We were led to believe that this equipment was no longer in use and due to be decommissioned along with the hydrotherapy pool itself. The college's main interest at that time was to secure resources that would improve the quality of services and support for our existing learner cohort.

The college Physiotherapy Manager - Paula Manning did have conversations with the NHS Trust Team at the time of decommissioning, suggesting that there may be a possibility to offer our hydrotherapy pool to the Learning Disability Team if the college had the capacity and if the college could resource such activities.

As part of its core activities the college has not planned to offer open public access to its hydrotherapy pool as part of its normal services but we are always looking at ways where we can widen participation for disabled people as part of the college's wider mission statement.

As a result the college is currently updating its policies and procedures around handling and moving, this is a routine and annual process to ensure we comply with all current legislation and best practice.

I understand that the college Physiotherapy Manager is looking at ways to increase access to the hydrotherapy pool by third parties via amendments to our policies and procedures and that this work is ongoing at this time. We are hoping to be in a position to support the ongoing development of the hydrotherapy sessions from September 2011.

I am very grateful for the link to your report and its findings; these will be beneficial in any future planning the college makes. I will specifically be meeting with my managerial team to discuss your

communication with us and ensure that they are aware of your communication and its rationale.

Thank you for writing to the college, members of my team will be contacting the appropriate staff within the NHS Trust shortly to determine how we can move this project forward”.

Following receipt of this letter Nottinghamshire County LINK contacted Paula Manning, Physiotherapy Manager at Portland College, to find out if they are now “in a position to support the ongoing development of the hydrotherapy sessions”. Quentin Colley, Vice Principal, kindly submitted the following statement:

“The amendments we needed to make at college are very close to completion even since our last phone conversation, however as our client group alters and new demands are made on our hydro service by them, I am still unable to say exactly what we can offer to the public at large. I am still in contact with Carol Tucker and she has stated that what ever time we have available she would like to use for her team”.

Spa Sensations

Contact was made with Spa Sensations who confirmed that direct Payments would be accepted for use of their facilities. However if hydrotherapy or water based exercise is classed as a health service, then this may cause some difficulties with social care making the payments, unless approval is obtained in advance.

Newark and Sherwood District Council

Officers from the Local Planning Authority responded on behalf of Newark and Sherwood District Council:

“I have reviewed the reference report (Hydrotherapy Task and Finish Group report, November 2010) and discussed the conclusions and specific recommendations at 5a and 5b on page 21 with my manager. We note and are supportive of the findings of the report and recognise the need, where possible, for development to secure appropriate facilities for local communities within our remit as LPA. However, we must operate within a planning policy framework which includes reference and seeks to secure a wide range of factors.

While as a Local Planning Authority / Council Planning Department we are not responsible for the delivery of new leisure provision I will ensure that your report is forwarded to

the appropriate parties in our property service for their attention.

Should you have any questions regarding our response please feel free to contact me to discuss them further”.

Conclusions

The Hydrotherapy Task and Finish Report and this monitoring exercise, have raised the important issue of access to Hydrotherapy across the county, within all areas of the health and social care community.

Nottinghamshire County LINK recognises that some of the recommendations in the initial report were unspecific and subsequently hard to acknowledge and respond to. Despite this Nottinghamshire Healthcare NHS Trust, Broxtowe Borough Council and Nottingham University Hospitals NHS Trust directly responded to the recommendations in the report. The responses received were informative and demonstrate improvement in knowledge of hydrotherapy and availability of facilities for patients, whilst illustrating an ongoing commitment to the clinically assessed hydrotherapy needs of service users.

The report pointed to the benefit of successful joint working and open communication between health and social care services. Nottinghamshire County LINK are pleased to see that by working in partnership with other agencies and providers the Physiotherapy service of Nottinghamshire Healthcare NHS Trust has established and supports three hydrotherapy sessions:

- The Rebecca Adlington Swimming Centre in Mansfield
- The Fountaindale School Hydrotherapy Pool
- The Oakfield School Hydrotherapy Pool; a new addition to the City area

The Strategic Health Authority (SHA) hold an annual meeting to 'Confirm and Challenge' the Clinical Commissioning Groups self assessment of Learning Disability services within the area. At the meeting held on the 21st October 2011 Judy Thorley, Regional Lead, Learning Disability Health and Adult Safeguarding, NHS East Midlands, raised the Hydrotherapy report as a good piece of collaborative work, highlighting patient involvement. The report was discussed within the meeting and responses obtained from the Clinical Commissioning Groups (CCG) present indicated that awareness of the issue had been raised; supported by the letters received from Nottingham North and East CCG (see page 6) and Mansfield and Ashfield NHS CCG (see page 7).

Nottinghamshire County LINK would like to see Clinical Commissioning Groups across the County following the lead of Nottingham North and East CCG, particularly where access to hydrotherapy pools is limited; including the areas covered by Principia Rushcliffe and Newark and Sherwood Health.

Although it is clear from the responses received that awareness of hydrotherapy and its benefits has been raised, Nottinghamshire County LINK will continue to monitor provision of hydrotherapy services across Nottinghamshire. It is hoped that joint working, improved facilities and implementation of direct payment systems will combine to ensure service users are able to easily source and access much needed hydrotherapy services.

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