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# Frontline

THE PHYSIOTHERAPY MAGAZINE FOR CSP MEMBERS

18 February 2015  
Volume 21  
Issue 4



How physios can help

## Back to work

Inside: Jobs • Physio findings • Courses • Views and opinions



Acupuncture Association of  
Chartered Physiotherapists

# ANNUAL CONFERENCE 2015

9th & 10th May  
Hilton Coventry Hotel

## KEY SPEAKERS

Hugh MacPherson  
Marie-Lore & Fokke Jonkman  
Andy Harrop  
Colin Paterson  
Lynn Pearce  
Luis Ulloa

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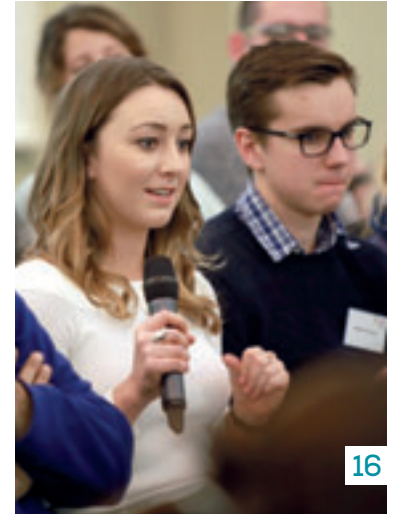
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# Comment



Write to us  
email your letters to  
[frontline@csp.org.uk](mailto:frontline@csp.org.uk)

## A little inspiration

**I**nnovation is something many of us strive for, but don't always achieve. We don't always have the time (or energy) to make the big changes in our work or life that we'd like to. Nor can we all be a James Dyson or Steve Jobs, dreaming up endless new inventions.

But there's always time to make little adjustments to what we do – those slight changes in direction that make a small but significant difference.

Those of you feeling inspired to think differently should take a look at our coverage of leadership at this year's student representative conference (pages 16-17.)

## Whether you are a student, support worker or a recent graduate, you can still be a leader

Whether you're a student, support worker or a recent graduate, you can still be a leader. All you need to start is an inquiring mind, a willingness to listen and learn, a desire to try something new and an ability to learn the 'soft' skills of challenging established practice in a non-threatening way.

Leadership is about being creative too. We've been heartened by your positive responses to the new-look *Frontline*. Check out our two new columns in this issue: clinical update (page 32) and in review (page 35).

We'll keep up the creativity and innovation – let's hope *Frontline* will inspire you to do the same!

### Lynn Eaton

managing editor *Frontline* and head of CSP member communications  
[eatonl@csp.org.uk](mailto:eatonl@csp.org.uk)



Sebastian Kaulitzki/Science Photo Library

### Students' guide

I've written an e-book that is an 'insider's guide' to university life as a physiotherapy student.

The e-book covers all sorts of aspects of university life such as critical appraisal, how to prepare for placement and how to go about applying for your first job.

The title is *Life of a physiotherapy student: an insider's guide to university*.

It is available via the Amazon website for £1.99.

Go to: [www.amazon.co.uk](http://www.amazon.co.uk) and enter 'BOOSN AFE9Q' into the search box.

■ *Rachel Stout*

### Human rights issue

The news item titled Northern Ireland 'cancels' self referral to physiotherapy is very concerning for patients

(page 8, 7 January).

New Zealand was a forerunner to self-referral and patients can have all insurance forms filled, X-rays and ultrasound scans prescribed, referral to all other specialists by physiotherapists. Success for the patient has been on all fronts, clinically, emotionally, socially.

The 'cancellation' is a human rights issue. Patients are entitled to access an opinion on the

## You've added...

*Responding to the column titled From child to adult services (page 21, 4 February), Jane Stewart-Parry commented:*

■ I am disappointed to see no mention of education, health and care plans. In September 2014 these replaced

statements and aid the provision for 0-25 years of age. This means greater support for young people age 19-25. The aspiration of the green paper has not been met by the plans and there is still a lot of confusion with each authority doing their own plans. It is



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join the debate online at  
**www.csp.org.uk**

## Pain-free dream

In the eight years I have been a musculoskeletal physio I have tried to help patients see that it is fruitless to search for a cure for persistent pain and encouraged them to give up hope of finding one.

I have always appreciated that this acceptance isn't easy and have strived to guide my patients through this process, although often feeling completely under-qualified to do so. However, it dawned on me recently what I am asking them to do is live without dreams. Is that fair? Should I instead be facilitating them to optimise their chances of successfully achieving their dream?

My dream is to be free of pain. I accept that this is not fully in my control and many factors will influence this. However, I'm going to wish and strive for it anyway as it motivates me to do the things which result in small improvements to my function. In line with Professor Steve Peters' 'chimpanzee paradox' theme, I acknowledge that life often isn't fair so I may not achieve my dream.

■ *Diane Slater*

treatment they wish.

If a patient in Northern Ireland lays a complaint regarding not being able to choose for themselves, the outcome will be interesting, almost certainly in the patient's favour and those who impede this right will be held accountable.

■ *Malcolm Hood*

## Faint praise

I find it really difficult to

read those sections of the magazine which are printed in a grey font colour, except in really bright sunlight.

In fact, it's got so difficult, that I don't bother reading grey font articles any more, unless I find that the headline is really compelling.

It's such a relief to find print in black, navy, teal, white – because the contrast makes it easy to read.

## Top Tweets

**Naomi McVey** @NaomiMcVey: New year, new project – very excited with @jkfillingham!!! #weAHPs @WeAHPs [twitter.com/wenurses/status/361234567890123456](https://twitter.com/wenurses/status/361234567890123456)

**Peter Gettings** @Peter\_Gettings: New case study from @davebakerphysio on Fluoroquinolone induced achilles tendinopathy [theultrasoundsite.co.uk/fluoroquinolon... #freeCPD](http://theultrasoundsite.co.uk/fluoroquinolon...) via @mskultrasound

**Christian Barton** @DrChrisBarton: Miss the #TEAM\_PFP Patellofemoral translation day? Here are the slides... [ellofemoral.com.au/biomechanics/b...](http://ellofemoral.com.au/biomechanics/b...)

**abionu:** Essex Uni #physio students engrossed in #Frontline magazine! @JoEherton @thecspstudents @thecsp @KMiddletonCSP <http://twitter.com/abionu/status/564788362079641601>



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A letter on this subject was published in *Frontline* some time ago.

The answer to that letter had to do with grey font looking really nice design-wise.

I would suggest that physiotherapists tend to be people who prefer substance and practicality to style anytime.

Please can you help?  
■ *Mary Byrne*

*Lynn Eaton*, Frontline managing editor, replies:

We hope you, and other readers, will appreciate the changes we've made in the new-look *Frontline*.

In particular we no longer use the thin font you (and I!) found so difficult to read.

The new body font, called FS Albert, is much easier to read,

I hope you'll agree.

however better than what was before.

*Julie Knight responded to the news item titled Ooops – staff given wrong vaccine in south Wales (page 9, 4 February) by noting:*

■ As a health & safety

representative at ABUHB [Aneurin Bevan university health board], we were aware of this incident.

Our main concerns were that the all members of staff that received the incorrect vaccination were fully supported ...

## Got something to say?

You can comment on articles from the issue of *Frontline* online. CSP members can log in at: [www.csp.org.uk/frontline](http://www.csp.org.uk/frontline) and then go to the current issue section. You will also find icons to like on Facebook or tweet articles. Comments posted online may be edited for print.

## icsptalk

[www.csp.org.uk/icsp](http://www.csp.org.uk/icsp) is our online discussion forum. Log in to read and comment on discussions about clinical, professional and employment issues.

### Mindful moving

'Mindful moving – moving forwards' was the title of a discussion item posted by *maeveo'neill* last September. By last week, it had attracted 25 comments from various members. Ms O'Neill was prompted to start the discussion after attending the 'excellent study afternoon' on the topic led by Stephanie Wilson at Glasgow's Centre for Integrated Care.

She said that she and colleagues at the Physiotherapy Pain Association (PPA North) wanted to explore ways to take discussions further. 'Does anyone have any thoughts or ideas on the best way to carry this practice forward?' she asked. 'The possibilities I feel are endless.'

*Stephaniewilson1* said: 'I know that mindfulness infuses my clinical work and therapeutic relationships with patients. I'm also fortunate to work in a centre where integrative care and mind-body approaches are the core ethos and so I can be part of a "mindfulness team".'

*Cheshirecat* said: 'I work in the field of mental health in Cardiff and came to mindfulness through that route.'

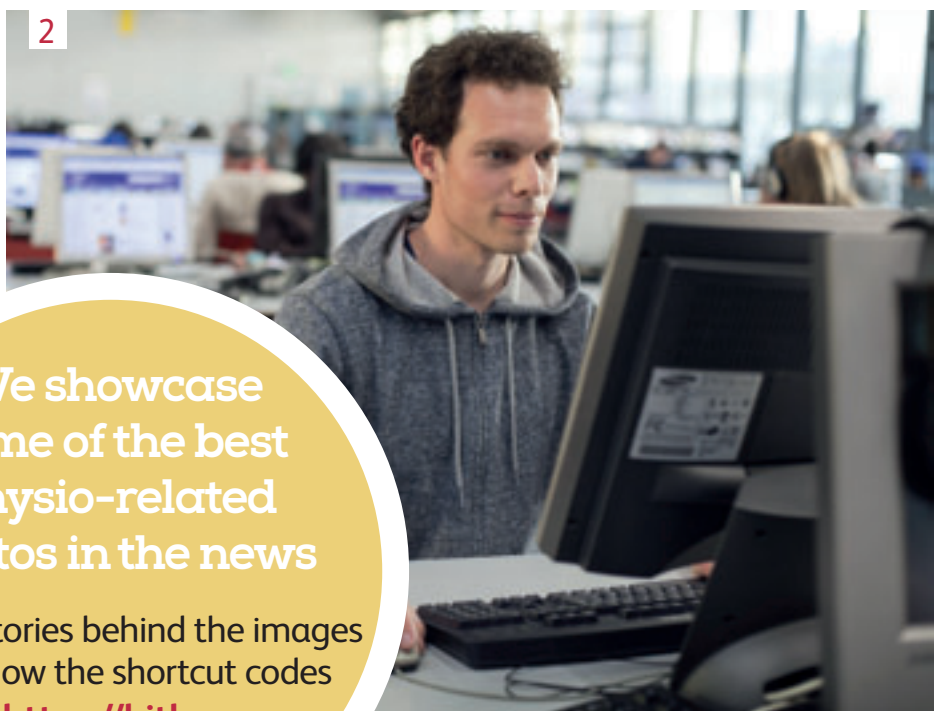
To follow this debate, or make your own contribution, log on to: [www.csp.org.uk](http://www.csp.org.uk) and enter qqq463 into the search box. See also the Being mindful column on page 20.



# NewsinPictures



Simon Earl/Splash News/Corbis



We showcase some of the best physio-related photos in the news

For the stories behind the images just follow the shortcut codes on: <https://bitly.com>

**1** Celebrity dancer Ola Jordan says she is having physiotherapy every day to recover from a ligament injury she sustained last year training for Channel 4's The Jump. Source: Daily Express <http://bit.ly/1zp7pXF>

**2** Physio Matt Todman talks about the 'domino effect' on workers' musculoskeletal health from sitting down all day. Source: The Times 2 February 2015 (online access is subscription only)

**3** Sportsman and physio Andy Curtis gives his top 10 tips for conquering cycling injuries. Source: Bike radar <http://bit.ly/16GfQHh>

**4** Meet the team that saved the Ebola nurse

Source: Evening Standard <http://bit.ly/15PjeiO>

**5** Judy Murray, tennis coach and mother of tennis players Andy and Jamie Murray, says her sons receive regular acupuncture from their physiotherapists to relieve tension and inflammation. Source: Daily Mail <http://dailym.ai/1KI9YdR>

**6** To mark its 70th anniversary, the Design Council unveiled a list of 70 designers earmarked as 'ones to watch'. Matthew Thompson has created prototypes for a low-cost, low-noise, lightweight prosthetic hand. <http://bit.ly/TjpiJL>



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# Frontline

## Got a news story or idea for Frontline?

See [www.csp.org.uk/ideasforfrontline](http://www.csp.org.uk/ideasforfrontline) for details of how to contribute, email [frontline@csp.org.uk](mailto:frontline@csp.org.uk) with a short summary and your phone number or call the news desk on **020 7306 6665**

## Want to send us a photo?

Use our datasend photo service. For details see 'photographs' at: [www.csp.org.uk/ideasforfrontline](http://www.csp.org.uk/ideasforfrontline)

## Want to place an advert?

Reach a 50,000+ physiotherapy audience with your product, course or recruitment ad. [cspads@media-shed.co.uk](mailto:cspads@media-shed.co.uk)  
**0845 600 1394**

## Got an item for Networks & networking?

[networksads@csp.org.uk](mailto:networksads@csp.org.uk)  
**020 7306 6166**

## Contact the CSP

[enquiries@csp.org.uk](mailto:enquiries@csp.org.uk)  
**020 7306 6666**  
14 Bedford Row London WC1R 4ED  
Members have access to the CSP's journal, *Physiotherapy*.  
[www.csp.org.uk/journal](http://www.csp.org.uk/journal)

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Kathy deWitt/Alamy



Julian Smith/epg/Corbis



Design Council Ones to Watch project

Glenn Copus



5

6



# NewsDigest

## Searching for physio data gets 'simpler and quicker'

Looking for information, evidence and knowledge has been made easier for CSP members with the launch of a new service.

The Physiotherapy Evidence and Knowledge Discovery search service went live on 18 February.

It was designed so that members can retrieve information from multiple sources with a single search.

Sam Molloy, an information and research officer at the CSP library, said that those sources include e-books, e-journals, Medline, the cumulative index to nursing and allied health literature and the online library catalogue.

'The library has developed the service as a way of helping members,' she said. 'It's a simpler, quicker means of retrieving information because CSP members will only have to carry out one search to get a comprehensive list of references.'

■ Gill Hitchcock

### More information

CSP members can access the service by logging on to the CSP website and then visiting the Physiotherapy Evidence and Knowledge Discovery search service web page:

[www.csp.org.uk/discovery](http://www.csp.org.uk/discovery)



## CSP to consult members

The CSP's industrial relations committee (IRC) has recommended that members accept the new pay offer for NHS staff in England, as the best deal that could be achieved through negotiation.

The society is calling on members to share their views on the offer for 2015-16 with their workplace stewards. This consultation ends on 5 March at noon.

At a meeting earlier this month

the IRC called on stewards to hold workplace meetings and use other methods to seek members' views on the pay deal.

If accepted by NHS trade unions, the revised pay offer would mean:

- the abolition of pay point 1 and a new minimum of £15,100 at pay point 2 in pay band 1
- an increase of one per cent plus £200 (both consolidated)

for staff on pay points 3 to 8 (band 2 and lower increments of band 3)

- a one per cent consolidated pay increase for staff up to pay point 42 (top of band 8b)
- An increment freeze for staff on pay point 34 and above for 2015/16 (above band 7)

The government's previous offer, which applied to the year up until March 2016, was either a two per cent non-consolidated

## Workout at Work Day 2015: re

It's time to brush up on those desk-based exercises and encourage your colleagues and employers to sign up for Workout at Work Day 2015 (W@WD).

A regular fixture in the CSP's events calendar, the fifth annual W@WD, held in partnership with Aviva, will take place on Friday 12 June. Registration is now open.

A successful 2014 event saw almost 300 members take the opportunity to spread the 'fit for work' message. They held 230 events across the UK to get employees moving during the working day. The CSP hopes a record number of members will join this year's campaign.

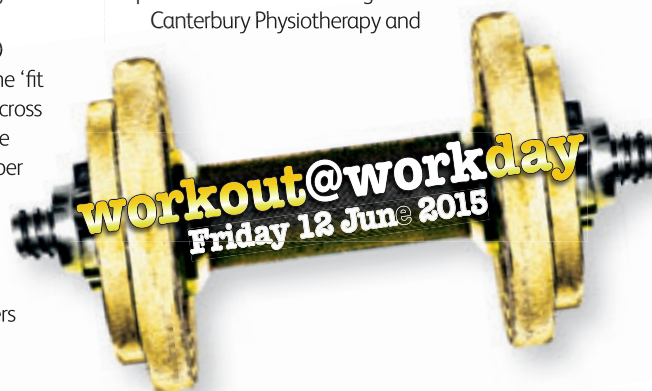
Mark Armour, chair of the Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE), urged members

to join the campaign.

'We want physios to showcase the impact we can have on the wellbeing of employees,' Mr Armour said.

This year the CSP press office is looking for showcase events to pitch to local media and help spread the W@WD message further.

Canterbury Physiotherapy and







Something to add?  
email *Frontline* at  
[frontline@csp.org.uk](mailto:frontline@csp.org.uk)



## on NHS pay offer

increase or an increment. The offer for 2014-15, either a one per cent non-consolidated rise or an increment, stands.

Jill Barker, IRC chair, said threats of industrial action by other health unions had brought the government back to the negotiating table.

'For the vast majority of CSP members employed by the NHS in England this new offer represents a better deal than originally proposed by government,' she said.

'The offer certainly isn't brilliant, but for the coming year it does mean CSP members' rise will be pensionable and permanent.

'I urge CSP members employed by the NHS in England to take the opportunity, via their workplace steward, to have their say.'

■ *Graham Clews*

**More information**  
Visit: [www.csp.org.uk/pay](http://www.csp.org.uk/pay)

## Northern Ireland announces 2014-15 NHS pay offer

The Northern Ireland government will be following England pay policy in 2014-15 on NHS pay – a one per cent unconsolidated uplift or an incremental rise.

This will hopefully be paid this month, and will be backdated. The Northern Ireland health minister has yet to decide on any pay award for next year (2015-16).

CSP senior negotiating officer Claire Ronald said: 'After 10 months waiting CSP members and other NHS staff in Northern Ireland have finally heard what the settlement is for the year to April.

'However, we are still in the dark over what the pay offer is for 2015-16.

'Northern Ireland NHS staff could be forgiven for thinking they are being deliberately singled out for shoddy treatment.

'Our members are working incredibly hard to deliver the best possible care to their patients under really difficult conditions.

'They deserve a speedy decision on a fair settlement for the coming year: this is what we, along with other health unions, will be demanding of the Northern Ireland government.'

■ *Gary Henson*

## register your event

sports injury clinic director Mary Somers gained media coverage for her chair exercise class with local businesses last year.

'Promoting physiotherapy in the form of exercise gives a bit more of an insight into what our profession can offer,' Ms Somers said.

'The feedback I received was very positive. Everyone really enjoyed it and a lot of people said they were interested because they went away with simple exercises they could do themselves.'

■ *Michelle Carnovale*

**More information**

Visit: [www.csp.org.uk/wowd](http://www.csp.org.uk/wowd) to register your event and download the W@WD member guide. For more information, contact the CSP enquiry handling unit.  
Tel: 020 7306 6666.



Office worker Sarah Wall takes part in Mary Somers' W@WD exercise session last year

# NewsDigest

## Three physios help patients stay active in 'winter pressures' ward

Physiotherapists are helping older patients stay active, recover faster and get home earlier in a 'winter pressures' rehabilitation ward.

The temporary ward at the Royal Free hospital in north London opened last November and is due to stay open until April.

Three physiotherapists work alongside nurses and occupational therapists. Together they help older people to regain their independence and practise day-to-day tasks before they are discharged.

They encourage patients to wash and dress themselves, eat in a communal area, socialise, participate in balance and exercise groups and attend weekly music sessions.

Jackie Wastell, clinical lead physiotherapist for care of the elderly, works with physiotherapists Francesca Roberts and Juliet Crissell.

'The ability to carry out basic daily living activities often deteriorates rapidly when older people remain inactive in hospital for too long,' Ms Wastell said.

'But this ward allows them to remain active. The emphasis is on functional activity as a treatment to encourage a return to normal, everyday activities of daily living.'

'Patients are encouraged to do as much as possible for themselves. And of course it is a win-win situation because it improves the flow of patients through the hospital, releases beds for other people and speeds up recovery times.'

Ms Wastell said the hospital is continuing to collect data to prove that the service provides value for money. Patient and relative feedback about the service had been positive, she said.

■ Robert Millett



Left to right: physio Francesca Roberts and Juliet Crissell, patient Rose Hamilton and clinical lead physio Jackie Wastell

## NHS England chief outlines drive

NHS England's director of strategic systems and technology wants to see 'click and collect' services being used in health and

**IT chief**  
**Beverley Bryant**

social care.

'We have to start thinking about how technology is being used in our everyday lives and how we can apply it in healthcare settings,' said Beverley Bryant.

'Not necessarily for the delivery of care, but for the delivery of those residual customer service elements, like booking or cancelling appointments, or ordering prescriptions.'

Speaking at the Westminster

**We have to start thinking about how technology is used in our everyday lives and how we can apply it in healthcare settings**  
Beverley Bryant

Health Forum on electronic health records and IT in the NHS in London on 10 February, she promised that this type of innovation would be a major focus for NHS England over the next five years.

Ms Bryant said that although the NHS was using innovative technologies, it was not very good at spreading innovation. To address this, NHS England is building communities of best practice.





**Something to add?**  
email *Frontline* at  
[frontline@csp.org.uk](mailto:frontline@csp.org.uk)

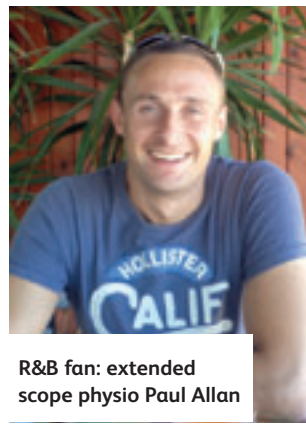
## NAPC announces new affiliations

The National Association of Primary Care has announced new affiliations with the Royal College of Emergency Medicine, the Optical Confederation and the National Community Hearing Association. These organisations join the association's established working relationship with the CSP. Nav Chana, NAPC chair, said: 'The health service urgently needs this type of collaborative working.' Visit: [www.napc.co.uk](http://www.napc.co.uk)

# Extended scope physio was not Pointless on TV

An extended scope physio proved he wasn't Pointless by getting knocked out of the popular TV quiz show without winning any money.

Paul Allan, who works as an advanced practitioner in musculoskeletal physiotherapy in Camden, north London, sailed through two rounds of the BBC quiz earlier this month, before being undone by a question on people wearing red suits in the third. He and his partner, Adam Paz, identified film star Penelope Cruz, but their opponents named the actor Alan Cumming who was less well known by the general public.



**R&B fan: extended scope physio Paul Allan**

Mr Allan had his leg pulled by the show's presenters, Alexander Armstrong and Richard Osman, over his extended scope physiotherapist job title. But he did achieve

one pointless answer – which is the aim of the show – when he named the little known Lil Jon & the East Side Boyz as a top 40 act with a direction of the compass in their name.

'I went back to my university days with that one, when I was a bit of an R&B fan', he said.

'It was really fun to see how the show is put together, but it was a lot more nerve-racking than you might imagine'.

Colleagues have suggested he puts together a team of physios to enter the BBC Two quiz show Eggheads, but he said he's holding fire for the moment.

■ **Graham Clews**

## for digitisation

'We are not going to build technology for you, but we are going to point you to where technology is being used, benefits are being realised and lives are being enhanced as a result,' she said.

Her vision is for the NHS to develop online portals and mobile phone apps where patients can access services. She said that testing of front-end design will begin in NHS Choices, while the back-end delivery by NHS organisations

will be equally important.

Steve Tolan, the CSP's head of practice and development, said that physiotherapists should see NHS England's plans as an opportunity to lead innovation.

'Technology obviously has potential to enhance self-management, increase access, monitor outcomes and collect real-time patient data. What other innovations can physiotherapists come up with?' he asked.

■ **Gill Hitchcock**



# NewsDigest

## Early intervention is best for cere



Physio offers improved function and activity

Children with cerebral palsy should be diagnosed more quickly and receive interventions such as physiotherapy much earlier.

This is according to the findings of an All Party Parliamentary Group (APPG) inquiry, which has identified a range of policy changes that could help the 30,000 children in the UK with cerebral palsy to achieve their full potential in life.

The inquiry was instigated by Action Cerebral Palsy, a consortium of charities that campaign for better support for children with cerebral palsy.

Its findings are outlined in Enabling potential – achieving a new deal for children with cerebral palsy, which was published last month.

Among its recommendations is a call for improved training for practitioners working with children with cerebral palsy so that specific needs, such as physiotherapy, can be identified early.

Elizabeth Gray, paediatric

## Join network to boost Parkinson's care

Physiotherapists are being urged to join a new network that aims to develop excellence in the care of patients with Parkinson's.

The UK Parkinson's Excellence Network will see physios and other health professionals working together to 'revolutionise' the treatment for people with Parkinson's from the point of diagnosis.

The network is being run by charity Parkinson's UK, and physiotherapists head up two of the group's six sections. Lynn Rochester, professor of human movement science at Newcastle university, is leading the evidence-based practice

group. CSP fellow and independent physiotherapy consultant Bhanu Ramaswamy is running the service user involvement group.

The network aims to develop an educational strategy and research goals for clinicians working with Parkinson's, as well as ensuring patients receive a first-class service, wherever they are in the UK.

Ms Ramaswamy said: 'Something we have lost in the NHS is integration, and everyone working to the same standard. We hope the network will be able to provide that coherent level of care throughout the UK.'

'We don't have enough people involved at the moment, so I would

urge all physios to join the network and tell us which area of the network they are interested in helping.

'This is such a new concept, and it could help us to make a real difference to the treatment of Parkinson's.'

■ *Graham Clews*

### More information

You can find out more by emailing [excellence@parkinsons.org.uk](mailto:excellence@parkinsons.org.uk) or visit UK Parkinson's Excellence Network [www.parkinsons.org.uk/content/uk-parkinsons-excellence-network](http://www.parkinsons.org.uk/content/uk-parkinsons-excellence-network)



Boosting Parkinson's care





**Something to add?**  
email *Frontline* at  
[frontline@csp.org.uk](mailto:frontline@csp.org.uk)

## bral palsy

physiotherapist and chair of the Association of Paediatric Chartered Physiotherapists (APCP), told *Frontline*:

'Early intervention improves outcomes and paediatric physiotherapists are ideally placed to support a child's development from birth onwards with guidance on handling and positioning, monitoring of joint range and limb position and developing individual therapy programmes.

'Paediatric physiotherapy cannot and does not cure cerebral palsy but it certainly has a most important role in improving individual outcomes by encouraging function, activity and participation.'

■ *Robert Millett*

### More information

**Enabling potential — achieving a new deal for children with cerebral palsy:**  
[www.actioncp.org](http://www.actioncp.org) then click on 'news'  
APCP: <http://apcp.csp.org.uk>

## Government backs overhaul of regulation of healthcare professionals

The government has accepted the majority of law commission recommendations on reforming the regulation of health and social care professionals across the UK. The recommendations were published by the law commissions for England and Wales, Scotland and Northern Ireland in 2014. They aim to modernise professional regulation, prioritise public protection and patient safety and create a more common approach across the regulators, including the Health and Care Professions Council.

## Researchers probe the effect of physio's attitude on back pain

Researchers are looking for 90 physiotherapists in the UK who treat patients with back pain. They want to assess how practitioners' attitudes, beliefs and communication styles affect patients.

The researchers, based at the university of Southampton, are beginning a three-year study comparing 'non-specific effects' of treatment for back pain by physios, osteopaths and acupuncturists. The academics want to monitor 90 therapists from each

discipline, with about half of each group working in the NHS and the other half based in the independent sector.

The aim is to find out which non-specific effects are most powerful, how they vary between the three therapies, and how they can produce positive outcomes for patients.

Susan Eardley is leading the study, which is titled *Mechanisms in orthodox and complementary and alternative medicine management of back pain*

(MOCAM). She said: 'There is a lot of interest in the difference in the effects between complementary and traditional medicine.'

■ *Graham Clews*

**More information**  
**Want to take part in the study? If you have 10 to 30 patients with back pain, email Dr Eardley at:**  
[s.eardley@soton.ac.uk](mailto:s.eardley@soton.ac.uk)  
Tel: 023 8059 1942

## What's on the web

Web editor Kiran Acharya's guide to the latest member resources on the CSP website

### Physiotherapy Works: download the evidence

The Physiotherapy Works evidence-based briefings are amongst the most popular items on the site. The series now includes more than 20 full-colour briefings which can be downloaded, printed or simply read online.

The latest additions include briefings on obesity, accident and emergency, and updates on falls and hip fractures. Each briefing features case studies and a quick rundown of the facts to help you show how physiotherapy can help.

[www.csp.org.uk/theevidence](http://www.csp.org.uk/theevidence)

### You heard it here first!

Did you know that the news stories that appear in *Frontline* appear on the website as they're written? Keep on top of all the latest physio news and CSP statements, check out: [www.csp.org.uk/news](http://www.csp.org.uk/news)

### The 2015 election: email your candidates

The NHS is becoming the hot topic for the general election. Following the *Frontline* pull-out with four key questions in the last issue, you can now email your parliamentary candidates ahead of the Westminster election in May.

After entering your details you can find out who the candidates are in your area, and send an email featuring the four key questions for physiotherapy. You

can modify the text if you want to personalise the message, or include data on the cost of falls.  
[www.csp.org.uk/2015election](http://www.csp.org.uk/2015election)



# NewsDigest

## Class speeds up discharge after knee replacement surgery



Physiotherapists in Cheshire are using an innovative 'discharge class' to cut costs and reduce the length of hospital stays for patients who have had total knee replacements.

The class runs at the Cheshire and Merseyside treatment centre in Runcorn, part of Warrington and Halton hospitals NHS trust.

The reduced length of stay has led to an average saving of at least £520 for each patient who attends the class. This adds up to a saving of about £16,000 for the trust.

Claire Granato, acting team lead for the centre's inpatient orthopaedic physiotherapy team, and Stuart Dutton, acting clinical team lead, developed the service.

Mr Dutton told *Frontline*: 'Due to increasing financial restraints, we wanted to look at how we could save money but still provide comprehensive post-operative care following total knee replacement surgery.'

The class allows patients to leave hospital before they achieve the usual post-op goals, such as achieving a straight leg raise or full extension. Instead, patients return to the class to work on their rehab goals as outpatients.

Ms Granato said: 'The class runs three times a week

and patients attend until they achieve all the missing milestones, or until they have their first outpatient physio

appointment at their local hospital – whichever comes first.'

Since its September launch, the average length of a hospital stay for class attendees

has been four days,

and just under half of patients have stayed three days or fewer. The national average is five days spent in hospital for patients having total knee replacement surgery.

■ **Robert Millett**

The reduced length of stay has led to an average saving of **£520** per patient

## Physio celebrates tennis ball in verse

A physiotherapist has turned poet to help improve her patients' experience of physiotherapy.

Kathryn Priest, who graduated from the university of Nottingham last year, wrote 'Ode to a tennis ball' for her blog.

Ms Priest, who runs Arcadia Physiotherapy in Nottingham, describes the poem as a light-hearted tribute to one of the humblest and yet most effective rehab tools in her physiotherapy armoury.

'I've used a tennis ball with numerous patients' rehab, in a range of different ways, and it is an accessible and affordable object

for pretty much everyone,' she said.

'With a background in photography and art history I'm quite creative and writing a poem just took my fancy, as I used to write poems as a child. And it was a way to use my creative skills to improve the patient experience.'

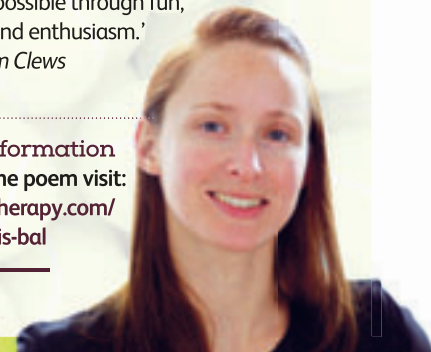
Ms Priest has treated a wide variety of patients, including circus performers and cosmological researchers. She has shared the poem with patients on social media, gaining a positive reaction, and, she says, raising a smile.

'Thanks to this ball,' her poem runs, her older patients 'won't need to drop'.

'I think it's crucial to change self-perceptions of people's health and wellbeing, as well as to make those changes possible through fun, rapport, and enthusiasm.'

■ **Graham Clews**

**More information**  
To read the poem visit:  
[arcadia-therapy.com/ode-tennis-bal](http://arcadia-therapy.com/ode-tennis-bal)





# 2015 CSP Elections

## Do you have what it takes to influence the future of physiotherapy?

Would you like to get beyond the narrower confines of your workplace and keep up with what is happening in the profession?

The CSP is calling on members to put themselves forward as candidates for Council, the Society's governing body and democratic heart, in forthcoming elections.

Any subscribing member is eligible to stand for election and it is hoped that members from all sections of the profession will take this opportunity to stand for one of the following vacant seats:

- Six nationally elected members (one educator, one independent practitioner, one researcher and three NHS-employed)
- One Country Board representative (Northern Ireland) and six English Regional Network representatives (Eastern, East Midlands, North East, North West, West Midlands and Yorkshire and an Associates representative).

The successful candidates will each serve a four-year term of office from the October 2015 annual general meeting and will be asked to attend four one-day meetings per year in London. Alternates are required for all candidates.

Further information is available on [www.csp.org.uk/elections](http://www.csp.org.uk/elections) and nomination forms are available from the Chief Executive Office email: [careyj@csp.org.uk](mailto:careyj@csp.org.uk) or telephone **020 7306 6606**.

The closing date for nominations for these elections is **10 April 2015**.

## Student physios bring the 'wow

Photos: Lorne Campbell/Guzelian



CSP chief executive Karen Middleton, listens to some excellent ideas

Today's students have a key role to play in influencing the future of the physiotherapy profession and its role in the wider health care agenda.

That was the message from CSP chief executive Karen Middleton, echoed by Leeds Beckett university's faculty of health and social sciences lead, Professor Ieuan Ellis, in the annual event's opening session.

About 120 students who are CSP representatives on physio courses throughout the UK were at the event, held in Leeds from 7-8 February.

While some physios are modest about their achievements, student physios are a breath of fresh air, said Ms Middleton.

'One of the things you bring is the "wow factor" about what you can do.'

Professor Ellis reminisced on his physio training, in Cardiff, more than 30 years ago. Since then he had always tried to tell others about the importance of physiotherapy.

'If you are going to influence you need to

## Call centre work helped my physio career, says recent graduate



Former student rep Lucy Cocker

Former student rep Lucy Cocker – now a rotational band 5 in Derby – returned to tell delegates the story of her journey from graduate to working physio.

A wrist injury knocked her back a year as a student in Birmingham and left her working in a call centre to make ends meet. But she learnt the skills of selling a product.

'Selling a service and selling yourself as a physio

is very important,' she said. 'It's about finding out what makes people tick.'

After a variety of roles, many unpaid, she landed a physio job in Birmingham on a fixed-term contract. Just a few weeks later a permanent post came up in Derby. She took it. 'It was probably the best decision I took in my life,' she said.

Ms Cocker is the newly-elected chair of the CSP's East Midlands regional network. She passed on

the following tips for building a career:

- **network** – and stay in touch with the people you meet
- **learn to live** with a bit of mess – you can't make everything perfect
- **learn** to say no
- **interviews** are a skill, to be learnt
- **see challenges** as opportunities
- **take a positive** attitude everywhere you go





## What do you think?

join the debate online at  
[www.csp.org.uk/news](http://www.csp.org.uk/news)

# factor', says CSP chief

think about what you are trying to achieve,' he said. In a period of frenetic change, it was essential to engage in this way.

'If your starting position is to say you don't want to change, you are going to be obsolete,' he said.

It was essential to be seen as someone who brings solutions – not problems, he added.

Professor Ellis outlined his tips for winning friends and influencing people. Respect for the person you are approaching was key. So too was resilience and an ability to regroup if things don't quite go your way.

'The biggest no-no is to get angry, aggressive or upset,' he said, confessing it was a mistake he had made in the past – and regretted. 'It only takes one incident like that and your credibility is gone,' he said.

He advised that, rather than confronting someone publicly in a meeting with a

controversial piece of information, give them a 'heads up' beforehand so they can prepare for it.

But he acknowledged this was a hard message for student delegates to digest – particularly those who had seen what they thought was poor practice on placements, but didn't want to challenge it because of potential repercussions.

Student physio Ellie Byron said she'd be reluctant to speak out: 'If you see something wrong you think "I'm being marked on this".'

Ms Middleton suggested delegates raise queries in a non-confrontational way. For example, they could say: 'Oh, I've not seen it done like that. Why do you go for that approach?'

And choosing your moment was absolutely vital: raising some issues in front of a group of students could put placement trainers in awkward situations, the CSP chief executive said.

## Physio students offer the solution

Physio students are abreast of new technology so can offer new innovative solutions in delivering physio care, said CSP chair Sue Rees.

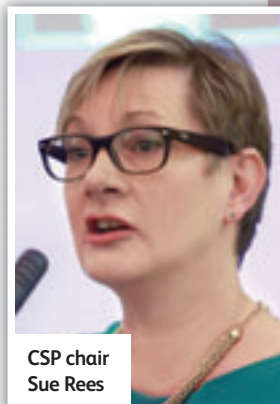
'You can come up with solutions,' she said, referring to an initiative in her own trust in Cardiff where staff use technology to offer exercise advice to people in a remote part of Wales.

In a later workshop session, the student reps were buzzing with ideas to promote their profession. From television campaigns to distributing Physio Works leaflets at GP surgeries, the ideas came thick and fast.

Kieran O'Rourke had the bright idea of going back to your old school and offering to do an assembly on physio.

But Daniel Roberts was one step ahead – he has set

up a 'grab your gran' campaign. This is intended to encourage younger people to help older people to be more active and take regular exercise.



CSP chair  
Sue Rees

## Seeing with a fresh pair of eyes

When you start a new job, don't challenge established practice immediately but instead write down what bothers you.

After three months you may understand better why things are done in a certain way, said Ms Middleton.

But those things that didn't make sense on day one will be forgotten if you don't address them, as you become used to the organisation's culture.

Ieuan Ellis, a professor at Leeds Beckett university, makes a point of meeting new staff in their first few weeks – before they get sucked into the university culture – because he's keen to learn from 'a fresh pair of eyes'.

## Join the conversation

Twitter, said Physiotalk lead Janet Thomas, is a conversation. But from being a Twitter 'virgin' three years ago she has done a lot of tweeting since. She and Naomi McVey lead regular online Physiotalk chats with physios in the UK and beyond.

Now she's a Twitter addict and extols the value of this channel for professional development and keeping up with the latest research findings and policies.

But she reminded delegates of the importance of following CSP, Health and Care Professions Council and university guidance.

'Remember, you have to be professional at all times.'

Only a handful of delegates knew about CSP's social media guidance. Ms Thomas urged them to read it at [www.csp.org.uk/socialmediaguidance](http://www.csp.org.uk/socialmediaguidance)



Physiotalk lead  
Janet Thomas

## One-to-one programme works

An updated Cochrane review confirms that exercise is good for people with arthritis in their knees. And it has the best results when patients are individually treated.

Marlene Fransen of the University of Sydney and colleagues, from the Cochrane Musculoskeletal Group, looked at 54 studies covering 3,913 people, mostly with mild to moderate symptoms. In each study, participants were put on a therapeutic exercise programme – usually including muscle strengthening, functional training and aerobic fitness – and compared with others who didn't do the exercises.

Looking at the immediate effects, the team found that exercise reduced participants' pain and improved their physical function. Although these benefits are small to moderate, say the

authors, the pain-relief is comparable to the effect of non-steroidal anti-inflammatory drugs.

One-to-one treatment had better effects on patients' pain and physical function than either exercise classes or a home-based programme, they found.

High-quality evidence from 44 trials covering 3,537 people found that exercise reduced pain by an average of 12 points on a 100-point scale.

In eight of the studies, some patients found that the exercises caused pain in the knee or lower back. But they reported no injuries or other serious adverse effects.

'Healthcare professionals and people with OA [osteoarthritis] can be reassured that any type of exercise programme that is done regularly

and is closely monitored by healthcare professionals can improve pain and physical function related to knee OA in the short term,' the authors conclude.

'This allows a great deal of choice, ranging from individual physiotherapy-led sessions and exercise classes to home-based programmes.'

Fransen M *et al.* Exercise for osteoarthritis of the knee, *Cochrane Library* 2015; <http://dx.doi.org/10.1002/14651858CD004376.pub3>

Exercise  
reduced pain by  
**12 points**  
on a 100-point  
scale



## Reading keep

Research is important, says the CSP. One way for members to take part is by keeping up to date with the latest findings so you can use that knowledge, where relevant, in your work.

Read Physiotherapy journal, for example. CSP members no longer have to wait to receive a printed copy every three months but can now read the full text of everything online as it is published, via a link from: [www.csp.org.uk](http://www.csp.org.uk).

There are numerous journals publishing physiotherapy research. Some, including Physiotherapy, cover all

aspects. Others specialise in a particular area, such as the Association of Paediatric Chartered Physiotherapists' publication, the ACPC Journal, at: <http://apcp.csp.org.uk/journal>, or the Journal of Neurologic Physical Therapy (<http://journals.lww.com/jnpt>).

In addition, general medical journals also publish some studies involving physiotherapy. See for example the BMJ: [www.bmj.com/specialties/physiotherapy](http://www.bmj.com/specialties/physiotherapy)

Look for journals that publish 'peer-reviewed' studies. This means each one has been assessed by



Something to add?  
email *Frontline* at  
[frontline@csp.org.uk](mailto:frontline@csp.org.uk)

# best for knees



# s you up to date

experts in the field before being accepted for publication. Journal websites may also show their 'impact factor', meaning the average number of times its publications are cited by other researchers. You can read more about this at: [www.csp.org.uk/frontline/article/physio-findings-member-benefit](http://www.csp.org.uk/frontline/article/physio-findings-member-benefit)

The CSP subscribes to many journals, which you can read online free of charge: see: [www.csp.org.uk/professional-union/library](http://www.csp.org.uk/professional-union/library) The society's librarians can show you how. They can also help you set up 'rich site summary' (RSS) feeds for other journals, which will put regular updates from each journal

into your inbox.

An abstract, or brief summary, of each paper is usually provided free of charge on a journal's website. Most journals charge you to read full papers, though you may be able to access them if your employer or institute – or the CSP – has a subscription.

There's a movement towards giving readers free access to full peer-reviewed papers. The Directory of open access journals, for example, lists thousands of journals in which papers can be read free of charge at: <http://doaj.org>

And, of course, each issue of *Frontline* highlights some interesting new published studies on the Physio Findings pages.

## Comments and conclusions

- Exercise and other lifestyle changes can prevent diabetes or even reverse it in the early stages, say doctors. A simple questionnaire can reveal your individual risk and suggest what action to take. [www.escardio.org/about/press/Documents/diabetes-risk-chart-2014.pdf](http://www.escardio.org/about/press/Documents/diabetes-risk-chart-2014.pdf)

- Care home residents are significantly more likely than other older people to be dehydrated and, as a result, to die after being admitted to hospital, say researchers.

Wolff A *et al.* *Journal of the Royal Society of Medicine* 2015; <http://dx.doi.org/10.1177/0141076814566260>

- Reducing patients' fear that exercise will make them worse is key to relieving chronic fatigue syndrome, say researchers. The PACE trial found in 2011 that many patients benefited from a tailored programme of gradually increasing exercise. A further analysis of trial data suggests that fear of a debilitating relapse is one of the strongest factors holding patients back.

Chalder T *et al.* *Lancet Psychiatry* 2015; [http://dx.doi.org/10.1016/S2215-0366\(14\)00069-8](http://dx.doi.org/10.1016/S2215-0366(14)00069-8)

- Older people who took part in a fitness programme using Wii balance games not only improved their balance. They enjoyed the sessions enough to continue the exercises and recommend the six-week programme to others.

Roopchand-Martin SC *et al.* *Archives of Physical Medicine and Rehabilitation* 2014; <http://dx.doi.org/10.1016/j.apmr.2014.07.344>

Michael Austern/Alamy





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# Views & Opinions

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## When seven is heave

**S**even-day services have emerged as one of the key priorities in the NHS and it's easy to understand why. There is a clear opportunity to improve clinical outcomes for patients by providing seamless care across the whole week.

This could have a positive impact on many areas of work for CSP members, including delayed transfers of care and rehabilitation. But there are risks attached to rolling it out across the country and we addressed these in a detailed submission to the NHS pay review body (PRB) to inform the consultation it is carrying out.

We believe any new seven-day services should feature four

characteristics. They should focus on improving the quality of care for patients in terms of their outcomes and their experience. They should be based on the principles of integrated service delivery. They should be properly funded and resourced. And they should maintain quality employment for those involved..

Asking the PRB to look at the issue, the government stated that the shift to seven-day services should be made within existing budgets. Our fear is that against such a difficult financial backdrop, employers will simply seek to stretch the five-day service over the whole week. It is hard to see how this can be achieved without cutting either services or the pay of the staff

delivering them. So what should employers do?

In our submission, we set out a good practice case study involving a trust that was looking to extend service provision for two musculoskeletal streams, acute and rehabilitation. It launched an extensive consultation that included discussions at staff meetings and focus groups involving clinicians, union reps and team leads. Management supplied full financial information, including how many additional staff could be afforded and the skill mix required, and presented detailed costings for several options that the focus groups could discuss.

The options were debated and

narrowed down to three, which were then taken back to staff who were asked to vote for their preferred option. Following further discussions with union reps, a final proposal was made and a 30-day consultation launched. No fundamental changes were made to job roles and no-one was expected to work outside their specialism. With full agreement, the changes were made but only once sufficient staff were in place.

Let that be the template for action: quality services and quality jobs are inextricably linked. Any employer considering introducing seven-day services must work closely with trade unions and professional bodies. While the Westminster government remains focused on delivering seven-

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## Being mindful **Vidyamala Burch outlines how the mindfulness approach helped her cope with pain on a daily basis**



**I**suffered serious, spinal injuries as a young woman. Over the years, I have had to learn to live with daily chronic pain and disability. To do so, I become very involved with mindful meditation.

Mindfulness had a huge positive impact on my ability to function on a daily basis and to manage my pain. In short, mindfulness gave me my life back from what could have been a difficult and painful existence.

From my own experiences, I created the Breathworks

Mindfulness-based Pain and Illness Management programme (MBPM). Breathworks is now a growing, international company and I am very happy to say that Breathworks mindful techniques have helped thousands of people across the world live better lives despite their pain,

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**The longer I teach this approach the more astonished I am by its profound simplicity**

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stress and illness.

I have had a great deal of physiotherapy over the years, so I have first-hand experience of how mindfulness can be used alongside physiotherapy for a holistic approach to rehabilitation and I believe that mindfulness could be an essential part of a physiotherapist's toolbox.

At Breathworks we have developed a model of 'primary' and 'secondary' suffering.

In the case of someone with lower back pain the primary suffering is the actual unpleasant physical sensations in the lower back. Secondary suffering is the



**Something to add?**  
email *Frontline* at  
[frontline@csp.org.uk](mailto:frontline@csp.org.uk)



## Adviceline

**Don't become complacent about the risk of a sharps injury, warns Carley King**

The exposure to bloodborne viruses such as HIV can be either through a percutaneous injury to skin (such as a sharps injury from a needle) or a mucocutaneous injury (where the mucous membrane of a healthcare worker is contaminated with blood or bodily fluid).

Physiotherapy staff are not at high risk from this type of injury – indeed, allied health professionals (AHPs) report just eight per cent of these injuries. However, an awareness of the risks is vital.

While physiotherapists trained in acupuncture and injection therapy are at risk of sustaining a sharps injury, it is important to recognise that bloodborne viruses can also be transmitted by a mucocutaneous injury.

These are when the mucous membranes (mouth, nose, eyes), or cuts and abrasions on the skin become contaminated with blood or other body fluid.

Although such exposures carry a lower risk of bloodborne virus infection, they can be a more common risk to physiotherapy staff. They are the second most common mechanism of exposure among AHPs after percutaneous injuries with a hollowbore needle.

Certain common physiotherapy procedures, such as suctioning and tracheostomy care, carry a risk of mucocutaneous injury. It is vital you wear protective equipment, such as goggles or face shields, during these procedures.

Public Health England launched a report on healthcare workers' risk of exposure to bloodborne viruses, titled *Bloodborne viruses: Eye of the needle*, last December.

In every work setting, you should familiarise yourself with your local policy for any procedures carrying a higher risk of exposure, and what to do if you sustain an injury.

*Carley King is a CSP professional adviser*

### More information

For a copy of the Public Health England report, visit: [www.gov.uk](http://www.gov.uk) and search for 'eye needle'

## Seven-day services must be properly funded and resourced, the CSP has warned the NHS pay review body. Peter Finch explains why

day services at the expense of the workforce, the Welsh Government evidence to the PRB stated: 'We want seven day services to improve and make NHS health care more prudent rather than simply expand it.'

**Peter Finch** is a CSP assistant director

### More information

The full CSP submission to the PRB:

[www.csp.org.uk/workplace](http://www.csp.org.uk/workplace)



reactions to this pain that quickly build up when we are not aware. These manifest mentally as catastrophising and rumination; emotionally as fear, anxiety and depression; and physically as inhibited breathing and secondary tension.

In my experience, and through my years of teaching, I have found that the secondary suffering is usually the major cause of distress, rather than the primary suffering.

All the mindfulness practices we teach are aimed at learning to accept the primary suffering and to reduce or overcome the secondary suffering through becoming more mindful, learning to respond rather than react. When this is achieved our suffering diminishes. Evidence

based research backs this up.

The longer I teach this approach the more astonished I am by its profound simplicity. By becoming more mindful we uncover gentle, peaceful acceptance and a life of openness and wonder.

**Vidyamala Burch** is the founder of *Breathworks*, based in Manchester

### More information

For more information on *Breathworks*, online courses and to find a course near you, visit: [www.breathworks.co.uk](http://www.breathworks.co.uk) Mindfulness for health by Vidyamala Burch and Dr Danny Penman is published by Piatikus, at £13.99.

# The future is in our hands

Now is a critical time for physiotherapy

**Qualified, student, and associate members ACT NOW - join one of our *Physiotherapy Works Locally* events and take the first step towards building your future.**

## **By attending, you'll be able to:**

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- **Meet CSP leads** and local activists
- **Get up-to-date** with the changing world of healthcare
- **Explore the difference** that you can make to your patients through new approaches
- **Make every contact count:** know your service, your population and the evidence
- **Feel equipped** to promote your profession and influence those that count.

**The events will run throughout 2015 and will come to Wales, Northern Ireland and Scotland as well as all English regions. Each is a full day from 10am to 4pm with lunch provided. Places will be allocated on a first come, first served basis.**

## **2015 dates:**

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|                           |                     |
|---------------------------|---------------------|
| 26 <sup>th</sup> February | <b>Basingstoke</b>  |
| 14 <sup>th</sup> March    | <b>Newmarket</b>    |
| 20 <sup>th</sup> March    | <b>Manchester</b>   |
| 31 <sup>st</sup> March    | <b>Aberdeen</b>     |
| 1 <sup>st</sup> April     | <b>Glasgow</b>      |
| 16 <sup>th</sup> April    | <b>York</b>         |
| 22 <sup>nd</sup> April    | <b>Wales, Powys</b> |



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CHARTERED  
SOCIETY  
OF  
PHYSIOTHERAPY

# BacktoWork

**Robert Millett visits a CSP award-winning occupational health service that provides staff with specialist physiotherapy management and holistic care**

**B**eing at work can be bad for your health. According to statistics released by the Health and Safety Executive (HSE) more than 28 million working days were lost in the UK last year due to work-related illness and workplace injury.

But one NHS trust in London is successfully tackling this situation with an occupational health service that provides staff with physiotherapy, workplace and ergonomic assessments and a holistic approach to their problems.

The health and work centre is part of the Royal Free London NHS trust. It is located a short walk away from Royal Free London hospital in Hampstead and opened in 2008. Since then it has reduced the hospital's levels of staff sickness absence due to musculoskeletal disorders (MSDs). This has been achieved by offering a multidisciplinary range of therapies and by promoting a healthy and active lifestyle in every session.

Laran Chetty, a specialist occupational health physiotherapist, has spearheaded the project. He says: 'The service is about more than just providing an assessment and treatment session. The focus is much broader, as we are also looking at the health and wellbeing of staff and ensuring that they are empowered to manage their work and life.'

About 10,000 contracted staff at the Royal Free hospital are eligible to use the service, and on average Mr Chetty treats about 5,500 staff a year.

He says that, in his experience, managers at the trust are more than happy for their staff to take time off to attend the centre. 'Many of them have been treated here themselves and they know that the return of investment is having less staff off work.'

The centre's holistic approach to patients has produced clinically effective and cost-saving results for the north London trust.

HSE statistics show  
**28m**  
working days were lost last year due to work related illness and injury

Keeping staff healthy







CSP award-winning occupational health physio Laran Chetty

Photos: Brian Duckett



# BacktoWork

Data collected shows that the latest return to work outcomes at discharge have seen 89 per cent of patients recommended fit to stay or return to work.

In addition, the centre has seen a 93 per cent improvement in spinal, upper, and lower limb disorders among staff. And there has been a huge drop in the number of staff being re-referred for treatment, reducing from 15 per cent to less than three per cent in the last two years. As a result waiting times for treatments are being cut and the capacity for new patients to be seen at the centre is increasing.

These impressive outcomes were recently recognised by the CSP, with Mr Chetty triumphing in the promoting activity and healthy lifestyle category of the society's 2014 annual awards.

And because the centre has proven so successful the trust now wants to replicate the model at two other hospital sites.

'Plans are underway for me to extend the service to Barnet and Chase Farm hospital, so I'm now in the process of setting up a pilot,' says Mr Chetty.

## Empowering patients

The centre's physiotherapy service was originally introduced to address staff sickness absence due to a high incidence of MSDs in the trust. The initial aim was simply to provide an employee-focused service that would help staff who were struggling to stay at work or return to their duties.

But the service has gradually evolved and Mr Chetty has developed his role and broadened its focus.

'I'm always looking for new ways to help people with more than just their health but with their wellbeing as well,' he says.

'So now I use a bio-psychosocial model of care and

Data shows  
**89%**  
of patients  
are recommended  
fit to stay or return  
to work



I have the autonomy to have longer sessions with staff, and their managers, in order to address a variety of health and wellbeing issues.'

As a result the service now strives to support staff by not only offering them one-to-one physio assessments and treatment, but by also encouraging them to maintain active and healthy lifestyles. Staff, in turn, can promote the same ideas to their patients, family and friends, and even to the wider community.

Mr Chetty is part of a multidisciplinary occupational health and wellbeing team, which includes an occupational health physician, a clinical psychologist and occupational health advisers.

Working together they provide staff with a holistic package of care that is designed to treat work-related MSD injuries, address the root causes and encourage positive lifestyle changes that can keep people healthy.

'The treatment is tailored to what each staff member needs – so there is no traditional format – and is entirely dependent on their needs,' says Mr Chetty.

'So if I find that there is a psychological problem involved as well as a physical health problem then I will link in with the psychologist.'

Mr Chetty says a typical day involves carrying out physiotherapy assessments and treatments, attending case conferences, writing management reports and promoting health.

'I see about 15 new patients a week and the rest is follow-up and meetings with managers, case

## Case study: Maria Lemba

Maria Lemba, a senior occupational health nurse at the trust, recently self-referred to the centre as a patient.

'I was having shoulder, neck and back pain,' she says.

'Laran did a workstation assessment and found it was because I was using my phone without a

headset. So I had a course of acupuncture, and five sessions of back treatment exercises.'

As well as providing Mrs Lemba with a headset Mr Chetty also identified other issues relating to her workstation, so a footstool was ordered and she received a new chair.

He also showed her how to complete a set of daily stretching exercises, which she now performs three times a day.

'My first acupuncture session was on a Friday and by the Monday I was feeling much better,' says Mrs Lemba.

'And the stretches are really helping too.'



**Why not enter a CSP award?**  
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The centre  
has seen a  
**93%**  
improvement in spinal,  
upper, and lower  
limb disorders  
among staff

conferences and ergonomic workplace assessments,' he says.

'I look to give up to eight treatment sessions, but if they need more or less we do that. But it averages around four sessions for each patient.'

Like other occupational health clinics the centre treats many patients with lower back pain.

'And after that the most common type are repetitive upper limb injuries,' says Mr Chetty.

The centre treats a variety of staff, ranging from trust executives through to doctors, nurses, therapists, managers, office worker, cleaners and domestic staff.

'The lower the band the staff member is on, the more physical the role tends to be, and so they often have more physical injuries. Whereas those who are in management tend to be more desk-based. And while they also have MSD injuries they tend to be more stress related.'

Physiotherapists also present with the same MSDs as other people, says Mr Chetty, but they tend to have more hand-related problems, with thumbs and wrists frequently affected.

'The cause may be their type of work but the trigger could be that their workstation is not set up properly and they are over-reaching or over-stretching,' he says.

'So it's always about trying to find that balance between the cause of the problem and managing the symptoms and the triggers,' says Mr Chetty.

## Buddy scheme

The centre also links staff into health promotion activities that they can continue with independently.

Staff can be referred on to a range of activities. These include yoga, walking groups, Pilates, counselling and access to support services for personal problems such as debt.

And a buddy system has been established to help connect people, allowing them to offer ongoing mutual support as they take up activities.

Mr Chetty explains: 'There are some members of staff who have completed an activity and had a positive experience, and they are able to help new staff members who are starting or struggling to complete a programme.'

'Some staff just find it helpful to speak to someone before they try out the referral we've made for them.'

Staff are matched by activity rather than by role. 'So you could have a senior member of staff supporting a much junior member of staff, or vice versa,' says Mr Chetty.

'And sometimes the boundaries of banding and of titles are broken by those interpersonal relationships.'

Some of the activity providers are independent, while others are linked to the hospital. As a result some services are free and others are partly subsidised for staff.

'We have a 24-hour counselling service that is paid for, and an employee assistance programme,' says Mr Chetty.

'If someone comes in and they have personal problems, which may not be work related but which do impact on their work – for example debt or marriage problems – then we can refer them to a service that will give them specific advice.'

Mr Chetty says helping people to solve their personal problems reduces the impact they have on work and improves productivity.


'Outside problems do impact on work and if we don't address them then we are not truly addressing sickness absence.'

'It's not just work that causes people to go off sick, people also have personal issues, so we need to be looking at problems holistically and trying to help people manage better.'

Mr Chetty, who picked up his prestigious CSP award at a ceremony in central London last November, adds: 'And the stretches are really helping too.' FL

**'Outside problems do impact on work and if we don't address them then we are not truly addressing sickness absence'**

# PulmonaryCare



**Robert Millett**  
meets the team  
behind a pioneering  
palliative pulmonary  
rehabilitation service

## Making every bre

**B**reathlessness is a frightening and common symptom of many diseases. Yet there has been little research about the best ways of managing it, especially for those nearing the end of their lives.

But two therapists in west Yorkshire are forging new ground, by running a service for palliative patients who experience breathlessness.

Physiotherapist Kathryn

McNamara and occupational therapist Margaret Houghton have set up an innovative palliative pulmonary rehab programme. The service runs at the Rosewood Palliative Day Support and Therapy Centre in Dewsbury and is part of Mid Yorkshire NHS trust. It launched following a successful pilot trial in April 2014 and now runs on an eight week rolling basis, as part of the hospice's drop-in service.

Unlike standard pulmonary rehab classes it has been tailored for palliative patients with advanced

lung disease. This can include chronic obstructive pulmonary disease (COPD), progressive lung disease and primary or secondary lung cancer. Data collected since the service started shows that it has helped patients to reduce breathlessness, improve their feelings of wellbeing and how far they can walk. In addition it is also cutting costs for the trust and saving staff time.

But, most importantly, Ms McNamara says the service is empowering patients. 'The programme helps them to overcome

anxiety, which is a large factor in many of these patients,' says Ms McNamara. 'It shows them what they can achieve, even though they have advanced conditions and are heading towards the end of life. And it inspires them to achieve goals.'

### **Class format**

The programme is gently paced, so that even patients with advanced lung conditions can participate. The day classes include a morning session of circuit-based training, which focuses on upper and lower





Something to add?  
email *Frontline* at  
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getty images

limb exercises. In the afternoon patients learn relaxation techniques or ways to control and manage their symptoms. These education sessions can include advice on managing activity and energy levels, medication management and activities such as t'ai chi.

'Surprisingly, although patients may have been ill for a long time, some of the behaviours and habits they pick up can be problematic in managing their condition,' says Ms Houghton. 'For instance, people may have been using an inhaler

for years and years but not in the correct way or at the correct time. So we correct things like that.' Referrals for the service come from the trust's palliative care team, clinical nurse specialists and community matrons. But patients accepted on to the scheme must be able to use a self-management programme and independently access the centre.

Patients complete a series of outcome measures at their first assessment and then again at the end of the eight-week course. These include patient feedback forms and

the Measure Yourself Concerns and Wellbeing (MYCOR) scale, which is used to identify problems and measure a patient's overall feeling of wellbeing. The three-minute walk test is also used with the Borg scale, which measures a person's rate of perceived exertion. 'When they do the walk test some of them are amazed at how much they can do and that encourages them to get out and do more,' says Ms

After eight  
weeks of classes

**3/5**

patients had improved  
or maintained  
high wellbeing  
scores

Houghton.

There are usually about five patients in each class says Ms McNamara, but attendance can vary from week to week. 'Although it is an eight week programme patients often take longer to complete it because they miss sessions due to infections or clinic appointments,' she says. 'And sometimes people do deteriorate quite quickly, so we have had patients who have died before completing the course.'

# PulmonaryCare

## Developing the service

The idea for the service came about after staff at the hospice noted an annual increase in referrals for patients with advanced lung conditions. 'We have a lot of end stage patients with COPD and we also see many people with primary lung cancer,' explains Ms McNamara. Such patients were previously offered advice at the centre on how to manage their breathlessness – but only on an ad hoc, one-to-one basis.

In order to develop a more efficient service Ms McNamara and Ms Houghton reviewed evidence on the management of advanced breathlessness. This included referring to the British Thoracic Society's pulmonary rehabilitation guidelines and the National Cancer Action Team's rehabilitation guidance on the management of breathlessness.

'We found a lot of research saying that advanced lung cancer patients can benefit from pulmonary rehab classes,' says Ms McNamara. 'But we couldn't find any services that were offering such classes as part of palliative rehab care.'

However, the duo were inspired by the

**'When they do the walk test some of them can do and that encourages them to get out and do more.'**

work of a multidisciplinary breathlessness intervention service at Addenbrooke's hospital in Cambridge, part of Cambridge University Hospitals NHS trust. In particular, they referred to the Cambridge Breathlessness Intervention Service (BIS) manual, which describes practical techniques for helping breathless patients. The Rosewood therapists adapted the approach of the Cambridge service, which provides individual consultations for patients, by creating a group programme with different outcome measures.

'When we were running one-to-one sessions we found we were often repeating ourselves,' says Ms McNamara. 'So

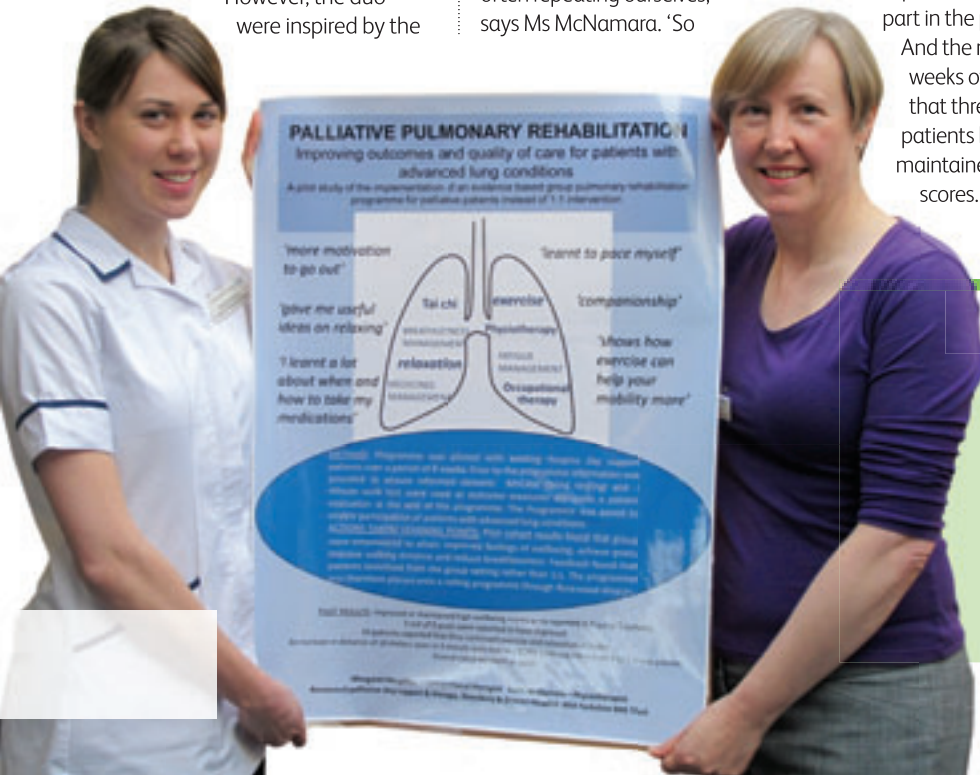
we thought we could bring patients in together, provide consistent advice and generate discussions within a group.' They also decided that an eight-week programme could be a realistic and achievable way of improving outcomes for breathless patients in a cost effective way. 'Obviously, a group is more cost effective than seeing people individually,' says Ms Houghton. 'But a group setting also offers other benefits, like peer support and mutual encouragement.'

Five patients were enlisted to take part in the pilot programme.

And the results, after eight weeks of classes, revealed that three out of five patients had improved or maintained high wellbeing scores. The overall

feedback collected from patients rated the programme as excellent or good and patients reported that the exercises had been paced at the right level. In addition, all the patients reported that they continued to exercise at home and use the relaxation techniques they had learnt.

Looking towards the future, the therapists are keen to continue to audit the service and collect further evidence about patient outcomes. 'We've not yet had sufficient data to be able to fully review results,' says Ms Houghton. 'But we are finding that wellbeing, particularly on the MYCOR scale, is improving. And surprisingly some patients are also improving on their three minute walks as well.' FL



## Links

British Thoracic Society's pulmonary rehabilitation guidelines: [www.brit-thoracic.org.uk/guidelines-and-quality-standards/pulmonary-rehabilitation-guideline/](http://www.brit-thoracic.org.uk/guidelines-and-quality-standards/pulmonary-rehabilitation-guideline/)

Cambridge Breathlessness intervention service: [www.cuh.org.uk/addenbrookes-hospital/services/breathlessness-intervention-service-bis](http://www.cuh.org.uk/addenbrookes-hospital/services/breathlessness-intervention-service-bis)

To buy the Cambridge Breathlessness Intervention Service manual, email: [bis@addenbrookes.nhs.uk](mailto:bis@addenbrookes.nhs.uk)



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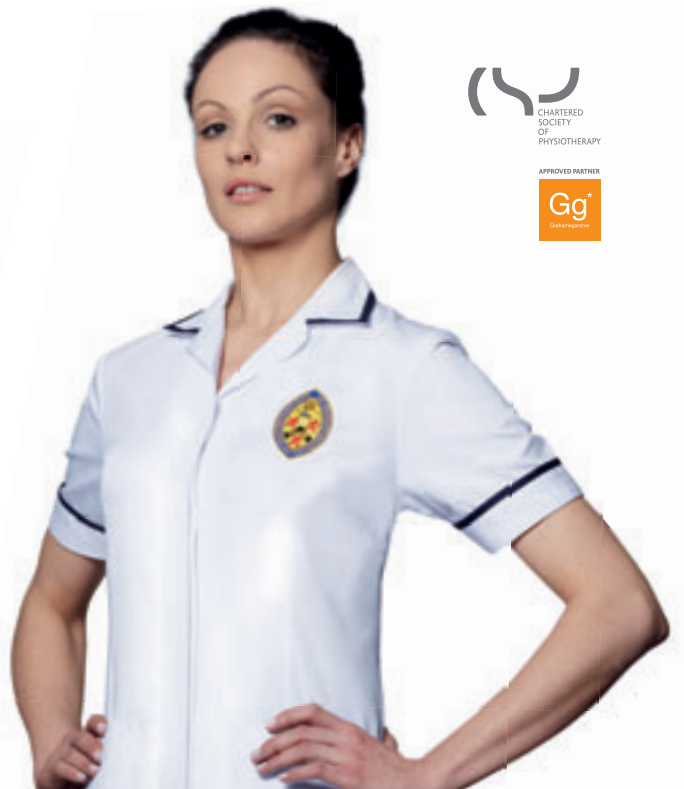


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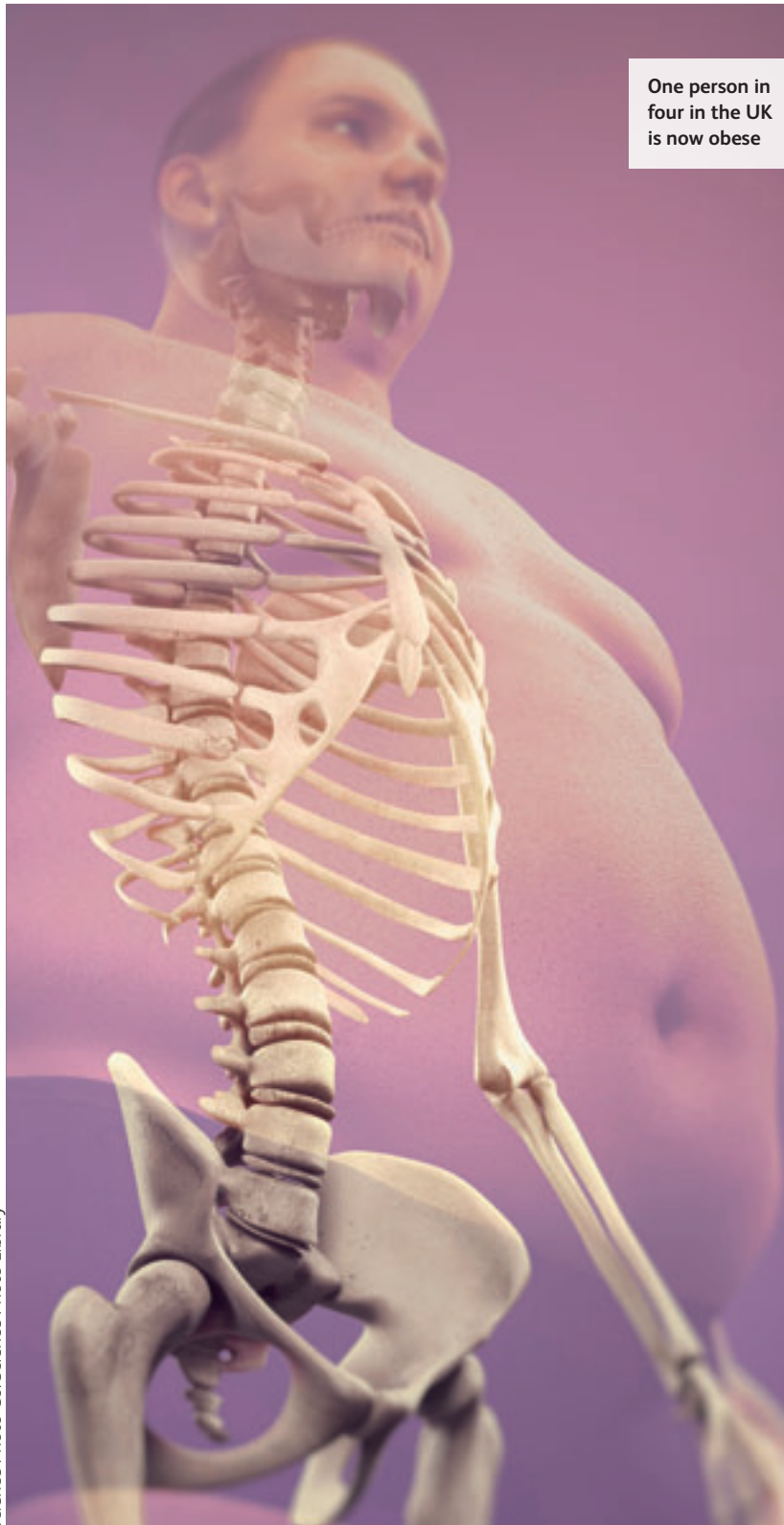
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# Clinical Update



One person in four in the UK is now obese

## Obesity

**Obesity is on the rise. Physio staff in all settings are well placed to respond. Keep up-to-date with the latest guidance and find out how you can make an impact**

**O**besity is a strong predictor of adult morbidity and mortality. Any loss of weight is beneficial in reducing many of the complications of obesity. The latest guidance on managing obesity from the National Institute for Health and Care Excellence (NICE) recommends using multi-component interventions to modify diet and physical activity behaviours as a first step.

Physical activity is important for maintaining long-term weight loss and managing co-morbidities. The guidance also suggests that effective weight management interventions often require multidisciplinary teams.

### Weight management

Physiotherapists have a role to play in preventing and managing people who are overweight and obese. Obesity leads to restrictions in movement, affecting healthy engagement in physical activity.

Exercise and movement is the keystone of the scope of physiotherapy practice. Along with a holistic, patient-

### Cost of ill-health

- It is estimated that the healthcare costs of individuals with a BMI over 35kg/m<sup>2</sup> is twice as much that for individuals with a BMI less than 25kg/m<sup>2</sup>e
- The cost of overweight and obesity to the NHS in the UK was £5.1 billion in 2006-07
- The wider societal cost of overweight and obesity in England is projected to reach £27 billion this year

centred and problem solving approach, physiotherapists have advanced knowledge and skills in:

- anatomical, physiological, and psychosocial mechanisms of health and disease
- assessment and diagnosis
- behaviour change
- biomechanics
- exercise prescription and therapeutic exercise
- management of long-term conditions

## Our new feature gives an accessible overview of a clinical issue of interest to all physio staff

Physiotherapists are therefore ideally suited to address the physical and psychological complexities of obesity. In addition, physiotherapists provide valuable input and expertise in the multidisciplinary management of obesity, helping to optimise clinical outcomes and patient experience.

While the importance of being physically active is well recognised, in reality patients often experience difficulties in achieving this.

Many patients report their level of physical activity to be low and, among those who do exercise, the level of exercise is sometimes described as too high, with patients who are severely obese often reporting physical activity to be exhausting and painful and occasionally causing inflammation in joints.

It is important to tackle such challenges and facilitate patients to increase physical activity at the right level. This can be achieved by referral to a physiotherapist. An assessment and therapeutic treatment plan from a physiotherapist will help overcome the barriers to exercise. A treatment plan for an obese patient may comprise:

- provision of personalised lifestyle advice, taking into account individual attitudes, beliefs, circumstances, cultural and social preferences, needs and readiness to change
- prescription, supervision and progression of appropriate physical activity to increase muscle strength, flexibility and endurance and sustain energy output to enhance and maintain weight loss under safe and controlled conditions
- rehabilitation of associated or secondary conditions such as arthritis, back pain, and other musculoskeletal (MSK) and chronic conditions, such as heart disease
- co-ordination of comprehensive and sustainable programmes of management in collaboration with service users, other health and social care professionals and community services.

### Children and young people

Obese children, like adults, often present with a number of MSK

### Size of the problem

- In 2012, 24 per cent of adult men and 25 per cent of adult women in England were obese
- By 2050 it has been predicted that 60 per cent of adult men, 50 per cent of adult women and 25 per cent of children in the UK will be obese

## What you need to know

### Recommended evidence-based approach for the physiotherapy management of obesity

- |   |  |   |
|---|--|---|
| ■ assess the person's medical history                   | ■ gradually progress a physical activity programme | ■ prescribe moderate-intensity physical activity, for 30 minutes a day and from three to five days a week |
| ■ evaluate current physical activity level              | ■ prescribe a cardiovascular training programme    | ■ calculate body mass index   |
| ■ provide an individualised physical activity programme | ■ prescribe resistance exercises                   |   |

signs and symptoms that may affect or limit their time spent in physical activity.

In addition, being obese has been shown to be detrimental to gross motor skill performance, for example in upper and lower limb coordination, balance, running speed and agility, and strength. These differences become more pronounced as children get older age, suggesting the need for early focus on motor skill development to encourage overweight and obese children to be physically active.

Physiotherapy-led exercise classes and multidisciplinary team interventions including physiotherapy input are effective in significantly improving motor skills, activity levels, and body mass index (BMI) and other anthropometry in children.

### Bariatric surgery

There is mounting evidence to demonstrate that physical activity can improve weight loss and other outcomes following bariatric surgery.

It is consistently seen as being the most important predictor of long-term weight loss maintenance.

Most pre-operative patients are insufficiently active, and without support, fail to make substantial increases in their physical activity following an operation.

Even one year after surgery patients still experience social, physical and mental barriers preventing them from being physically active. These barriers can be related to side effects from surgery and lack of support to increase physical activity.

In particular, patients with balance, gait or other physical or sensory deficits should be referred to physiotherapy for this support. Patients with MSK conditions, which are especially common among bariatric patients, should also be referred. **FL**

■ This update is based on a recent CSP Physiotherapy works publication on obesity. For references and more information, download the full version, and others in the series, from: [www.csp.org.uk/theevidence](http://www.csp.org.uk/theevidence)

# Physiotherapy Research Foundation

## *Research Awards 2015*

The **CSP Charitable Trust** is pleased to announce the **Physiotherapy Research Foundation (PRF)** award scheme this year. The trust is now accepting research applications for funding in 2015.

### **Scheme A**

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### **Scheme B**

*for novice  
researchers*

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### **Scheme B**

**Paediatric research funding  
*for novice researchers***

**Up to £25,000**

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research project

The deadline for outline applications  
is **12 noon, Friday 13 March 2015**

Guidance notes and outline application  
forms for each scheme can be found at:  
**[www.csp.org.uk/prf](http://www.csp.org.uk/prf)**

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# InReview

## Featured book

### High-performance training for sports

David Joyce and Daniel Lewington (eds)

This book is a complete guide for those involved in athletic conditioning. It will be especially useful to physiotherapists who train elite athletes, as it gives readers an insight into the multidisciplinary teamwork needed in modern, athlete-centred approaches.

There are three parts: building robust athletes, developing athletic capacity and delivering performance. Each chapter is written by a well-known expert in fitness and conditioning. Covering the majority of areas involved in training, the text highlights the importance of the process that supports the

individual athlete. While in sport the honours may go to an individual, victory is the result of the success of the team of people supporting the athlete. The editors' belief that 'the ideal training environment encompasses the development of physical, technical and tactical skills within an organisational culture that is uncompromising in its pursuit of excellence' is a theme running through the text.

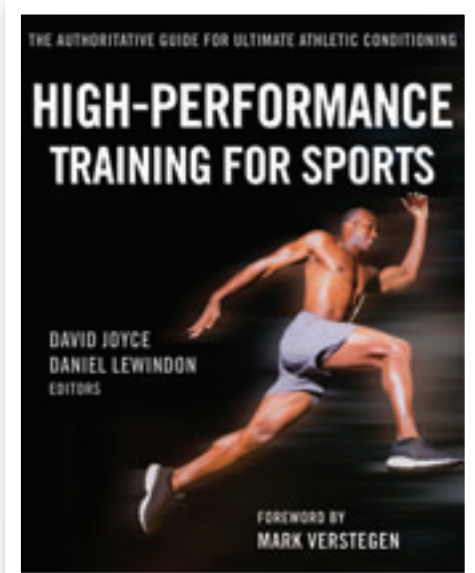
Reaching out to those working with athletes, the format is both easy to read and understand. It focuses on the practical application of ideas and the fundamental processes involved in developing athletes, backed by evidence of research by leaders in the world of fitness and conditioning.

Throughout, the content is

supported by helpful illustrations and diagrams, useful in what is a very practical-based field. There are a number of sample training programmes that would be useful for those who are new to conditioning athletes and easily adapted by those with more experience.

The foreword, written by the renowned Mark Verstagen, founder and president of EXOS (formally Athletes Performance), gives a good indication of the subject matter.

This clear, practical and evidence-based textbook would be invaluable for those looking to improve their knowledge and practice of



physical conditioning.  
Geoff Scott, head physio,  
Tottenham Hotspur FC



### Care4Today Mobile Health Manager

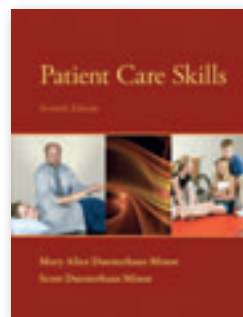
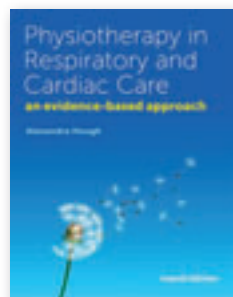
Staying on schedule with medications can get complicated, according to the developer, Janssen Healthcare Innovation. It says the app is 'more than just a self-directed reminder tool'. The app was designed in consultation with patients and pharmacists and can be downloaded free of charge from Google play and other outlets.

To download a copy, visit:  
[www.care4today.com](http://www.care4today.com)

### Physiotherapy in respiratory and cardiac care: an evidence-based approach (4th)

Alexandra Hough

This book is described as being an essential resource on the rationale and practicalities of physiotherapy for people with respiratory and cardiac disorders. The publisher says it aims to provide a clear, problem-solving approach.



### Patient care skills (7th edition)

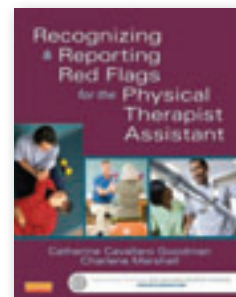
Scott Duesterhaus Minor and Mary Alice Duesterhaus Minor

Billed as an ideal resource for those entering healthcare and an excellent professional reference, this US publication helps readers learn specific procedures and general rules relating to good body mechanics, patient handling and safety. Topics include patient positioning.

### Recognizing and reporting red flags for the physical therapist assistant

Catherine Goodman and Charlene Marshall

This book aims to help readers to spot signs and symptoms that can compromise patient care, and offers a consistent, three-step model for monitoring patients for red flags relating to neuromuscular and musculoskeletal problems.



## information

We hope you like the new In review page. It is important to stress that the CSP is not endorsing any of the material featured on this page.

If you would like to publicise any new books, training programmes, apps or other related materials of interest to physio students and staff, email the information to:  
[frontline@csp.org.uk](mailto:frontline@csp.org.uk)

A good quality image of the cover of the publication or app is also required. For details, visit: [www.csp.org.uk/contactfrontline](http://www.csp.org.uk/contactfrontline)



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# Networks & networking

Catch up with news and announcements regarding the CSP's work at region and country level and also courses and events from CSP recognised professional networks. All recognised networks may list their events free of charge in this section to a limit of 180 words. Reach out to members, old colleagues and classmates through the info exchange, retirement groups, or reunions sections. Send the information you wish to include to: [networkads@csp.org.uk](mailto:networkads@csp.org.uk)

## Frontline schedule

| Issue date | Booking deadline |
|------------|------------------|
| Mar 4      | Feb 16           |
| Mar 18     | Mar 2            |
| Apr 15     | Mar 30           |
| May 6      | Apr 20           |
| May 20     | May 5            |

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# Courses & conferences

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# Networks & networking

English networks news



## English regional networks

News from the CSP English regional networks, branches and country boards.

Find out more at [www.csp.org.uk/nations-regions](http://www.csp.org.uk/nations-regions)

strategy as part of the governance. They influence their localities and undertake developments/projects within the regions.

### ERN Network development day 'Supporting members to build locally'

**Date:** Tuesday 24 March 10am -4pm

**Place:** CSP, London, Council Room

Each region is invited to send up to three members of the core team

**Speakers including:** Professor Karen Middleton, CSP chief executive, Sue Browning, CSP director of policy.

### Physiotherapy Works

There are four more Physiotherapy Works events coming up in the East of England at Newmarket, the North West in Manchester, South Central in Basingstoke and Yorkshire and Humber in York. These events are free and you can attend any event. Further details are below and online.

### East of England

**Twitter:** @Physioeast

### Physiotherapy Works

**Date:** Saturday 14 March 9.30am-4pm

**Place:** Newmarket Racecourse, Westfield House, Cambridge Road, Newmarket CB8 0TG

**Contact:** Carl Hancock:  
[eastofenglandchair@csp.org.uk](mailto:eastofenglandchair@csp.org.uk)

### East Midlands

**Twitter:** @CSPEastMidlands

### Regional forum

**Place:** London Road Community Hospital, Meeting Room 2, London Road, Derby DE1 2QY

**Date:** Monday 2 March 5.30pm-7.30pm

### Taking the region from strength to strength

What will the region look like this time next year? Are you going to be part of its development and help take it forwards? The East Midlands is currently undergoing a complete overhaul. We have the start of a new committee with some fresh new ideas. With this we are attempting to contact various members within the East Midlands from grass roots to therapy managers, NHS to private practice. We want to make meetings as accessible to members as possible we hope that a location with good

transport links will be of benefit. One of our main action points for the coming year is to host an event in each county within the East Midlands. We understand that we are geographically challenged and do not want to isolate individuals from being connected.

Regional Network Forums offer great opportunities to:

- network with influential individuals
- develop your service
- see how your service fits into the Physiotherapy Works campaign.
- develop new ideas for your service
- excellent opportunities for professional development
- share good practice with local providers to help all services
- develop political awareness
- open doors for new career prospects
- develop leadership skills through your involvement.

We are looking for:

- workplace representatives (can be Band 5 to Band 8)
- therapy managers
- associates
- retired members
- members working in education or research.
- members with an interest in public health
- health and safety representatives
- stewards
- students
- members of professional network groups (ie ACPIN, MACP, LAMPs).

Everyone is welcome details can be found under network events on the regional network page. I am so proud to be part a part of the East Midlands regional network and I look forward to its bright and prosperous future.

*Lucy Cocker*

### London

**Twitter:** @CSPLondon

### Regional forum

**Date:** Monday 23 March 4pm-7pm

**Place:** Citadines, 94-99 High Holborn, London WC1V 6LF

**Contact:** Carole McCarthy: [londonchair@csp.org.uk](mailto:londonchair@csp.org.uk)



The 10 English regional networks organise regional forums four times a year. All members are welcome and encouraged to attend; qualified, associate, students and retired members. As well as access to study days and conferences, getting involved with your regional network is a good way to link up with others, learn about opportunities and challenges locally and be part of the wider physiotherapy profession. Access your regional network web pages at [www.csp.org.uk/nations-regions](http://www.csp.org.uk/nations-regions)

They pull together a cross section of members together to inform CSP policy, vision and

**North East****Contact:** Jill Kent: [northeastchair@csp.org.uk](mailto:northeastchair@csp.org.uk)**North West****Twitter:** @northwestcsp**Physiotherapy Works****Date:** Friday 20 March 9:30am-4pm**Place:** The Palace Hotel, Oxford Street, Manchester M60 7HA**Contact:** Jo Lishman: [northwestchair@csp.org.uk](mailto:northwestchair@csp.org.uk)

Other events in the region are the Greater Manchester, Lancashire and South Cumbria clinical senate annual meeting on 23 March. The venue is the Bolton Whites Hotel, Macron Stadium, De Havilland Way, Bolton, Lancashire BL6 6SF.

The event is an opportunity to find out about the work of the clinical senate in this region and to hear from the speakers, Prof Donal O'Donoghue, Sir David Dalton and Sir Muir Gray. Expressions of interest to attend the event to [joannecrawshaw@nhs.net](mailto:joannecrawshaw@nhs.net)

**South Central****Physiotherapy Works****Date:** Thursday 26 February 9.30am-4pm**Place:** The Ark Conference Centre, Dinwoodie Drive, Basingstoke, Hampshire RG24 9NN**Contact:** All enquiries to: [enquiries@arkcentre.com](mailto:enquiries@arkcentre.com)**Regional forum**

There is no regional forum meeting planned at present. However, members are encouraged to come and meet the team at the Physiotherapy Works event and to get involved in the region. If you can't attend and would like to be involved, please contact Amanda Pike.

**Contact:** Amanda Pike: [southcentralchair@csp.org.uk](mailto:southcentralchair@csp.org.uk)**South East Coast****Twitter:** @cspse**Regional forum and CPD event**

Theme: this event is a real CPD opportunity for members to find out how physiotherapy can be used and paid for as part of this budget. There are two speakers; the first, Neil Francis, a local CCG member is speaking about how physiotherapists can support patients with 'personalised health budgets'. The second speaker a physiotherapist

speaking about 'how it feels working in a social enterprise'.

**Date:** Thursday 19 March 10am-1pm**Place:** Location: EA Greynore 3 DP1, School of Health Professions, University of Brighton, 49 Darley Road, Eastbourne BN20 7UR**Contact:** Helen Balcombe: [southeastcoastchair@csp.org.uk](mailto:southeastcoastchair@csp.org.uk)**West Surrey branch lecture**

CPD event on 'Diagnosis of cervicogenic headaches' by Nichola Youster and Lisa Billington, spinal ESPs

**Date:** Wednesday 25 February 6pm-7pm**Place:** Physiotherapy Department, Royal Surrey County Hospital, Guildford**Cost:** Lecture costs £2, students: £1**Contact:** For further information please contact Caroline Wroe at: [caroline.wroe@fph-tr.nhs.uk](mailto:caroline.wroe@fph-tr.nhs.uk)**South West****Regional forum AGM and CPD event****Topic:** Leadership**Date:** Wednesday 18 March 1pm-1.30pm (lunch provided) - 5pm**Place:** Exeter Court Hotel, Kennford, Exeter, Devon EX6 7UX**Contact:** Adam Zawadski: [southwestchair@csp.org.uk](mailto:southwestchair@csp.org.uk)**West Midlands****Regional forum and AGM****Date:** Monday 16 March 10am-1pm**Place:** Sport and Exercise Sciences Room, Edgbaston University, Birmingham B15 2TT**Contact:** Sheila Stringer and Samantha Townsend: [westmidlandschair@csp.org.uk](mailto:westmidlandschair@csp.org.uk)**Yorkshire and the Humber****Twitter:** @CSPYorksHumber**Physiotherapy Works****Date:** Thursday 16 April 9.30am-4pm**Location:** The Royal York Hotel, Station Road, York YO24 1AA.**Regional network workshop****Theme:** 'What has frailty got to do with me? I don't work with older people'**Speaker:** Bhanu Ramaswamy FCSP**Date:** Tuesday 10 March 4.15pm with light refreshments**Place:** The Source Academy, 300 Meadowhall Way, Sheffield S9 1EA

Answer three questions to see if this session is for you:

1. If 10 per cent of people over the age of 65 are classed as frail, at what age did they become frail?
2. People at risk of developing frailty present with unintentional weight loss, reduced muscle strength, reduced gait speed, self-reported exhaustion and low energy expenditure – does this describe any of your patients?
3. Since very few physiotherapists don't assess or treat people with such symptoms, would you understand the impact of this term on your practice?

In this interactive workshop, we will:

- Discuss the difference and the interconnectivity between frailty, long term conditions and disability, and then decide how many people under the age of 65 you might consider frail
- Try the three recommended tools to test for frailty risk, and finally,
- Consider what you can do in your setting as a physiotherapist to improve the situation.

**Cost:** This is a free event however places are limited. However, booking is essential.**Contact:** For further information and to reserve a place please email, Stephanie Portier at: [s.j.portier@shu.ac.uk](mailto:s.j.portier@shu.ac.uk)**Region contact:** Angela Clough and Jean Heseltine: [yorksandhumberchair@csp.org.uk](mailto:yorksandhumberchair@csp.org.uk)**Future dates for your diary**

- 2-23 March quarterly regional forums
- Tuesday 24 March 10am-4pm **development day**, 4pm-6pm **English network forum**
- 25 March – **CSP council meeting**.



## English regional networks

Find out more at [www.csp.org.uk/nations-regions](http://www.csp.org.uk/nations-regions)

## Professional networks news



## Professional networks

Courses and events from CSP recognised professional networks. Share your events here free of charge.

Send an email to [networkads@csp.org.uk](mailto:networkads@csp.org.uk)

### **Association of Chartered Physiotherapists in Neurology (ACPIN) - London**

#### **Evening lecture including AGM**

'Neuroplasticity and inter-hemispheric balance: the theory and practical application of mirror therapy'

**Date:** Wednesday 4 March 2015, 6pm for prompt 6:15pm start, to 7:30pm

**Speakers:** Holly Rossiter, post-doctoral research fellow; Fran Brander, clinical specialist physiotherapist (rehab and stroke), UCLH  
\*Please note the change from the usual venue

**Place:** Wolfson Lecture Theatre, National Hospital for Neurology and Neurosurgery, Queen Square WC1N 3BG

<http://www.ion.ucl.ac.uk/images/Map%20to%20Queen%20Square%20Dec07.ppt>

**Cost:** Free for ACPIN members, £5 non-members. Registration via Eventbrite (link below)

**Contact/booking:** <https://www.eventbrite.co.uk/e/the-theory-and-practical-application-of-mirror-therapy-tickets-15533640537>

\*Important: Please note that there will be no entry on the night without an Eventbrite booking.

### **Association of Chartered Physiotherapists in Neurology (ACPIN) - South West Region**

#### **Multiple Sclerosis study day**

We are proud to present this one-day course in conjunction with the MS Trust. Top speakers from medicine, psychology, nursing and physiotherapy disciplines will share good practice and the latest research.

**Speakers:** Dr T Harrower, Jon Marsden, Prof

D Langdon, Lou Jarrett, Jenny Freeman, Hilary Gunn, Esther Fox

**Date:** Tuesday 24 February 9am to 4.30pm

**Place:** The Watermark Centre, Leonards Road, Ivybridge, Devon PL21 0SZ

**Cost:** £60 members, £78 non members

**Contact:** Andy MacKellar for a booking form on 07957 884143 (by text), email: [physio@uwclub.net](mailto:physio@uwclub.net) or enquiries on: 01803 220998.

### **Acupuncture Association of Chartered Physiotherapists (AACP)**

#### **AACP Basic acupuncture foundation course**

This course is designed to offer participants with a level of knowledge, skill and understanding that will allow them to practise acupuncture in a safe and appropriate manner, in a clinical setting.

**Cost:** £495 – One year's full membership of the AACP with many benefits

**To book:** Contact Sarah Brand on tel: 01733 390007 or email: [sec@aacp.org.uk](mailto:sec@aacp.org.uk)

**Dates:** 7/8/14/15 March and 25/26 April

**Place:** Bridgend

**Dates:** 20/21/22 April and 1/2/3 June

**Place:** Peterborough

#### **AACP grants**

AACP have a number of grants available for AACP members. For more information please contact Mindy Cairns (AACP research advisor) at: [research@aacp.org.uk](mailto:research@aacp.org.uk) or see the AACP website: [www.aacp.org.uk](http://www.aacp.org.uk)

#### **AACP CPD courses:**

**Contact:** Sarah Brand on tel: 01733 390007 or email: [sec@aacp.org.uk](mailto:sec@aacp.org.uk)

#### **Electro acupuncture**

**Date:** 17 March

**Place:** Peterborough

**Tutor:** Lynn Pearce

#### **Neurological conditions**

**Date:** 11/12 April

**Place:** Peterborough

**Tutor:** John Cross.

### **Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE)**

ACPOHE - CSP professional network for physiotherapists working in occupational health and ergonomics. Registered members of ACPOHE are physiotherapists who have demonstrated specialist competency in the fields of occupational health or ergonomics.

#### **Courses – 2015**

#### **Manual handling – train the trainer and risk assessment**

**Date:** 20-21 March

**Place:** Wolverhampton

**Cost:** £300 members, £360 non-members

#### **Introduction to occupational health**

**Date:** 25-26-27 March

**Place:** Salisbury

**Cost:** £455 members, £515 non-members

#### **Office workstation ergonomics (DSE) level 2**

**Date:** 18-19 April

**Place:** Haywards Heath

**Cost:** £280 members, £340 non-members

#### **Introduction to applied ergonomics**

**Date:** 14-15 May

**Place:** Birmingham

**Cost:** £300 members, £360 non-members

#### **Office workstation ergonomics (DSE) level 1**

**Date:** 13-14 June

**Place:** Guildford

**Cost:** £280 members, £340 non-members

#### **Introduction to occupational health**

**Date:** 23-24-25 September

**Place:** Birmingham

**Cost:** £455 members, £515 non-members

#### **ACPOHE conference 2015**

*Join us at PhysiotherapyUK this year*

**Date:** 16-17 October

**Place:** Liverpool

#### **Office workstation ergonomics (DSE) level 2**

**Date:** 6-7 November

**Place:** Haywards Heath

**Cost:** £280 members, £340 non-members

**Contact:** Information and booking at: <http://www.acpohe.org.uk/events>

### **Chartered Physiotherapists Working With Older People (AGILE)**

Regional study days for 2015

#### **Soft-touch trigger point treatment with the older person**

**Speaker:** Ed Wilson BA (Hons) MCSP, HCPC Registered, MCTA, CMP

**Content:** These one-day interactive study days provided through both lectures and practical sessions are designed to:

- Enhance a physiotherapist's understanding of pain management, with the use of trigger points to relieve pain in the older person
- Enable the physiotherapist to develop clinical reasoning through interactive discussions using case examples and a problem solving approach with multi-pathology and in frail older people
- Provide an excellent alternative technique for needle-phobic patients presenting with trigger points, plus no aggressive techniques are used.

#### **Dates for remaining regions:**

14 March – AGILE (N. Ireland), Belfast.



Organiser/contact Gail McMillan at: gail.mcmillan@belfasttrust.hscni.net  
 11 April – AGILE (West), St Martin's Hospital, Bath. Organiser/contact Ruth Sampson at: ruth.sampson@sirona-cic.org.uk  
 13 June – AGILE (Scotland), Ninewells in Dundee. Organiser/contact Fiona MacLeod at: fiona.a.macleod@nhslothian.scot.nhs.uk  
**Cost:** £60 AGILE members. Places are limited so applications will initially only be considered for current AGILE members.

#### Functional fitness MOT for the older person

**Speaker:** Bob Laventure, consultant on physical activity and older people at the BHF National Centre for Physical Activity and Health, director of Later Life Training Ltd.

#### Dates for hosting regions:

28 February – AGILE (East), Nottingham. Organiser/contact Katie Robinson at: katie.robinson@nottingham.ac.uk  
 21 March – AGILE (North), Sunderland. Organiser/contact Jennie Bailey at: jennie.bailey@sunderland.gov.uk  
 7 November – AGILE (West), Bristol. Organiser/contact Kate Bennett at: kategahr@hotmail.co.uk  
 21 November – AGILE (Scotland), Dumfries. Organiser contact Katie Begg at: katie.begg@nhs.net

**Contact:** For more details about individual course, please contact the organiser of the region nearest you for an application form and further information, or visit the AGILE website on the events page for venue details: <http://agile.csp.org.uk/network-events>

#### Electrophysical Agents and Diagnostic Ultrasound (EPADU)

##### A study day looking at electrotherapy and ultrasound imaging in women's health

**Place:** The Council Room, Chartered Society of Physiotherapy, 14 Bedford Row, London WC1R 4ED

**Date:** Wednesday 11 March – Registration 9.30am-10am (close 4pm)

**Cost:** £40 for members of EPADU professional network, £45 for CSP members, £50 for non-CSP members, £30 for students, to include refreshments.

**Confirmed lecturers include:** Tim Watson, Jane Dixon, Julia Herbert, Elizabeth Carruthers and Kay Crotty, including sessions on TENS in pregnancy and pelvic floor activation.

**Contact:** To express your interest in attending this day and for further information, please contact Sue Finley on email: [susan.finley45@yahoo.co.uk](mailto:susan.finley45@yahoo.co.uk)

#### Physio First

*Exclusive courses running this April 2015!*

##### Musculoskeletal injuries in sporting children and adolescents – part 1

**Tutor:** Sid Ahamed

**Date:** Sunday 19 April

**Place:** The Wellington Centre, East Sussex TN34 1PN

**Cost:** Standard price: £145 member/ £165 non-member. Online discount price: £135 member/ £155

##### Fitness training for golf

**Tutor:** Chic Carvell

**Date:** Thursday 23 April

**Place:** Kingfisher Physiotherapy, Fife, Scotland KY1 1TE

**Cost:** Standard price: £145 member/ £165 non-member. Online discount price: £135 member/ £155

##### Starting in private practice

**Tutors:** Karen Winrow, Karen Willcock and Jeremy Allen

**Date:** Friday 24 April

**Place:** CSP, London

**Cost:** Member: £149, non-member: £156

##### Realistic and functional screening in the sporting environment

**Tutor:** David Fevre MSc MCSP SRP

**Date:** Tuesday 28

**Place:** West Yorkshire Physiotherapy Centre, Bradford BD12 9PA

**Cost:** Standard price: £145 member/ £165 non-member. Online discount price: £135 member/ £155

**Contact:** To book your place please call Education on tel: 01604 684968 or email: [education@physiofirst.org.uk](mailto:education@physiofirst.org.uk) for more information. Alternatively, to receive a £10 booking discount (on selected courses only) visit: [www.physiofirst.org.uk](http://www.physiofirst.org.uk)

#### Association of Chartered Physiotherapists in Sports and Exercise Medicine (ACPSEM)

Regional evening lectures

##### Physio and S&C

**Date:** 12 March

**Place:** Brighton

##### Disability sport

**Date:** 18 March

**Place:** Bisham Abbey

**Speakers:** Jo Hipkiss, Pat Dunleavy, Andy Walling

##### Lecture series - Balance physiotherapy

**Place:** London, one per month

Current soft tissue techniques for sport

**Places and dates:** We are finalising dates and venues for Northern Ireland and London in 2015

##### Current soft taping techniques for sport

**Place:** St George's Park, Burton-on-Trent

**Tutor:** Chris McNicholl or Laura Hanna

**Date:** 9-10 May

**Cost:** £175-235

**Place:** University of East London

**Tutor:** Graham Anderson

**Date:** 21-22 November

**Cost:** £175-235

No further taping courses are planned in 2015.

##### Clinical reasoning in exercise and performance rehabilitation

**Place:** EIS Manchester, Sportcity

**Tutors:** Lynn Booth, Nicki Phillips, Tim Sharp  
 Part 2: 18-19 April

**Cost:** £200-260

Courses for Scotland and South England / London are being planned in 2015

##### Biennial conference 2015 – 'The young athlete'

**Place:** Brighton

**Date:** 9-10 October

**Cost:** £220 for two days for members, full prices on website. Programme includes hip pathologies, screening, height prediction, adolescent spine, S&C for young athletes, concussion, cardiac death, chronic pain, practical masterclasses.

See: [bit.ly/ACPSEM15Conference](http://bit.ly/ACPSEM15Conference)

**Contact:** Full details and bookings via:

[physiosinsport.org](http://physiosinsport.org)

All courses may be paid for by instalments by contacting: [admin@physiosinsport.org](mailto:admin@physiosinsport.org)

#### British Association of Hand Therapy (BAHT)

##### Level I: Introduction to hand therapy

**Date:** 4-6 March

**Place:** Derby

[www.pulvertafthandcentre.org.uk/](http://www.pulvertafthandcentre.org.uk/)

##### Level III: BAHT Evidence-based practice course

**Date:** 22 April

**Place:** Nottinghamshire

**Speaker:** Jeremy Lewis

**Contact:** [bahthandtherapy@gmail.com](mailto:bahthandtherapy@gmail.com)

##### Level II: The PIPJ

**Date:** 13-15 May

**Place:** Tooting, London

**Contact:** Helen Griffin, email: [helenl.griffin@stgeorges.nhs.uk](mailto:helenl.griffin@stgeorges.nhs.uk)

Taught by NES [www.neshands.co.uk](http://www.neshands.co.uk)

##### Level I: Introduction to hand therapy

**Date:** 6-8 July

**Place:** Nottingham

**Contact:** Liz Weedon, tel: 07733 238947, email: [elizabeth.weedon@circlepartnership.co.uk](mailto:elizabeth.weedon@circlepartnership.co.uk)

##### Level II: WRULD

**Date:** 30 September to 2 October

**Place:** Ashford, Kent

**Contact:** Michael Keane, email: michaelkeane1@nhs.net

Taught by NES [www.neshands.co.uk](http://www.neshands.co.uk)

**Level I: Introduction to hand therapy**

**Date:** 25-27 November

**Place:** North London

**Contact:** [www.neshands.co.uk](http://www.neshands.co.uk)

**Association of Chartered Physiotherapists in Reflex Therapy (ACPIRT)**

**ACPIRT Reflex therapy 3rd foundation course**

Four weekends over six months. An exciting opportunity for physiotherapists and healthcare professionals to be inspired!

A course that will change how you treat your patients. Learn to treat the body through reflex points on the feet with a modality of treatment akin to reflexology. Reflex therapy can be used for a wide variety of patients and integrated within your own healthcare setting. A comprehensive training led by experienced tutors providing the skills for safe and effective practice, endorsed with the CSP quality mark.

**Dates:** 2015 26/27 September 2015, 31 October/1 November, 28/29 November. March 2016 tbc

**Place:** Hope Bowdler Village Hall, Hope Bowdler, nr Church Stretton, Shrewsbury, Shropshire

**Cost:** £1,200

**Contact:** For further information, please email: [info.acpirtfoundationcourse@gmail.com](mailto:info.acpirtfoundationcourse@gmail.com)

**ACPIRT Annual conference - Tissue mobilisation with sympathetic responses** in collaboration with CPMaSTT (massage and soft tissue PN) joint conference

**Date:** Saturday 31 January

**Place:** Eynsham Hall Oxfordshire.

**Speakers:** Mick Thacker, Steven Tolan; practical session: Loran Rowland, Gunnel Berry

**Cost:** £80 (B&B prices available on request for weekend) non-members welcome, £10 extra.

**Contact:** Ingela Jacobs on tel: 01285 860819 or email: [ingela@southcerney.com](mailto:ingela@southcerney.com)

**Association of Chartered Physiotherapists in Orthopaedic Medicine and Injection Therapy (ACPOMIT)**

**ACPOMIT Annual conference and AGM**

**Date:** 13 June

**Place:** The Hilton Hotel, Milton Keynes.

Following on from last year's successful conference ACPOMIT is pleased to be able to offer an exciting array of speakers including consultant neurophysiologist Dr Jeremy Bland discussing his work on a whole pathway approach for carpal tunnel syndrome, Dr Graeme Wilkes discussing risk management in injection therapy and specific sessions on abdominal assessment, current research and

thinking for the rotator cuff and foot/ankle biomechanics, and treatment all by nationally recognised leaders in their field.

**Cost:** Members: £105, non-members: £145 (including one year's free membership with access to the website for learning/development and the injection therapy audit tool)

**Contact:** For more details see: [www.acpomit.co.uk](http://www.acpomit.co.uk) or contact: [info@acpomit.co.uk](mailto:info@acpomit.co.uk)

**Association of Chartered Physiotherapists in Therapeutic Riding (ACPTR)**

**ACPTR hippotherapy course for chartered physiotherapists wishing to use the horse within physiotherapy treatment**

ACPTR is delighted to announce that this course has been accredited with Robert Gordon University Aberdeen at SCQF level 11 (equivalent of masters level) with 15 SCQF (7.5 ECTS) transferable points for each module.

**Course dates and structure 2015**

Two sequential modules, both four days long:

**Equine Module**

**Assessment and selection of equines for hippotherapy**

**Date:** 30 January to 2 February

**Hippotherapy Module**

**Delivery of best practice in hippotherapy**

**Date:** 30 October to 2 November

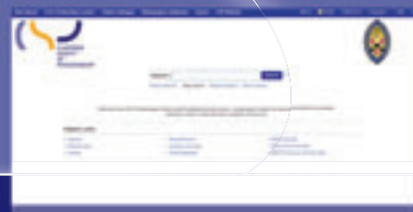
**Place:** (For both modules) Clwyd Special Riding Centre, Llanfynydd, Wrexham, Clwyd LL11 5HN

# Physiotherapy Evidence and Knowledge

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For more information contact: [library@csp.org.uk](mailto:library@csp.org.uk)



**Course costs:** £1,200 including non-refundable registration fee of £50. (An extra fee of around £110 is required should you wish to gain MSc level credits through RGU) Closing date for applications: 5 December 2014

**Prerequisites:**

- Chartered Society of Physiotherapy membership
- Health and Care Professions Council registration
- ACPTR membership
- One year postgraduate clinical experience
- Submission of the ACPTR Equine Skills Record
- Required to register for the complete course.

**Horse riding experience:** ACPTR recommend applicants have basic horse riding skills in addition to general equine experience.

**Assessment:** Continuous formative assessment of practical skills. Extensive written assignments following each module. Summative assessment of practice in hippotherapy module.

**Contact:** Application requests and enquiries to course coordinator Dr. Valerie Cooper, at email: cooperhome@btinternet.com or write to: 27 Abbotshall Road, Cults, Aberdeen AB15 9JX.

**Pelvic, Obstetric, Gynaecological Physiotherapy (formerly the Association of Chartered Physiotherapists in Women's Health)**

**Physiotherapy assessment and management of female urinary dysfunction**

**Date:** 27 February-1 March

**Place:** London

**Cost:** £350 POGP member/affiliate; £425 non-member

**Physiotherapy assessment and management of ano-rectal dysfunction**

**Date:** 6-8 March

**Place:** London

**Cost:** £325 POGP member/affiliate; £395 non-member

**An update on the effects of prostate cancer treatments on bladder, bowel and erectile function (in collaboration with Prostate Cancer UK)**

**Date:** 13 March

**Place:** London

**Cost:** £40 POGP member/affiliate; £80 non-member

**Understanding pelvic organ prolapse – assessment and conservative management**

**Date:** 21 March

**Place:** Portsmouth

**Cost:** £125 POGP member/affiliate; £160 non-member

**Pregnancy, birth and beyond – a practical physiotherapy approach**

**Date:** 25-26 April

**Place:** Chippenham, Wiltshire

**Cost:** £225 POGP member/affiliate; £295 non-member

**Contact:** To request a copy of the information pack for any of the above courses please email: info@acpwhworkshops.co.uk

For further details of the POGP short course programme please visit the POGP website at: <http://pogp.csp.org.uk/courses-events>

**Medico-legal Association of Chartered Physiotherapists (MLACP)**

**Advanced workshop for physiotherapy experts**

This workshop is for physiotherapists who have experience in report writing who are interested to learn more and want to take their skills to the next level.

You will have the opportunity to:

- receive constructive feedback on your report
- practise your court room skills with a barrister
- learn how to build a working relationship with your instructing solicitor
- learn how to negotiate meetings of experts
- learn how to approach meetings with counsel.

**Dates:** 28 April 2015, 9.30am-4.30pm

**Place:** The Bingham Room, The Honourable Society of Grays Inn, 8 South Square, London WC1R 5ET

**Cost:** £150 Closing date 28 March

**Course leader:** Kate Sheehy

**Speakers:** Gavin Irwin, barrister, Dyers Chambers; Josephine Robinson, solicitor (and formerly chartered physiotherapist); Brian Simpson, distinguished service award chartered physiotherapist; Kate Sheehy, chartered physiotherapist

**Contact:** For programme details and an application form please go to the MLACP website: <http://mlacp.org.uk>

**MLACP Introduction to medico-legal work**

This course will be of interest to any physiotherapist who wishes to be involved in medico-legal work. This introductory day will involve legal systems, civil and criminal, difference between cause and liability and quantum, Part 35 of C.P.R. and legal aspects of physiotherapy report writing such as 'The role of an expert in the context of access to justice' and 'Being a medico-legal expert'. There will also be specific lectures on how to how to

write a catastrophic injury quantum report and musculoskeletal quantum and causation and liability reports

**Dates:** Tuesday 17 March 2015

**Place:** Irwin Mitchell Solicitors, Imperial House, 31 Temple Street, Birmingham B2 5DB

**Course leader:** Lorna Stybelska

**Cost:** £60 members, £95 non-members (maximum 30 delegates)

**Speakers:** Jane Wright, partner and solicitor, Irwin Mitchell Solicitors LLP; Ian Christian, partner and solicitor, Irwin Mitchell Solicitors LLP; Lorna Stybelska, physiotherapist; Kate Sheehy, physiotherapist; Judith Bentley, Physiotherapist

**Contact:** For programme details and an application form please go to: <http://mlacp.org.uk>

**Chartered Physiotherapists with an Extended Scope of Practice (ESP)**

**National ESPPN AGM and study day - Obesity matters**

**Date:** Friday 8 May

Extended Scope Practitioner AGM and study day morning session includes speakers from a broad range of specialties discussing obesity issues. Professor Len Funk will start the afternoon session which will include a joint specific topic, multidisciplinary team work, advanced practice research presentations and posters. For online registration and abstract: [www.esp-physio.co.uk/courses](http://www.esp-physio.co.uk/courses)

**Cost:** Early bird rate for members (until 20 March 2015) £80. Normal rate (after 20 March 2015) £95. Non-members £120. 50 per cent reduction off registration for successful abstract submissions on ESP related research.

Visit the website for more information.

Non-members wishing to attend the AGM who subscribe to ESPPN during early bird, will qualify for the members rate and get the first year of their membership (£25) reimbursed.

**Contact:** General enquiries to: admin@esp-physio.co.uk Abstract submissions to: james.greenwood@uclh.nhs.uk

**Chartered Physiotherapists in Mental Health (CPMH)**

**CPMH Midlands branch study day**

A study day has been arranged by the CPMH Midlands branch, covering the topic of pain. This is a full day with many speakers including a keynote speaker Professor Patricia Schofield who is chair of the British Pain Society – Pain in Older Adults, Special Interest Group and chair of IASP subcommittee on education (Pain in



Older Adults SIG) and is leading the BPS/BGS collaborative working group on pain.

**Date:** Thursday 26 February

**Place:** Derby Kingsway Hospital, DE22 3LZ at the Research and Development Centre, (free parking)

**Contact:** To book or for more information please contact: Lauren Fordham on tel: 01332 623700 x33270 or email: lauren.fordham@derbyshcft.nhs.uk

**Association of Chartered Physiotherapists in Respiratory Care (ACPRC)**

**ACPRC Conference**

**Walking in the steps of the patient:  
Integrating theory and practice**

**Date:** 24-25 April

**Place:** Cheltenham Park Hotel, Cheltenham GL53 8EA.

**Cost:** Members £120 for both days (£100 for two days – early bird rate closes 31 January 2015) £80 for one day. Non-members £240 for two days or £160 for one day.

Optional conference dinner: 24 April. £15 for members, £25 for non-members.

**Time:** 9.30am-5pm Friday 24 April, and

9.30am-4pm Saturday 25 April.

Programme includes: Friday:

- Involving people in... research and service redesign. Patient and clinicians experiences
- Physiological response to exercise
- Scaling Everest – response to activity in hypoxic conditions.

Saturday:

- Living with... patients' experiences of living with respiratory conditions
- Working with... charity organisations – BLF
- The on-call challenge – mission impossible? Different people, different perspectives

**Contact:** For the most up to date conference programme and more details, visit: [www.acprc.org.uk](http://www.acprc.org.uk)

**The Association of Chartered Physiotherapists Interested in Vestibular Rehabilitation (ACPIVR)**

**Study day and AGM**

**Updates: Vestibular migraine and paediatric vestibular rehabilitation**

**Speakers:** Dr Barry Seemungal, Dr Louisa Murdin, Dr Marousa Pavlou and Professor Rose Marie Rine

The lectures will cover the following topics:

- Fundamentals of vestibular perception
- Vestibular migraine: management, medication, differential diagnosis
- Case examples
- Paediatric vestibular rehabilitation: assessment and rehabilitation.

Refreshments and lunch provided.

**Date:** Saturday 25 April

**Place:** Basement Lecture Theatre, The Clinical Neuroscience Centre, The National Hospital for Neurology and Neurosurgery, 33 Queens Square, London WC1N 3BG

**Cost:** £90 ACPIVR members, £130 non-members

**Contact:** [david.herdman@gstt.nhs.uk](mailto:david.herdman@gstt.nhs.uk)

**Physiotherapy Pain Association (PPA)**

**Sleep and pain: Managing the interactions**

**Date:** Saturday 21 March

**Place:** Cossham Memorial Hospital Bristol  
One-day course introducing physiotherapists to theory and practice of the cognitive behavioural approach of sleep and pain problems

**Tutors:** Andrew Green and Alex Westcombe

**Cost:** PPA members £90 and non-members £100

# Safe and effective staffing levels *and* workforce data modelling

## Sharing the approaches, themes and concepts

- ▶ Be the first to explore the proposed content of the CSP's new tools and contribute your expertise to the development of the tools
- ▶ Develop insight into the complexity of safe and effective staffing levels and workforce planning
- ▶ Excellent opportunity for CPD – critical thinking, political awareness & strategic planning.

**Date:** 6 March 2015, 12.30pm-4pm **Location:** CSP, London

### How to book

For booking please visit: [www.csp.org.uk/staffing](http://www.csp.org.uk/staffing)

Contact: [sesproject@csp.org.uk](mailto:sesproject@csp.org.uk)

**Limited places available**



**Contact:** ptecourses@gmail.com

Website: <http://ppa.csp.org.uk>

### **Cognitive behavioural approach in the Management of pain - Introductory course**

**Date:** 18-19 April

**Place:** BUPA, Basinghall St, London

### **Two-day course introducing physiotherapists to theory and practice of the cognitive behavioural approach**

**Tutors:** Dr Pete Gladwell and Emma Knaggs

**Cost:** PPA members £200 and non-members £220. Early bird discount 10 per cent, book by 21 February

**Contact:** ptecourses@gmail.com

Website: <http://ppa.csp.org.uk>

### **Chartered Physiotherapists in Massage and Soft Tissue Therapy (CPMSTT)**

#### **Fundamentals and clinical application of massage and soft tissue therapy courses**

**Dates and places:** Saturday 21 and Sunday 22 March, Stoke on Trent,

Saturday 6 and Sunday 7 June, Stirling,

Saturday 13 and Sunday 14 June, Crystal Palace.

Saturday 20 and Sunday 21 June, Wigan

**Cost:** £220. Student or unemployed members £160

**Tutor:** Bob Bramah

The course is open to physiotherapists, assistants and students who wish to

- Revise and develop expertise in massage and soft tissue therapy
- Build on the fundamentals of massage, current research, clinical effectiveness and evidence-based practice
- Learn adaptations for specific effect including release of myofascia and trigger points
- Develop expertise in manual therapy.

Participants have the opportunity to learn practical skills from specialist physiotherapist with emphasis on care of the patient; self care of the physiotherapist and palpation skills applied in realistic conditions.

**Contact:** To book contact Bob Bramah email: [cpmasttcourse@googlemail.com](mailto:cpmasttcourse@googlemail.com) or call tel: 07968 307717.

### **Aquatic Therapy Association of Chartered Physiotherapists (ATACP)**

#### **Spring study day and AGM**

**Date:** Saturday 25 April, 9.15am-4pm

**Place:** Royal Hospital for Neuro-disability West Hill, Putney, London SW15 3SW

#### **Current practices in rheumatology**

**Speakers:** Christina Scorrige, clinical specialist in rheumatology

### **Outline of aquatic therapy services for ankylosing spondylitis, rheumatoid arthritis and osteoporosis**

**Speaker:** Jane Simmonds, clinical specialist in hypermobility

### **Aquatic therapy for children and adults with hypermobility syndrome**

**Cost:** ATACP individual member £30, departmental member £30 (one applicant per department), non-member £45, student member £20, student non-member £30 (No refund for cancellation after 10 April).

Buffet lunch included.

Contact: Apply now to avoid disappointment - spaces will be limited. Enquiries to: [sarahmckeown78@me.com](mailto:sarahmckeown78@me.com)

### **Association of Chartered Physiotherapists in Temporomandibular Disorders (ACPTMD)**

#### **A six-hour CPD acupuncture course on the management of orofacial pain and cervicogenic headache**

**Tutor:** George Chia

**Place:** Stepping Hill Hospital, Stockport

**Date:** Saturday 16 May

**Cost:** £110 (£100 for AACCP members or previous ACPTMD course attendees)

**Contact:** For further information please contact Cathy Gordon at: [cathy.gordon@stockport.nhs.uk](mailto:cathy.gordon@stockport.nhs.uk)

### **Association of Paediatric Chartered Physiotherapists (APCP)**

#### **APCP Neuromuscular Group**

#### **Physiotherapy assessment and management of respiratory complications in children and young people with neuromuscular conditions**

This study day is for physiotherapists working in acute and community settings with children with neuromuscular conditions in which respiratory complications are common, eg: DMD, SMA

**Date:** Friday, 6 March

**Place:** Bristol

**Cost:** £80 APCP members / £125 non-members

**Contact:** For further information / to book you place, visit [apcp.csp.org.uk/courses-events](http://apcp.csp.org.uk/courses-events) or contact [va@apcp.org.uk](mailto:va@apcp.org.uk)

#### **APCP East Anglia Region**

#### **How to do constraint induced movement therapy with children and young adults**

**Date:** Wednesday, 18 March

**Place:** Chelmsford

**Cost:** £160 APCP members / £200 non-members

**Contact:** For further information or to book your place, visit: [apcp.csp.org.uk/courses-events](http://apcp.csp.org.uk/courses-events) or contact: [va@apcp.org.uk](mailto:va@apcp.org.uk)

### **APCP Wales Region**

#### **Introduction to paediatric physiotherapy**

A three-day course for physiotherapists new to working with children and young people.

**Date:** Friday 20 March to Sunday 22 March  
**Place:** Cardiff

**Cost:** £195 APCP members / £245 non-members

**Contact:** For further information or to book your place, visit: [apcp.csp.org.uk/courses-events](http://apcp.csp.org.uk/courses-events) or contact: [va@apcp.org.uk](mailto:va@apcp.org.uk)

### **Other groups' news**

### **St Thomas' Hospital Physiotherapy Trust Grant opportunity**

Physiotherapists who completed their training at the former St Thomas' Hospital School of Physiotherapy are invited to apply for a grant from the Physiotherapy Education and Welfare fund.

This fund comprises the former St Thomas' Hospital Physiotherapy Trust funds and the Mennell-Randell and Bauwens-Carlisle fund which, with the consent of the Charity Commission, has been transferred to Guy's and St Thomas' Charity.

Applications may be made for training, professional development, conference attendance or welfare related costs (retrospective costs will not be considered).

The deadline for applications is 4 March 2015. For full details and an application form, please contact: Ruth Bishop, Funding Manager at Guy's and St Thomas' Charity, Francis House, 9 King's Head Yard, London SE1 1NA

Tel: 020 7089 4558. Fax: 020 7089 4585.

Email: [ruth.bishop@gsttcharity.org.uk](mailto:ruth.bishop@gsttcharity.org.uk)

### **CSP Black minority ethnic (BME) members network**

#### **Induction day for overseas-qualified physiotherapists**

This event is designed to provide delegates with an understanding of the HCPC registration process, Continuing Professional Development (CPD) expectations and standards of conduct. Participants will gain insight into the structure and characteristics of the NHS as well as the services and support provided by the CSP. There will also be plenty of time for networking and sharing experiences with UK-experienced overseas qualified physiotherapists.

**Date:** 23 April 2105, 10am-5pm (lunch included)

**Place:** CSP headquarters, London

**Cost:** Free to members, £20 for non members

**To book:** Go to: [www.surveymonkey.com/s/IDOQP230415](http://www.surveymonkey.com/s/IDOQP230415) and complete the online registration form, or contact Gill Feldman via email at: [feldmang@csp.org.uk](mailto:feldmang@csp.org.uk) or tel: 020 7306 6682.

### Info exchange

#### **A pilot randomised control trial (RCT) to investigate the effects of a dynamic elastomeric fabric orthosis (shorts) in athletes with pelvic/groin pain, across selected clinical and performance measures**

A PhD study (ethical approval from Plymouth university) is looking to recruit athletes with pelvic/groin pain, to evaluate the effect of a customised orthosis (in the form of Lycra shorts) on measures including the ASLR, squeeze test, multiple single-leg hop-stabilisation test, and broad jump.

The orthosis was developed from the results of an athletic pelvic belt study, and has been evaluated as a series of single case studies (n = 8). A pilot RCT will commence in January 2014 to build upon the patient profile of those who respond best, and to ascertain effects upon power and athletic balance.

For further information on becoming involved and/or requesting a participant information pack, please contact the investigator: Leanne Sawle (chartered physiotherapist), email: [l/sawle@dmorthotics.com](mailto:l/sawle@dmorthotics.com) Tel: 07801 332355.

#### **Clinicians' opinions on the benefits and limitations of rebound therapy**

Do you have experience in using rebound therapy? If yes, then we need your help. We are undertaking an online survey of clinicians' views on the use of rebound therapy. The study aims to investigate current clinical use in order to inform future research and practice.

The online survey will take no longer than 10 minutes to complete To take part in the survey please email me for the survey link at: [mcyjw4@nottingham.ac.uk](mailto:mcyjw4@nottingham.ac.uk)

The survey will be available until the end of January. Your input is greatly appreciated.  
*Marjan Blackburn and Jemma Woyda, University of Nottingham*

#### **Did you know what to expect when you qualified?**

Are you a Band 5 physiotherapist (or equivalent)? Have you been working for 0-1 years? If so, are you interested in taking part in qualitative research to discuss your experiences in your first job?

Interviews and focus groups will take place in the London area so if you are living there, or are willing to travel, and fit the criteria above, please contact us via our project supervisor Jacqueline Potter, email: [j.potter@uel.ac.uk](mailto:j.potter@uel.ac.uk) Information will be provided on receipt.

#### **Examination of rehabilitation needs screening approaches in forensic settings**

We are currently exploring current approaches and future opportunities in screening for rehabilitation needs in forensic populations (prisons, secure settings and community).

We would like to hear from AHPs, nurses, doctors and associated colleagues about how you screen for rehabilitation needs, if there are any tools you use, and about your experiences of the screening process. We have a particular focus on:

- physical health
- mental health
- learning disability
- developmental needs.

If you have information you can share with us or for more details about our project, please email: [FV-UHB.rehabscreening@nhs.net](mailto:FV-UHB.rehabscreening@nhs.net)

Please let us know also if you would be willing to complete our short survey and we will send this to you by email.

With thanks, Donald McLean, physiotherapist, team co-ordinator, Reach Forth Valley, Stirling Community Hospital, Stirling.

### Retirement groups' news/events

#### **Yorkshire and Humber retirement group**

Happy New Year to all our members . Our next meeting will be on Tuesday 24 March in Harrogate. Please meet at 11am in the station cafe for a coffee before we head off to visit the Royal Pump Room Museum. We shall then have lunch at the oldest pub in Harrogate. Please let me know if you are able to join us and may be bring a new member along too! I look forward to seeing you all again and catching up. Judith Saunders  
[judith6072@hotmail.co.uk](mailto:judith6072@hotmail.co.uk)

#### **Chartered Society of Physiotherapy Retirement Association (CSPRA)**

Please let me have your articles ASAP for the spring newsletter. We have had some excellent contributions; could write something about your retirement you would like to share with other members? The newsletter will be sent out electronically to members with email; and posted to those without this facility. Back numbers can be found on iCSPRA. Please send your articles to me, Lyn Ankcorn, editor, email: [ankcornl@csp.org.uk](mailto:ankcornl@csp.org.uk) tel: 07798 525822. Postal address: 23 Swarthmore Road, Selly Oak, Birmingham B29 4NQ.

Judith Saunders, local groups co-ordinator, is keen to offer help to anyone wishing to start a new group in your area. New groups are being formed – look at *Frontline Networks&networking* pages. Her contact email is: [judith6072@hotmail.co.uk](mailto:judith6072@hotmail.co.uk) Judith recently helped start a Western Australia group!

If you are retiring/approaching retirement, why not join the CSPRA? Please contact the CSP enquiry handling unit: [enquiries@csp.org.uk](mailto:enquiries@csp.org.uk) tel: 020 7306 6666. Should you wish to discuss this first with a committee member contact Chris Foster, email: [chris@nagdragon.eclipse.co.uk](mailto:chris@nagdragon.eclipse.co.uk) or Lyn Ankcorn, secretary, at: [ankcornl@csp.org.uk](mailto:ankcornl@csp.org.uk) We would be pleased to hear from you.

### Reunions



## Thinking of having a reunion?

Need to contact old friends on these pages?

Send an email to [networkads@csp.org.uk](mailto:networkads@csp.org.uk)

Don't forget... after your reunion has taken place, send *Frontline* a photo and tell us about it!



**Grampian School of Physiotherapy 1987-1990**

This year it will be 25 years since we graduated and we made history by being the last students to do so! Let's celebrate by getting together this summer. Please contact Susan Fraser (nee Johnston) and/or Ruth Paterson (nee Henderson) if you are keen to come along and catch up.  
Email: susanmfraser@btinternet.com or: ruthiepaterson@yahoo.co.uk

**Cardiff School of Physiotherapy 1992-1995**

Can you believe it that we have been qualified 20 years this year! If you are interested in meeting to celebrate in Cardiff on Saturday 20 June (either lunchtime or evening depending on what suits the majority, venue to be confirmed) can you get in touch either with Claire Butterworth (nee Haddock) at: butters43@hotmail.co.uk or Sian Knott at: harriessian@googlemail.com We look forward to hearing from you and hopefully catching up soon.

**Prince of Wales POW F Set (aptly named!) 1965**

Our 50th anniversary (golden!) Anyone interested in a reunion? We already have a few who would like to meet up. Open to suggestions on day and venue. Please contact Elly on tel: 01548 521391 or email: eratthehaybarn@uwclub.net

**Pinderfields Hospital/Huddersfield Uni Reunion 1997-2000**

15 year Reunion

**Updated email address**

It will be 15 years next year that we qualified and were let loose on the world. To celebrate I am organising a meet up/meal out/ few drinks in Wakefield. This will be held on 4 July, meet at the college pub then food at Mex Cantina. We have 24 of us already it would be great if we could track everybody down. So please get in touch! Thanks.  
Email Kate Mooney (nee Adams) at: k\_mooney@hotmail.co.uk

**The Wolfson Rehabilitation Centre, Wimbledon**

We are hoping that those of you who have worked at the Wolfson can join us at St George's Hospital on 16 May for a get together over lunch from 11.30am to 2pm. It would be lovely to see how many of us from the different decades can meet up! Do contact Brigitt Bailey at: brigittbailey@

btconnect.com or Sally de la Fontaine at: sally@milestonesclinic.co.uk so we can arrange the catering.

**The London Hospital 1975-1978**

This year is 40 years since we started our training, so a group of us are organising a reunion in September. If you have not heard through our contact list and would like to know more then please contact Suzanne Jones at: jones-s82@sky.com for the details

**Kings College Hospital 1966-69 October set**

I am hoping to organise a reunion so please could you contact me by email with your thoughts and ideas so that we can decide when and where to hold it. If you know of anyone of our set who doesn't read *Frontline* could you please let them know. Hopefully we can aim for 2016 when it will be 50 years since we started our training! Thanks, Carolyn Beavis (nee Gray), email: carolyn@beavisnet.co.uk

**Middlesex Hospital School of Physiotherapy and UCL 1991 -1995**

Unbelievably it's now nearly 20 years since we graduated and it's about time we all met up! We are arranging to meet in the summer on 6 June, venue to be arranged. We want as many of us as possible to be there and we need to know numbers so please contact me, Sarah Perry (nee Hunt), at: sarahperry@live.co.uk  
I look forward to hearing from you.

**West Middlesex Hospital School of Physiotherapy 1975-1978**

Reunion? I have now contact with 14 students/physiotherapist from our set, but some are still 'missing'. Are you 'one of us', or do you know someone who graduated from West Middlesex 1978? Of so, please contact Lars Andersen on email: la-and@online.no

**St Mary's Paddington Class 1971-1974**

Anyone out there from class 1971-1974 who would love to meet and catch up? Contact by emailing: lesrust@gmail.com

**St Mary's Hospital, School of Physiotherapy 1982-1985**

It will be 30 next years summer since we qualified, so well overdue for a get together! If you would be interested in a reunion next summer please email me, Diane Samuels (nee Collyer) at: dianesam@sky.com or Denise

Watson (nee Collins) at: denisemwatson@btoopenworld.com Once we know how many are interested and where everyone is based we can decide the best place to meet.

**Cardiff School of Physiotherapy 1974-1977/8****Updated email address**

It's 40 years since we embarked on our physiotherapy careers when we all met in Cardiff to start our training. If anyone is interested in a reunion in Cardiff please get in touch so that we can reminisce and catch up on what everyone has been doing. Contact Helen Tyler (nee Leaman) at: helen.tyler@wales.nhs.uk

**Bristol UWE 20-year reunion 1992-1995**

Anyone interested in meeting in Bristol for a 20 reunion in spring 2015? I have set up a group Facebook page called 'Bristol Physio reunion 1992-5'. Please join and share in the discussion of choosing a venue and date, or you can contact me on: janine\_browne@hotmail.com

**St Mary's Hospital London Set E 1974-1977**

I would like to arrange a reunion of us 'old crocks'. Hopefully a venue in London sometime this summer/autumn. If you know others that are unlikely to read this please let them know. Contact Sharon Standen (nee Edwards) on tel: 01843 601806 or email: standen56@hotmail.co.uk if you are interested.

**Woodlands (Royal Orthopaedic Hospital) School of Physiotherapy, Birmingham. Set 49**

It is 35 years since we qualified! Would you be interested in meeting up with Janet, Tessa, Elaine, Annette and Lynn? If so, please contact Lynn Clark (Deeley) via: trevor@trevorclark.net

**Wolverhampton School of Physiotherapy Class (including staff) of 1987-1990****Updated email address**

25 years (really?) since we qualified. If you are interested in a reunion in the summer, 2015, please email Carolyn McQuilian at: carolynmcqu@tiscali.co.uk Perhaps a venue in Wolverhampton or Birmingham areas. Any other ideas welcome.

**School of Physiotherapy, Withington Hospital Manchester 1973**

Lenia from Nicosia, Cyprus would like to get in touch with friends from the school of physiotherapy, Withington Hospital Manchester 1973 intake. Email: elenidracopoulou@gmail.com

**The London Hospital 1977-1980**

2015 will be our 35 year anniversary since qualifying. Jane Nicklin and Wendy Hendrie (nee Dickerson) are hoping to organise a reunion in London - time and place to be decided. Please contact us if you are interested in joining us. It would be great if we could track everyone down so please let people from our year group know if you are still in touch. Jane and Wendy can be contacted at: mscentrenorwich.wendyhendrie@gmail.com and: jane.nicklin21@btinternet.com

**Queen Elizabeth School of Physiotherapy 1966-1969 September set**

Anyone interested in meeting up after 45 years this year since we qualified? Some of us are still in contact. Please email Janet Whittaker (nee Warner) at: rodgerwhittaker@btinternet.com or Sheila Wood (nee Staite) at: woodsheila@btinternet.com Please mail us to arrange a catch up!

**Sheffield Polytechnic 1978-1981**

Some of us already meet occasionally and we wondered about extending the party. As a starting point, please let me know if you're interested. Nikki Adams (originally Bramson), email: n.adams@adamsneurophysio.org.uk Tel: 01924 782149.

**Bath School of Physiotherapy (BSOP) Reunion**

Ex-students and members of staff of the former BSOP are invited to join our closed Facebook group, where a reunion is being organised, together with memories and photographs being shared.

**Northern Ireland School of Physiotherapy - Belfast 50th anniversary reunion**

All physiotherapists who commenced training at the Northern Ireland School of Physiotherapy during the year 1964, please take note.

Believe it or not, it is now 50 years since we became physiotherapy students and we are planning a reunion of the two sets of

physiotherapy students this summer.

We hope to have a dinner party celebration in the Crawfordsburn Hotel, Co Down, in late summer or early autumn. We will decide on a date to suit as many people as possible.

Please pass this information on to anyone else you know who may wish to attend. Partners and friends are very welcome as some people will have to travel from abroad and may wish to make it a celebration trip.

If you are interested in attending, please contact Jenny Archer at email: jarcherphysio@aol.com or tel: 02891 270932 for further information.

**Newcastle Polytechnic 1978-1981**

It is a very, very long time since we qualified at Newcastle Polytechnic in 1981 (32 years!). Before we all decide to retire how about meeting up? If you are interested, contact Sally Wilson (nee Gillespie) via email: sally.wilson@ntw.nhs.uk

**Teesside Polytechnic 1985-1988**

It's 25 years since we qualified. If you are interested in meeting up to celebrate contact Christine McGlone (nee Wallace) on tel: 0191 387 5804, or email: christine\_mcglone@sky.com Look forward to hearing from everyone.

**West London School of Physiotherapy**

John M B Long would like to hear from ex-students who were there in the 1950s. Email: jmlong@hotmail.com

**Salford School of Physiotherapy, Hope Hospital 1974-1977**

It's a long time since we left Salford. If you are interested in a reunion or just a catch up by email, please get in touch with Jane Heyer at: janeheyer@rocketmail.com

**Edinburgh Royal Infirmary 1963-1966**

Anyone out there still working? Fancy meeting up? Email me on: madelinesg14@tiscali.co.uk or tel: 01992 586659.

**Withington Hospital School of Physiotherapy Spring 1971-1974**

It is 40 years since we qualified and it would be lovely to catch up with the rest of the set and find out what others have been doing. If anyone else would like to try to meet up sometime later this year, please get in touch with either myself, Anne Downes, at: anne@worstead.co.uk or Morwith Minter (nee Davies) on tel: 01225 866594.

The advertisement features a dark blue background. At the top left is a small image of the Physiotherapy Journal magazine cover, which includes the logo of the Chartered Society of Physiotherapy and the title 'Physiotherapy Journal'. To the right of the magazine is a small circular logo with a colorful abstract design. The main title 'Physiotherapy Journal online' is written vertically in large, bold, white and yellow letters. Below the title, it says 'Now with an app for iPad users' in white. At the bottom right, there is a large white logo consisting of a stylized 'S' shape. The text 'No more waiting for the latest papers, no more storage issues and no more wastage' is written vertically in white. Below this, it says 'More info at: [csp.org.uk/journal](http://csp.org.uk/journal)' in yellow.

## Courses – Guidance for members

Members have a responsibility to limit their practice to those areas in which they have established and maintained their competence. Completing a course may not be sufficient to establish personal competence in a new area, while members are responsible for undertaking CPD to maintain their competence in all areas of their current practice.

Members should explore individual courses' suitability and value (including their quality, intended outcomes and whether they include formal assessment of learning) for meeting and demonstrating fulfilment of their personal learning needs. Members should also think about the broader ways in which they can address their learning needs. These include day-to-day practice, self-directed and mentored learning, and professional networking and peer review.

It is important that members evidence their learning: maintaining a record of CPD is a regulatory requirement of the Health and Care Professions Council (HCPC), while recording the education and training undertaken to support progression into a new area of personal practice is a condition of CSP professional liability insurance (PLI) cover.

A course being advertised in *Frontline* does not necessarily mean that it is relevant to all members, has gone through a quality assurance process (courses advertised in the magazine are not formally recognised by the CSP unless explicitly stated), or that its topic area falls within the scope of UK

physiotherapy. In addition to issues of competence, including an area within personal and collective scope of practice depends on the context in which it is practised, how it is integrated into physiotherapy activity, how it is promoted as a service delivered by a physiotherapist and how its physiotherapeutic value is demonstrated.

Some areas ordinarily sit outside the scope of UK physiotherapy. However, they may be undertaken by CSP members as part of extended activity. Members should ensure that this is with the agreement of their employer and/or explicitly as a service delivered outside their activity as a physiotherapist; is supported by appropriate education and training; and is covered by insurance from a source other than the CSP. Courses advertised in *Frontline* may be relevant to members extending their activity in this way.

Further guidance and support:

- CSP ePortfolio:  
[www.csp.org.uk/ePortfolio](http://www.csp.org.uk/ePortfolio)
- CSP Code of Professional Values and Behaviour:  
[www.csp.org.uk/code](http://www.csp.org.uk/code)
- *Frontline* CPD series (published in each issue)
- HCPC CPD requirements:  
[www.hpc-uk.org/aboutregistration/standards/cpd](http://www.hpc-uk.org/aboutregistration/standards/cpd)



## JOIN UP!

### CSP Equality and Diversity Networks

welcome members of the CSP who are disabled, from black minority ethnic (BME) groups, or are lesbian, gay, bisexual or transgender (LGBT)



For more details go to:

[www.csp.org.uk/equalitynetworks](http://www.csp.org.uk/equalitynetworks)

or email:

[keatings@csp.org.uk](mailto:keatings@csp.org.uk)





# Courses & conferences

## Cardiorespiratory

### Buteyko Breathing Association

Buteyko Teacher Training Courses for Healthcare Professionals

- Adult & Advanced Module  
1st-3rd October 2015,  
Cambridge  
Fee: £600
- Child Module (For Paeds Specialists)  
13th-14th November 2015,  
Cambridge  
Fee £400

For details go to: [www.teachingbuteyko.co.uk](http://www.teachingbuteyko.co.uk)  
or email  
[ga@teachingbuteyko.co.uk](mailto:ga@teachingbuteyko.co.uk)

## Complementary therapy

### WANT TO START USING ACUPUNCTURE AGAIN?

Sharpen up your technique in a day!  
Surrey (16th May)  
See [www.physiouk.co.uk/refresh](http://www.physiouk.co.uk/refresh) or call **0208-787-5963**

## Electrotherapy

### Therapeutic Ultrasound Study Day – Professor Tim Watson

16th May 2015 in Peterborough.  
Cost: £120 with assessment  
£95 without assessment  
All enquiries to:  
[hazel@electrotherapyuk.co.uk](mailto:hazel@electrotherapyuk.co.uk)

### Laser Therapy Training 2015

Theory, dosage, safety, contraindications, regulations, hands on training.  
London, 21 Feb;  
Birmingham, 14 Mar;  
Southampton, 29 Apr;  
London 9 May.

Cost: £200. Course Leader:  
James Carroll FRSM **01494 797100**, [www.thorlaser.com](http://www.thorlaser.com)

Register online - Early Bird  
Discounts available

## Management

### JJ Consulting Healthcare Management Ltd

Dr Robert Jones PhD, M. Phil  
FCSP, CIHM

Fiona Jenkins MA, NEBS(M)  
FCSP, CIHM

together with

**Cambridgeshire Community Services NHS Trust**

### MASTERCLASS FOR AHP MANAGERS/LEADERS AND SENIOR CLINICIANS

Safe and Effective Staffing Levels for the Allied Health Professions

Venue: Huntingdon, Cambridgeshire

Date: 23rd March 2015

How assured are you of safe staffing levels for AHPs?

How many staff do you need for each clinical area?

Are your staffing levels evidence-based?

Struggling to make cost savings and justify your staffing levels?

Cost £130 includes handouts, Coffee, lunch, tea

Applications to:

[dawn.adams6@nhs.net](mailto:dawn.adams6@nhs.net) or

Call **01480 426779**

for further details

## Complementary therapy



British Medical Acupuncture Society

### FOUNDATION COURSES IN WESTERN MEDICAL ACUPUNCTURE

Course Venues:

- York
- Bristol
- London
- Glasgow
- Dublin
- Northwich

Four-day course for regulated health professionals

Experienced, medically trained lecturers

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100 Free needles

CPD approved (subject to application)

BMAS also offers acupuncture courses in:

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- \* Electroacupuncture \* Self acupuncture \*

Book online:  
[www.medical-acupuncture.co.uk](http://www.medical-acupuncture.co.uk)  
Tel: 01606 786782  
Email: [admin@medical-acupuncture.co.uk](mailto:admin@medical-acupuncture.co.uk)  
BMAS House, 2/3 Winnington Court,  
Northwich, Cheshire CW8 1AQ



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### THE LATEST PHYSIOTHERAPY NEWS

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PHYSIO MANAGER



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## Manual therapy

**Dry Needling Level 1 Course****When:** 8 May 2015 – 10 May 2015**Where:** Falkirk

Get DN upskilled in three days!

**Contact:**Club Physio  
craig@club-physio.net  
+44 7748333372**IRELAND. DUBLIN & CORK**

- Graduate Diploma in manipulative therapy.
- Modified Chiropractic and osteopathy.
- Techniques Easily incorporated into everyday Physiotherapy practice.
- 2 x 5 day courses
- Safe Grade 5 techniques for full spine & SI J, including complicated Disc and SI J pathologies.

• Part 1 Dublin

**April 29th-3rd May**

• Part 2 Cork May

**May 13th-17th**

• Fee £800 pounds sterling or £1400 for both weeks.

• Tutor with 25 years experience

• Also you can Study 2 years NUMSS online BSc MSc Osteopathy degree

• Contact Robbie Goodrum on

robphysio-osteopath@hotmail.co.uk

or **07541838651****www.robriegoodrum.com**

Goodrum seminars in association with National University of Medical

**Bristol Community Health's MSK Conference****When:** 13 March 2015 – 14 March 2015**Where:** Cadbury House Hotel

Two-day event focusing on peripheral &amp; spinal with expert MSK speakers including Adam Meakins, Prof Nadine Foster &amp; Prof Tim Watson. £180 2 days, £100 1 day.

[www.briscomhealth.org.uk/about-us/msk-conference-2015](http://www.briscomhealth.org.uk/about-us/msk-conference-2015)**Contact:**Ali Cowley  
msk.conference@nhs.net  
01173302662**3D Lumbo Pelvic Course****When:** 12 March 2015 – 15 March 2015**Where:** Best Western Hotel

The most simplified assessment and treatment approach to the lumbar spine and pelvic complex based on the 3 dimensional function of the region.

**Contact:**Club Physio  
craig@club-physio.net  
+44 7748333372**OSTEOPATHIC & CHIROPRACTIC TECHNIQUES FOR PHYSIOTHERAPISTS**Graduate certificate in manipulative therapy Practical hands on Grade 5 HVT course. For SI J, Lumbar, Thoracic & cervical spine. Assessment, contraindications & safe HVT techniques taught for everyday physiotherapy practice. 90% hands on course. Venue & dates 2015 Central London March 7th & 8th, 14th, 15th & 21st Manchester March 30th - April 3rd Early bird £600 booked 6 weeks ahead. Usual fee £800. Contact Robbie Goodrum on 07541838651 [robphysio-osteopath@hotmail.co.uk](mailto:robphysio-osteopath@hotmail.co.uk) [www.robriegoodrum.com](http://www.robriegoodrum.com) Goodrum seminars 2015**The International Society of Hip Arthroscopy Annual Scientific Meeting With Concurrent Physiotherapy Conference 2015****When:** 24 Sept. 2015 – 26 Sept. 2015**Where:** Corn

Exchange/Cambridge City Hotel

The 2015 International Society of Hip Arthroscopy (ISHA) meeting will be held in the world famous university city of Cambridge, England. In 2015, the ISHA physiotherapy group will run the second concurrent physiotherapy meeting in collaboration with their surgical colleagues. The conference will give the opportunity for physiotherapy and sports medicine delegates interested in the management of young adult hip disease an opportunity to join with their international colleagues, share knowledge and learn about the latest research in the field of physiotherapy and cutting edge hip preservation surgery. Delegates can submit abstracts online and find out more about booking details at [www.ishameeting2015.net](http://www.ishameeting2015.net)

**Contact:**  
Anna Lozinska-Brown  
(Executive Director ISHA)  
[Ishameeting2015@isha.net](mailto:Ishameeting2015@isha.net)  
+41787101726

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## Manual therapy

## Miscellaneous

**Pelvic Girdle Pain (PGP) Workshop:**

a theoretical discussion of pelvic mechanics, and practical sessions using musculoskeletal techniques to treat pain, instability and loss of function, along with a common-sense approach to enhancing quality of life in acute and long-term PGP/SPD.

Suitable for musculoskeletal and women's health physiotherapists.

6-7 June 2015, Winchester

Tutors: Lucy Walmsley, Clare Woodward and Sarah Fishburn

Fee £210

Further details:

[www.pgpporkshop.org.uk](http://www.pgpporkshop.org.uk) or contact Sarah Fishburn on 01235 820921

**MAKING SENSE OF THE SPORTING ANKLE...**

PhysioUK 'Clinical Golden Nuggets' Evening Lecture  
London (5th March)

See [www.physiouk.co.uk/ankles](http://www.physiouk.co.uk/ankles) or call 0208-787-5963

**THE SHOULDER... OHHHH, SO SIMPLE!**

Simplify the Shoulder with Martin Scott London (21st-22nd Feb) Bath (28th-29th Mar) Loughborough (11th-12th Apr) See [www.physiouk.co.uk/simple](http://www.physiouk.co.uk/simple) or call 0208-787-5963

**MYOFASCIAL RELEASE: YOUR HANDS-ON INTRODUCTION**

Surrey (18th-19th Apr)  
Milton Keynes (16th-17th May)  
Southampton (6th-7th June)

See [www.physiouk.co.uk/myo](http://www.physiouk.co.uk/myo) or call 0208-787-5963

**PRACTICE MANIPULATION, CURIOUS OR WANT TO KNOW MORE?**

This evening with Dr David Evans is for you!

London (18th March)

See [www.physiouk.co.uk/more](http://www.physiouk.co.uk/more) or call 0208-787-5963

**Chris Worsfold's Clinical Whiplash and Neck Pain**

**When:** 28 Feb. 2015 – 1 March 2015

**Where:** Chelsea & Westminster Hospital, London

**When:** 28 March 2015 – 29 March 2015

**Where:** Spire Parkway Hospital, Solihull

**When:** 6 June 2015 – 7 June 2015

**Where:** Lymington New Forest Hospital, Hampshire  
Visit [www.clinicalwhiplash.com](http://www.clinicalwhiplash.com) for further details.

**Contact:**  
Michelle Deacon  
[michelle@tonbridgedclinic.co.uk](mailto:michelle@tonbridgedclinic.co.uk)  
01732 350 255

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**BAND 5/ NEW GRADUATE/ RETURNING TO PRACTICE**

Combined Manual Therapy Days:

**Option 1:**

14 March 2015 Bath

**Option 2:** 18 April 2015 Bath**BE CONFIDENT IN K-TAPE & TRADITIONAL TAPING TECHNIQUES****Combined Taping Day:**

16 May 2015 Bath

**MSK ASSESSMENT DAY:**

13th June 2015 - Bristol

Discounts for Booking Multiple Days

Contact: [jo.galise@physioimpulse.co.uk](mailto:jo.galise@physioimpulse.co.uk)  
07917 327322

For more information visit <http://www.physioimpulse.co.uk/cpd-courses.html>

**Laser Therapy Training 2014**

Please refer to advert in Electrotherapy section

**PAIN & PHARMACOLOGY (1 DAY)**

Optimizing Patients Analgesia  
Surrey (28th March)  
London (9th May)

Increase your confidence of pain control medication

See [www.physiouk.co.uk/baker](http://www.physiouk.co.uk/baker) or call 0208-787-5963

**Advanced Workshop for Physiotherapy Experts**

**28th April 2015** – The Bingham Room, The Honourable Society of Grays Inn, 8 South Square, Grays Inn, London, WC1R 5ET  
£150.00

For further details visit [www.mlacp.org.uk](http://www.mlacp.org.uk)

**MLACP Introduction to Medico Legal Work**

Tuesday 17th March 2015 – Irwin Mitchell Solicitors, Imperial House, 31 Temple Street, Birmingham, B2 5DB

£60 MLACP Members / £95 non-members

For further details email [info@mlacp.org.uk](mailto:info@mlacp.org.uk) or visit [www.mlacp.org.uk](http://www.mlacp.org.uk)



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## Neurology

## Upper Limb Rehabilitation for the Neurological Patient: A Multi-Faceted Approach

Oxford Centre for Enablement- Neurological Rehabilitation Services

Date: 23rd – 24th April 2015

Cost: £275 for 2 days

This is a 2 day course designed for Physiotherapists and Occupational Therapists working with patients with neurological impairments.

At the end of the course delegates should be more informed about a range of upper limb treatment approaches available.

### Course Content:

- Neural control of grasp and release
- An evaluation of standardised outcome measures for the upper limb used at OCE
- An overview of the upper limb pathway used at OCE
- Case studies highlighting the treatment options which will include the following interventions:
  - CIMT
  - Saeboflex
  - Mirror Therapy
  - Functional Task Practise

To book a place contact: Anuradha Sharma – Course Coordinator - coursecoordinator@ouh.nhs.uk

## Cerebellum. What is its role in Neuro Rehabilitation?

When: 20 June 2015 – 21 June 2015

Where: Birkdale Neuro Rehabilitation Centre  
Cerebellum. What is its role in Neuro Rehabilitation? 1 day conference - 20th June 2015 Executive Function 1/2 day workshop - 21st June 2015 Tel: 0207 795 2209 Email: info@neuro-physio.co.uk Web: www.birkdaleneurocentre.co.uk Contact: Tia Nott or Taraneh Yamini

Contact: Birkdale Neuro Rehabilitation Centre info@neuro-physio.co.uk +442087952209

## Handling and Facilitation in Neurological Rehabilitation

This one and a half day course is aimed at both those new to working with neurological patients and to those wanting to refresh their handling skills. It will primarily focus on developing handling skills based on the principles of balance, posture and the efficiency of movement. The course will have a large practical component aimed at developing movement analysis skills and facilitation techniques and will introduce clinical reasoning models to integrate into your clinical practice.

The practical areas of the course will be transferrable across different therapy areas such as, stroke rehabilitation, care of the elderly and domiciliary physiotherapy.

Course date: 18th and 19th July 2015

Times: Day 1: Registration 9am-5pm  
Day 2: 9am-1pm

Cost: £130 (lunch provided on day 1)

Course Tutors: Katie Sutton & Funeza Hussain (Clinical Specialist Neurological physiotherapists).

Contact: Sarah Saint on 0161 793 0003

Or Sarah@mncweb.co.uk

## Stroke Professional Workshop: The Hidden Effects of Stroke

When: 18 March 2015

Where: Bromsgrove  
We are the experts in the advancement of stroke and we have invited engaging speakers to look further at the hidden effects of stroke. This workshop will provide CPD and is open to all health professionals who work with stroke survivors. To book your place, visit [www.stroke.org.uk/training](http://www.stroke.org.uk/training). Early bird rate - £135, then £150.

Contact: Nikki Owen  
stroketraining@stroke.org.uk  
01527 903911

## Balance Rehabilitation: Translating Research into Clinical Practice

When: 15 May 2015 – 17 May 2015

Where: Thistle Hall, Lyne Bank Hospital, Halbeath Road, Dunfermline, Fife KY11 8JH

New concepts in assessing and treating balance impairments that lead to loss of functional independence and falls in neurologic and geriatric populations. Cost: £252

Contact: www.cpdguru.com  
hellocpdguru@gmail.com  
07783598306



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[media-shed.co.uk](http://media-shed.co.uk)  
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Orthopaedics and rheumatology

**Derby Shoulder Course**

**When:** 10 July 2015 – 10 July 2015

**Where:** Royal Derby Hospital

Visit [www.derbyshireorthopaedics.co.uk](http://www.derbyshireorthopaedics.co.uk) for details.

**Contact:**  
Milly Mistry  
[milly.mistry@nhs.net](mailto:milly.mistry@nhs.net)  
01332 789585

**THE INTRA-ARTICULAR THERAPY COURSE – OXFORD 21/22 APRIL 2015**

Aimed at all personnel with a medical or paramedical qualification, i.e. GPs, physiotherapists, sports medicine specialists etc who are interested in performing injections blind and by ultrasound guidance. Use of steroid, hyaluronic acid, PRP, Ozone, Prolotherapy, Botox and other drugs will be discussed. All enquiries to [sheilaheywood.stlukes@btconnect.com](mailto:sheilaheywood.stlukes@btconnect.com)

Paediatrics

**Introductory Neuro-Developmental (NDT) Course to the Treatment and Management of Children with Cerebral Palsy (Two days)**

**Date:** April 23rd & 24th 2015  
**Venue:** Atkins Conference Centre  
The Orchards School  
Causeway Green Road  
Oldbury, Birmingham B68 8LD  
**Course tutor:** Pauline Christmas  
MSc MCSP Consultant  
Physiotherapist  
Further information:  
[pmchristmas@googlemail.com](mailto:pmchristmas@googlemail.com)  
07854 831486

Pain management

**Laser Therapy Training 2014**

Please refer to advert in Electrotherapy section

Sports medicine

**RUNNERS: REDUCE INJURY RISK AND IMPROVE PERFORMANCE**

Surrey (14th-15th Mar)  
London (18th-19th Apr)  
Manchester (23rd-24th May)  
Loughborough (20th-21st June)  
Wiltshire (5th-6th Sept)

See [www.physiouk.co.uk/run](http://www.physiouk.co.uk/run) or call 0208-787-5963

**MAKING SENSE OF THE SPORTING ANKLE...**

PhysioUK Clinical Golden Nuggets' Evening Lecture  
London (5th March)  
See [www.physiouk.co.uk/ankles](http://www.physiouk.co.uk/ankles) or call 0208-787-5963

**FIND DIFFERENTIAL DIAGNOSIS WITH SOME HIP AND GROIN PRESENTATIONS DIFFICULT?**

Get the answers you need and more!  
London (8th Mar)  
Manchester (10th May)  
Norfolk (5th July)  
See [www.physiouk.co.uk/hips](http://www.physiouk.co.uk/hips) or call 0208-787-5963

**Laser Therapy Training 2014**

Please refer to advert in Electrotherapy section

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PHYSIOTHERAPIST




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# Student Members

## Are you planning a UK or overseas Elective Placement for 2015?

If so, why not apply for the CSP Charitable Trust's **Education and Development Placements Award**.

You could receive up to **£700** towards eligible costs.

Please visit [www.csp.org.uk/charitabletrust](http://www.csp.org.uk/charitabletrust) for more information.

All applications are submitted via the CSP ePortfolio and are assessed by the CSP Educational Awards Panel.

The next deadline is **23 March 2015**.

### Comments from previous successful applicants:

*"Being granted the Education & Development Placements award has been a massive help financially to me when planning my elective placement! The award was the equivalent to working 20 shifts at my part time job, I have been able to use this time to focus on my university work and to complete my dissertation making life a lot more stress free in this important and busy time of my education. Can't say thanks enough!!" James Sharp*

*"The Education and Development Placement award granted me the amazing opportunity to spend an elective placement abroad where I was able to gain knowledge to assist me in my future jobs. When I heard I had been successful I was ecstatic as without this award I would not have been able to take part in such an amazing experience which will greatly benefit my future practice."*  
Sarah Bishop

*"It was amazing to hear that I'd been granted an award as it made a massive difference to my placement costs... it really makes you think about what you want out of your elective, and how you can use that knowledge to help others further their learning, and I feel that I actively contribute more as a student because of this placement and the focus that the (award) provided".*  
Gail McAndrew





# Recruitment



**jobescalator.com**

from the Chartered Society of Physiotherapy

## Why not advertise on Job Escalator today?

An entry on Job Escalator will allow you to reach the 12,500+ CSP members registered to Job Escalator, helping you to reach quality applicants.

## If you want your listing to stand out, you can also:

- Highlight your job for £99, which also gives it a leg up towards the top of the pile
- Upload your company logo to appear beside your vacancies for £99.
- Make your job of the week on the jobescalator home page – that's £99 too
- Compliment your listing with a banner ad from £35 CPM



HealthKinect are currently seeking a full time Band 6 Physiotherapist to start on 1st April.

The post will be a combination of face to face and telephone based work assessing and managing MSK conditions. Training will be provided for the successful candidate.

The successful applicant will have proven experience in MSK orthopaedics out-patient work, ideally within a Primary Care setting. They will possess an excellent understanding of the bio-psychosocial approach to managing musculoskeletal disorders, be confident to work independently and be able to demonstrate a well developed sense of initiative to work in busy GP surgeries.

Excellent communication skills are essential for this position.

This position is based in the Worcestershire area and will involve commuting between GP practices so you will need access to a car.

Excellent remuneration available. Contact us on 0871 200 5060 or email [lisa.carey@healthcare-rm.com](mailto:lisa.carey@healthcare-rm.com) if you want to be part of our exciting and expanding team.



For more information about us, please go to: <http://www.healthkinect.co.uk/news/>

Northern Devon Healthcare **NHS**  
NHS Trust

Incorporating community services in Exeter, East and Mid Devon

## Respiratory Outreach Team Leader

**Barnstaple Ref: 415-JG15-065ND**  
**Salary: Band 7 £30,764 - £40,558 pa pro rata**  
**Hours: 37.5 Hours per week**

An opportunity has arisen for an experienced team manager to lead the COPD respiratory outreach team (CREADO) based from Barnstaple Health Centre.

The role will be responsible for managing the team at an exciting time for the service as it works towards meeting the wider respiratory needs of the community.

Currently the role of the CREADO team is to reduce hospital admissions and to facilitate early discharge from hospital, a key government and Trust objective for COPD patients.

The successful candidate must have advanced clinical assessment and management skills, excellent communication and interpersonal skills and be able to demonstrate the ability to work with respiratory patients with complex medical and social care needs. Experience in team leadership and management skills is also required for this post.

The plans for a new respiratory community service are at the planning stage. It is hoped that this will include a home NIV service, management of interstitial lung disease and broaden the admission prevention criteria to include weekend working.

Please note, this post is subject to formal band matching.

**For an informal discussion please contact Des Hutchins on 01271 341539 or email: [desmondhutchins@nhs.net](mailto:desmondhutchins@nhs.net)**

**Closing Date: This job advert will close as soon as sufficient applications have been received**

**Interview Date: TBC**

**Applicants are requested to apply online in the first instance at [www.jobs.nhs.uk](http://www.jobs.nhs.uk) using the job reference number.**

*Working towards equal opportunities*



[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)



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**[cspads@media-shed.co.uk](mailto:cspads@media-shed.co.uk)**





**Senior Physiotherapist, Full time (weekend rotation)**

Help to transform the lives of adults with spinal cord injury and other neurological conditions

We are currently looking for an enthusiastic and motivated full-time Senior Physiotherapist to join our inpatient rehabilitation team. You will be working with adults with spinal cord injury and neurological conditions such as Stroke and traumatic brain injury, in our independent rehabilitation Centre.

**Experience and skills:**

- Four years post-graduate experience in neurological rehabilitation
- Post-graduate experience implementing hydrotherapy sessions for neurological clients independently
- Ability to handle a full client load with complex medical histories
- Experience of working in a multidisciplinary team setting
- Excellent organisational, communication and prioritisation skills
- Preferable: experience using the latest neurological rehabilitation devices.

**Why work for us:**

- Develop new skills working with the latest technology and treatment methods including The Exo GT Bionic Suit (exoskeleton), AlterG anti-gravity treadmill and functional electrical stimulation
- Benefit from a high patient to staff ratio
- Be part of a friendly and hardworking team sharing skills and knowledge
- Benefit from a strong focus on excellent customer service.

**Please forward your CV to RBH Chief Executive, Andrew Norman.**  
**Email: [andrew@royalbucks.co.uk](mailto:andrew@royalbucks.co.uk)**

To find out more about our independent rehabilitation Centre visit: [www.royalbucks.co.uk](http://www.royalbucks.co.uk)

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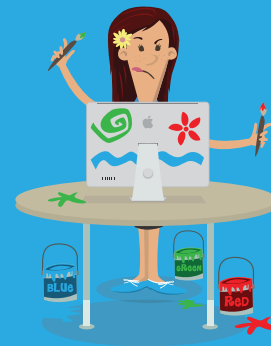


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# Physiotherapists – Physical Health Advisors

## £24,585 - £40,450 – various roles and locations

### Do you want to make a difference to people's lives?

Ingeus is a leading provider of employability and training services, helping people to reach their full potential. Our health and wellbeing specialists assist unemployed clients to better manage their health and support their return to work.

#### Physical Health Advisors

Salary: £24,585 - £29,895  
(pro-rotta for part-time vacancies)

- **West Yorkshire (Leeds, Huddersfield & Bradford)** - Permanent contract, full-time, 37.5 hours
- **East Midlands (Northampton)** - Permanent contract, 3 days per week / East Midlands (Lincolnshire & Rutland) - Permanent contract, full-time, 37.5 hours
- **Essex (Colchester)** - Permanent contract, 3 days per week
- **Scotland (Hamilton, Motherwell, Dumbarton and Greenock)** - Permanent contract, full-time, 37.5 hours

#### Lead Physical Health Advisor

Salary: £24,585 - £31,180

- **Scotland (Paisley, Ayr, Kilmarnock, Irvine)** 12 month fixed term contract with potential for permanent contract after 12 months, full-time, 37.5 hours

#### Senior Physical Health Advisors

Salary: £32,465 - £40,450

- **Merseyside & Preston** - Permanent contract, full-time, 37.5 hours.
- **West London (Kings Cross)** - 12 month fixed term contract (Maternity cover) full-time, 37.5 hours. Plus London weighting. Start date of May/June.

#### For all roles, you will be responsible for:

- Delivering face-to-face, telephone and group-based interventions, taking a bio-psychosocial approach.
- Assisting participants to identify their health and wellbeing needs, producing tailored health action plans and offer return to work advice and support.

#### Qualifications and experience:

You will be registered with the HCPC and ideally have experience of working in MSK, Condition Management, Pain Management, Occupational Health, Vocational Rehabilitation or Mental Health.

You must also have exceptional planning, organisation and communication skills and be able to work independently and as part of a team.

#### Rewards:

Ingeus offers an excellent package of cpd support starting with an extensive induction programme (including training in Pilates, Tai Chi, Mindfulness, CBT, Motivational Interviewing, Brief Solution Focused Therapy), annual PDR process and opportunities for ongoing development and training, clinical hours, peer support and clinical supervision.

For all full-time vacancies we will consider applications from candidates who would prefer to work part-time hours.

For more details and to apply, please visit [www.ingeus.co.uk/vacancies](http://www.ingeus.co.uk/vacancies). Alternatively, contact Rachel Clift, Head of Health & Wellbeing Services - [rclift@ingeus.co.uk](mailto:rclift@ingeus.co.uk)/07920203076

**Closing date for applications:**

Monday 9 March 2015

*Ingeus is an equal opportunities employer*





## Specialist Physiotherapy Opportunities in South West London Sutton and Merton Community Services – Wimbledon

Sutton and Merton Community Services

Sutton and Merton Community Services is a division of The Royal Marsden NHS Foundation Trust. With our headquarters in Wimbledon and clinic bases across our two outer London boroughs, we deliver services to approximately 400,000 residents. Our vision is to promote independence and health, to deliver high quality excellent co-ordinated care that is patient centred, and to provide care within the heart of the community. As part of a Foundation Trust with a national and international reputation for high quality patient care, research, development and education, we are able to offer a range of career and development opportunities and are committed to supporting and developing our staff

### Specialist Community Physiotherapists – Band 6

Owing to an expansion of our Community Rehabilitation Services we are looking for enthusiastic Band 6 physiotherapists to join our Community Rehabilitation Rotation, including:-

Planned care, which is provided within localities, facilitating local teams to manage patients with long-term conditions and complex needs.

Unplanned care, which supports both prevention of admission and supported discharge pathways, to maximise independence and wellbeing for clients within their own home or in a bed-based rehabilitation setting. These roles work as part of our Community Rapid and Intensive Support Integrated Service (CRISIS). Older People's Pathway team - a link between hospital and community ensuring timely interventions to allow a safe return home from hospital for older people.

You will have the opportunity to gain experience in the different areas on a rotational basis and will be supported by a band 7 physiotherapist in each setting. The service is moving to extended provision from 8H00 to 20H00, 7 days a week. Some flexibility of working hours will therefore be required.

Contact details: Anne Whittet [anne.whittet@smcs.nhs.uk](mailto:anne.whittet@smcs.nhs.uk)  
Phone : 0208 8544 2158. Job reference: SM0267-1-A

A current driving licence and access to a vehicle for work purposes is essential for all the above . For all our roles you will need excellent communication and time management skills, you must be flexible and committed and sensitive to the needs of our patients.If you have the skills, commitment and drive to succeed we would love to hear from you.

To apply for any of these posts please go to <http://jobs.smcs.nhs.uk/> and search for the relevant job reference number  
Closing date for completed applications: 18th March 2015

### Neuro Physiotherapists - Band 6

The Neuro Physiotherapy team provides a high quality specialist service to clients with neurological conditions.

We currently have 1 permanent and 2 maternity leave cover opportunities to join our teams on the neurology rotation.

The rotations in neurology are across acute and community settings, including acute stroke and general inpatient neurology at St Helier Hospital (Sutton), Early Supported Discharge Team, Neuro Outpatients and Community Neuro Therapy Team.

If you are interested in joining our friendly, dynamic multi-disciplinary team, please contact Claire Crane for further information.

Contact details: [claire.crane@smcs.nhs.uk](mailto:claire.crane@smcs.nhs.uk)  
Phone: 07766778081 Job reference: 282-SM0192-C

BUPA CROMWELL HOSPITAL

# JOIN A FORWARD THINKING HOSPITAL

### Are you a highly skilled and experienced physiotherapist looking for a new challenge?

Due to expanding services we are looking for experienced senior physiotherapists to provide a client-centred and evidence-based service in the following areas:

**Oncology/rehabilitation** - you will treat adult oncology patients throughout their treatment including rehabilitation, post operative and respiratory needs. Patients are seen in both an inpatient and outpatient capacity. Experience in ITU is essential, whilst the assessment and management of lymphoedema would be desirable.

**General rehabilitation** - you will work with patients with complex needs, often of a neurological nature. Further training or sound experience in Vestibular Rehabilitation and the Bobath approach would be advantageous.

**General medicine/surgery** - you will treat adults, both inpatient and outpatient referrals. You will have a proven track record as a general medical physiotherapist, including experience in ITU and neurological rehabilitation.

**MSK** - if you are an MSK physiotherapist looking for a new role, get in touch to register your details.

We are also looking for **bank physiotherapy staff** to provide weekend/bank holiday cover for the following specialty areas; paediatrics, cardiothoracics, orthopaedics and neurological/general rehab.

You will be HCPC registered with a degree in physiotherapy and a solid background in your field. You will also be expected to participate in our on-call rota.

Find out more at [www.bupacromwellhospital.com/careers](http://www.bupacromwellhospital.com/careers) or call 020 7460 5924.



## Private work available

**SUNDERLAND** Due to recent expansion, Sano Physiotherapy Ltd is looking to recruit two part-time physiotherapists to work flexible hours on a sub-contracting basis at our private musculoskeletal clinic in Sunderland. Flexible hours are available with shifts to cover daytime, evening or weekend work with remuneration circa £30,000-40,000 pro rata depending on experience. The clinic has exceptional rehabilitation and gym facilities and the caseload is a mixture of private patients, sports injuries, occupational health and medico-legal work. Please e-mail CV and covering letter to: matt@sanophysiotherapy.com for further information.

## EXETER AND SURROUNDING AREAS

Exciting part-time opportunities. Join a dynamic physiotherapy team. Work within an existing team or start a new clinic, we have the opportunities. Full details visit: [www.amsphysio.co.uk/careersnow](http://www.amsphysio.co.uk/careersnow) or call tel: 01392 412515.

## COMMUNITY NEURO PHYSIO, WEST YORKSHIRE

Susan Pattison Therapy Services. Looking for professional satisfaction and a work life balance? Are you resourceful, adaptable and relish the challenge of working with complex neurological conditions? Would you like the back up of a friendly management team and CPD opportunities? Join us. See: <http://www.neurologicalphysio.co.uk/job-application-form/>

## GREAT OPPORTUNITY FOR A PART-TIME, FLEXIBLE MUSCULOSKELETAL

physiotherapist and also a community physiotherapist to join a friendly, busy clinic in London N14. Suit local person with excellent clinical and interpersonal skills. In-house CPD. Please send CV and covering letter stating availability to: info@oakwoodphysio.co.uk

**SUNDERLAND** Enthusiastic, hands-on musculoskeletal physio, passionate about sport, with acupuncture experience required for busy well-reputed elite sports physio Clinic: The Performance Clinic. To work with elite and recreational athletes. Full or part-time permanent/manager/clinician opportunity. Minimum three to four years experience. CPD Programme. Would suit long term ambitious therapist. Please send CV to: penny@theperformanceclinic.co.uk

## PRIVATE CLINIC, BRENTWOOD, ESSEX

Physiotherapist, minimum two years' experience required to become a PIP disability assessor for expanding DWP contract. Part-time, minimum 16 hours per week. Full training given. Email: [crushesmanorclinic@gmail.com](mailto:crushesmanorclinic@gmail.com) for full details.

## ORPINGTON, KENT – SATURDAY CLINIC

Musculoskeletal physiotherapist to join self-employed team at JKPhysiotherapy Ltd, established nearly 20 years. Although experience in the private sector would help, this might suit someone wanting to supplement NHS hours or experience. The practice has an excellent client base, good links to local doctors and is committed to promotion of its physiotherapy services. CV and enquiries to: [info@jkphysio.co.uk](mailto:info@jkphysio.co.uk) Website: [www.jkphysio.co.uk](http://www.jkphysio.co.uk)

**BICESTER/BUCKINGHAM** Self-employed musculoskeletal physiotherapist required to work over two sites. Hours flexible but must be able to work evenings. Needs to be able to work independently and have a strong background in manual therapy. Please contact Claire on tel: 07753 987259 or send CV to: [claire.physio@btopenworld.com](mailto:claire.physio@btopenworld.com)

**WILTSHIRE** Full-time senior musculoskeletal physiotherapist required for an established multidisciplinary practice. You can expect an excellent remuneration package, a structured and dynamic in-service programme, supportive team and great working environment. Full vacancy details can be found at: [www.jameshattphysio.co.uk](http://www.jameshattphysio.co.uk) To apply please send your CV and covering letter to: [amanda@jameshattphysio.co.uk](mailto:amanda@jameshattphysio.co.uk)

**PRESCOT** Experienced musculoskeletal physiotherapists, part-time hours on self-employed basis. CSP/HCPC registration required. Tel: 0151 493 1600 Email: [info@physiofirstclinic.co.uk](mailto:info@physiofirstclinic.co.uk)

## PHYSIO.CO.UK – MANCHESTER

Musculoskeletal Band 6, full-time employed position available within the musculoskeletal team of our expanding private practice. Competitive salary plus bonus, pension, and generous CPD opportunities. Need to take your career to the next level? For more information and to apply visit: [www.physio.co.uk/careers](http://www.physio.co.uk/careers) or call tel: 0330 088 7800.

## THE PHYSIOTHERAPY ACADEMY, SOUTHEND AND CHELMSFORD

require a self-employed musculoskeletal physiotherapist to join our expanding team. Some evening and weekend cover essential. Our well-established practices offer a variety of referral sources and have close links with a number of professional sports teams. Benefits include free gym membership. Please email if you want further information and send CVs to: [info@physioacademy.co.uk](mailto:info@physioacademy.co.uk) by 28 February.

## HERTFORDSHIRE, STEVENAGE NEURO/COMMUNITY PHYSIOTHERAPIST

required for a busy and expanding private physiotherapy practice offering neuro, respiratory and vestibular rehab, to work on a self-employed/associate basis, daytime hours and possibly some Saturdays. Contact Rachel on tel: 01438 487814 or: [rachel@physio-life.co.uk](mailto:rachel@physio-life.co.uk)

**CHELMSFORD, ESSEX** Farrell Physiotherapy is looking to employ an experienced and enthusiastic physiotherapist to join their team. The successful applicant will be required to work in a part-time capacity (16 hours, equivalent to two days per week) in the clinics in the Chelmsford region (Essex). Applicants must be able to build and manage a musculoskeletal caseload. Referrals will come from GP's, consultants, medico-legal companies and from clients directly. Excellent communication skills are required to deliver high levels of customer service along with excellent manual therapy skills and the ability to work well in a team or as an individual. We will encourage and support continuing professional development for the successful applicant. Please send CVs to: [infofarrellphysiotherapy@gmail.com](mailto:infofarrellphysiotherapy@gmail.com) or contact tel: 01245 615051.

## PAEDIATRIC PHYSIOTHERAPIST REQUIRED

North Wales/Cheshire/Shropshire. Excellent opportunity for extending current work or starting in private practice. For more information contact: [sian@therapistars.co.uk](mailto:sian@therapistars.co.uk)

**SOUTH ESSEX** Full or part-time opportunity to do private work on week days and weekends across our locations in south Essex. Please email: [first\\_physio@yahoo.co.uk](mailto:first_physio@yahoo.co.uk) or call tel: 07443 579721 for further information.



**MUSCULOSKELETAL PHYSIOTHERAPIST, WAKEFIELD** We are looking for the right enthusiastic physiotherapist to join our team. We require an experienced, highly-skilled musculoskeletal physiotherapist, who has the motivation to develop our service within our clinic and beyond. We are an established neuro rehabilitation centre with award winning facilities. If you are a 'hands on' dynamic physiotherapist who believes physiotherapy can make a difference and can work with your clients to achieve results. Please send your CV to: natashag@tops.uk.com

#### PHYSIOTHERAPIST OPPORTUNITIES – BURY ST EDMUNDS, SUFFOLK

RehabWorks have opportunities for a junior and senior B physiotherapist based within the head office at Bury St Edmunds. Successful candidates will receive a competitive salary, excellent benefits and a supportive and friendly environment. These are full-time permanent positions. For more information please contact: hr@rehabworks.co.uk Website: www.rehabworks.co.uk

#### JUNIOR PHYSIOTHERAPIST – SWINDON (HONDA FACTORY)

RehabWorks have an opportunity for a junior physiotherapist based within the Honda factory in Swindon. The successful candidate will receive a starting salary of £22k per annum, supported learning and development pathways, weekly clinical supervision, a friendly and supportive team, access to leading experts within the musculoskeletal field, plus an excellent benefits package. This is a full-time permanent position, working on a shift rota system. For more information please contact: hr@rehabworks.co.uk Website: www.rehabworks.co.uk

#### PHYSIO MED LEEDS AND GUISELEY

Physio Med have both full-time and part-time roles available, please visit Job Escalator, or our website, for further details: www.physiotherapyinleeds.co.uk or contact Mark Fletcher on tel: 0113 229 1300.

**GROWING PRIVATE PRACTICE** seeks one to four year qualified physiotherapists for its Kings Lynn and/or Huntingdon clinics. Full and part-time opportunities. Please send your CVs to: admin@totalhealthclinics.com

#### COTSWOLDS/GLOUCESTERSHIRE

Opportunity for a self-employed chartered physio to work flexible hours across two well-established clinics in the Cotswolds. Five years comprehensive postgraduate experience required with excellent interpersonal skills, manual therapy and acupuncture experience. Special interests and Pilates qualification advantageous. We are a friendly, dynamic team with good training and admin support. Our aim is for you to achieve professional satisfaction and a work-life balance. Enquiries and CVs to: physio@backintoaction.co.uk or: info@stowphysio.co.uk

#### Equipment for sale

**ALL TYPES OF SECONDHAND AND NEW ULTRASOUNDS, ELECTROTHERAPY, LASERS, COUCHES ETC** With warranty. View at: www.trimbio.co.uk or call Trimbio on tel: 01403 261564.

#### Equipment wanted

**ALL TYPES OF ULTRASOUNDS, ELECTROTHERAPY, LASERS, COUCHES ETC BOUGHT FOR CASH** Call Trimbio on tel: 01403 261564 www.trimbio.co.uk

**SECONDHAND ELECTROTHERAPY BOUGHT AND SOLD** Ultrasounds Interferential Combinations etc. Call RWR services on tel: 0845 257 8925. Email: richard@rwrservices.co.uk Web: www.rwrservices.co.uk

#### Service and repair

**FORMER SHREWSBURY MEDICAL ENGINEER** Offering repairs and servicing of your electrotherapy equipment. Call RWR services on tel: 0845 257 8925. Email: richard@rwrservices.co.uk Web: www.rwrservices.co.uk

**ALL TYPES OF ELECTROTHERAPY, COUCHES AND PHYSIOTHERAPY PRODUCTS SERVICED AND REPAIRED** Call Trimbio on tel: 01403 261564 www.trimbio.co.uk

**LARGE SIX-BED BUNGALOW FOR SALE OR TO LET** with physio room and hydrotherapy pool in North Cambridgeshire. For further details contact tel: 07403 510099.

**LARGE, LIGHT AND NEW TREATMENT ROOMS TO RENT** Fully-equipped 3m x 3m size within busy Pilates studio and leading health centre in Wimbledon, London. Ideal for physiotherapy. Available on a daily or half daily basis at competitive rates. Central high street location with rail and bus links within one minute walk. All rooms have wooden floors, air conditioning, wash basin. Patient access to changing rooms, reception area, staffed reception, disabled access and facilities. Call tel: 020 8879 9840 or email: create@createpilates.com

#### Business opportunity

#### PHYSIOTHERAPY WEBSITES

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# Paediatric Research Funding 2015

The **CSP Charitable Trust** in conjunction with **Action Medical Research** is offering a paediatric research funding award for experienced researchers in 2015:

## Paediatric research funding

*for experienced  
researchers*

**Up to £250,000 for a research project to support research into paediatric non-acquired brain injury and/or paediatric cerebral palsy**

The deadline for outline applications is:  
**5pm, Wednesday 25 March 2015**

Further details on this call are available at:  
**[www.csp.org.uk/jointawards](http://www.csp.org.uk/jointawards)**

**The CSP Charitable Trust**  
Registered Charity No. 279882  
Supporting the advancement of  
physiotherapy education and research



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# ThreeMinutes

## Penny Emberton-Brooks

**Physios are well-placed to assess people for the blue badge scheme, says Penny-Emberton Brooks**

### **Tell us about blue badge assessments.**

The nationwide blue badge scheme helps people who are disabled to park closer to their destination. Though the guidelines are set down by government, blue badge assessments are done differently in each county. It is up to each organisation to decide how best to meet the guidelines. Each county in England has to provide independent assessors to assess applicants. GPs used to do these applications but it was found that very few were observing the applicants walking.

### **Aren't they normally done by others?**

It would appear that the majority of assessments are done by occupational therapists (OTs) although physiotherapists are slowly becoming involved. We should be far more pro-active with our approach to this scheme.

### **How did you become involved?**

I needed to supplement my income and was looking for a physio job that was flexible. I

had previously attended a seminar and thought that this was something I could do.

### **Should more physios follow your lead?**

Physiotherapists are, in my opinion, well qualified to assess gait. The blue badge scheme is basically one of mobility, or the lack of, so it makes sense for the assessments to be done by those who know about mobility issues.

### **How many assessments a day?**

I do 10 a day – normally six before lunch then four after with 30 minute allowed for lunch. Each assessment is allocated 40 minutes and this includes a verbal assessment, where applicants are requested to provide evidence of any medical conditions, their medication and reasons why they need a badge. The second half is a mobility assessment, where applicants are required to demonstrate their ability to walk. The report is typed



up after each applicant. All assessments are submitted at the end of day, online via criminal justice secure email.

### **What is your 'day job'?**

I qualified in 1978 and initially worked in the NHS but after 10 years decided to work in the private sector. Since 1988 I have run my own private physiotherapy clinic and specialise in acute injury, sports injury and orthopaedics.

Whatever I earn is mine, after the normal deductions and running costs of a private practice. Of course, I don't get paid if I'm sick or take a holiday, but I find the work is challenging and rewarding. The never-ending paperwork is a real chore and takes more and more of my time.

The recession has hit hard and the insurance industry is 'cut-throat' so many contracts have insisted on paying reduced rates. To compensate I have had to take on extra work and this is why I started doing blue badge assessments. My clinic, in addition to physiotherapy, offers herbal medicine, nutrition and reflexology.

### **How can CSP members find out more?**

I found out about this blue badge work by looking at PhysioBob's jobs online. In Essex the scheme is run by Access Independent, a Cambridge-based company. They have several contracts nationwide so you could contact them direct. Tel: 01223 501603. Website: <http://accessindependent.co.uk> Libraries and town halls carry some information but not much. It would be helpful if the CSP could inform members that it is a worthwhile job. FL

**Penny Emberton-Brooks** is an independent physiotherapist in private practice in Essex and an independent mobility assessor



# CSP Charitable Trust Funding for Qualified, Student and Associate Members *Spring 2015*

## Academically Accredited Courses Award

This award contributes towards course fees with up to **£300** available for a 20 credit course, **£1200** for a 180 credit course (MSc) and **£1500** for a PhD.

*Courses supported in previous years include:*

- Advanced Theory CYQ Level 3 Anatomy & Physiology for Exercise and Health
- Independent and Supplementary Prescribing for Nurses, Midwives and AHP
- PG Certificate in Ergonomics
- MSc Global Health and Development
- MSc Advancing Practice
- MPhil/PhD in Asthma, Allergy and Lung Biology.

## Education & Development Placements Award

This award scheme covers:

- 1) International study visits/research projects to overseas centres of excellence – awards of up to **£3,500** available
- 2) International education and development projects – awards of up to **£3,500** available
- 3) Student Elective Placements (UK and overseas) – awards of up to **£700** available.

*Successful applications to this award have included:*

- Research visits to Brisbane and Perth to explore international collaborations examining ways to improve recovery after critical illness
- Development projects in: Zambia, Tanzania, Thailand and Gambia
- Student elective placements to: Surrey, Nepal, Cambodia and Romania.

All applications are submitted via the CSP ePortfolio and are assessed by the CSP Educational Awards Panel. The next deadline is **23 March 2015**. For more information including details of how to apply please visit: [www.csp.org.uk/charitabletrust](http://www.csp.org.uk/charitabletrust)





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## BRIGHTON



Early Bird booking until 31.05.15 Early Birds will be entered in to a prize draw to win one of a number of sports experiences

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