



North East
Allied Health Professions
Collaborative



North East

BACK TO HEALTH, BACK TO LIFE

How allied health professionals
make a difference to patient care

A straightforward guide for healthcare commissioners,
service development staff...and anyone else who is
interested!



WHAT ARE ALLIED HEALTH PROFESSIONALS?

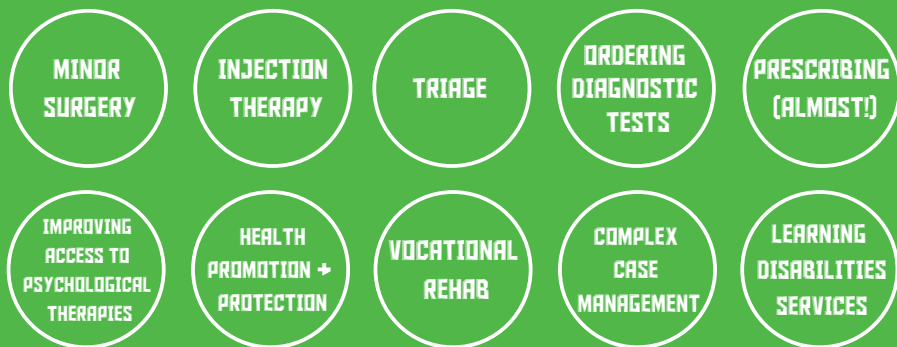
Allied health professionals (AHPs) work with people to help maximise their functional independence. They work to prevent illness and help people to recover from or limit their illness and get back to their everyday lives. As leaders in rehabilitation and reablement AHPs help people function to the best of their ability.

The allied health professions include:

- Arts, drama and music therapists
- Operating dept practitioners
- Psychologists
- Chiropodists/podiatrists
- Orthoptists
- Prosthetists/orthotists
- Dieticians
- Paramedics
- Radiographers
- Occupational therapists
- Physiotherapists
- Speech and language therapists

WHAT CAN ALLIED HEALTH PROFESSIONALS OFFER PATIENTS?

The twelve professions above represent a spectrum of rehabilitative interventions that has yet to be fully harnessed. As well as delivering the traditional healthcare you might associate with us, did you know that the AHP role has been extended and can also offer:



WHERE DO THEY WORK? (HINT - IT'S NOT JUST HOSPITALS...)

AHPs work FLEXIBLY performing essential and timely diagnostic and therapeutic roles across a range of sectors, settings and locations. They work across organisational boundaries and in a multi-agency way that enables seamless patient pathways. They also support better clinical outcomes by helping people to transfer across sectors and by building relationships with integrated services. You will find AHPs working in or with:

- Social care settings
- Job centres
- Schools and education partners
- Sure Start centres
- Private businesses
- Leisure centres
- Charities
- The voluntary (third) sector
- Local authorities

WHAT DOES THIS MEAN FOR THE SERVICE?

AHPs represent a spectrum of rehabilitative interventions that has yet to be fully harnessed by the health service. AHPs can really contribute to saving money long term by minimising physical and psychological care needs and helping to keep people out of hospital, or minimising the time they are there. They are essential to the achievement of sustainable, affordable healthcare and can drive up quality whilst also reducing both immediate and long term care costs. All-round care is about rehabilitation and restoring functional independence - that's what we do!

TEN GOOD REASONS TO CONSIDER US IN YOUR COMMISSIONING AND SERVICE PLANNING:

1. AHPs deliver quality outcomes and follow the patient throughout their care.
2. AHPs are cost effective and help save money whilst improving health outcomes.
3. AHPs work where services overlap to stop people being forgotten.
4. AHPs enable people to stay at work or education and promote independence.
5. AHPs help to prevent hospital admissions and teach self care.
6. AHPs help to prevent and reduce the need for surgery.
7. AHPs enable appropriate early discharge.
8. AHPs help to reduce equipment, medication and care needs.
9. AHPs prevent unnecessary secondary complications.
10. AHPs support the prevention agenda.

FIND OUT MORE OR GET IN TOUCH...

To understand more about AHPs and how they can support delivery of the very best healthcare, please get in touch:

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Home

1. Before people get ill

- Health promotion
- Lifestyle matters
- Maintaining independence
- Optimising health
- Staying safe
- Keeping people in work

2. When people become unwell

- Preventing admission to hospital and helping people to stay at home
- Community rehabilitation services

In Gateshead, the occupational therapy service has been piloting a series of *Lifestyle Matters* programmes, working with older people on the cusp of frailty in sheltered accommodation to help improve their quality of life. Older people are offered individual and group sessions to identify, construct, rehearse and carry out daily routines and activities in order to foster and promote improvements in their health and wellbeing. Lots of focus is placed on helping them to recognise and understand the link between health and wellbeing and teaching people to set their own goals. There have been plenty of positive outcomes from the programmes, with older people reporting increased confidence, independence and motivation. Some of the goals that have been achieved range from people accessing public transport independently to even going to Spain on holiday!

In North Tees and Hartlepool, an emergency care therapy team (based within the acute sector) helps to prevent inappropriate hospital admissions and enables rapid hospital discharges. The seven day service is provided by occupational therapists, physiotherapists and specialised therapy assistants. By undertaking timely functional assessments, the team is able to address the individual's needs by providing walking aids and equipment and by using the rapid response team. The team aims to promote independence, rehabilitation and recuperation within an individual's home or support rehabilitation prior to returning home.

In South Tyneside, users of a range of services have benefitted from a collaborative approach between radiographers and other healthcare professionals. This collaboration includes a 'hot reporting' service with A&E colleagues to improve the way trauma images are processed, meaning both a reduction in waiting times and missed fractures. In addition, collaboration with podiatry colleagues has resulted in a new pathway for diabetic patients with suspected neuropathic joint disease (Charcot) being referred directly to the podiatry service, avoiding the possibility of delay and permanent damage. Radiographers have been trained by podiatrists to clinically recognise a possible Charcot joint and refer suspected cases instantly to a specialist diabetic podiatrist. This has successfully reduced the number of patients who would have gone on to develop a Charcot joint and permanent disability.

Hospital

3. Stopping people being admitted to or needing to stay in hospital

- Reducing length of stay
- Rehabilitation
- Safe discharge
- Preventing readmission

In Northumberland, occupational therapists specialising in mental health are running an innovative programme, 'Tracks', which aims to support people with mental health problems into education, volunteering or employment. 'Tracks' is a 20 week programme beginning with sessions addressing self-esteem and confidence building skills, progressing to identifying peoples' strengths and interests. Collaborative working with external agencies involved in employment and vocational opportunities and their participation in the workshops has been integral to the programme's success. The outcome of 'Tracks' to date has been very successful with up to 90% of participants having progressed to volunteering, education or supported employment, enabling them to integrate into society and engage as independently as possible in activities which enhance their wellbeing.

Home

4. Getting people back to health and life

- Rehabilitation
- Reablement
- Promoting and enabling self-help and self-care

