

Improving Rehabilitation Services

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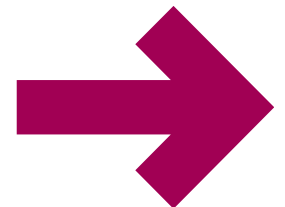
31st March 2015

The Vision

Rehabilitation will be key to every episode of care.

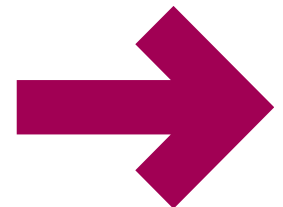
It will maximise mental and physical health, independence and occupation.

Rehabilitation is everyone's business

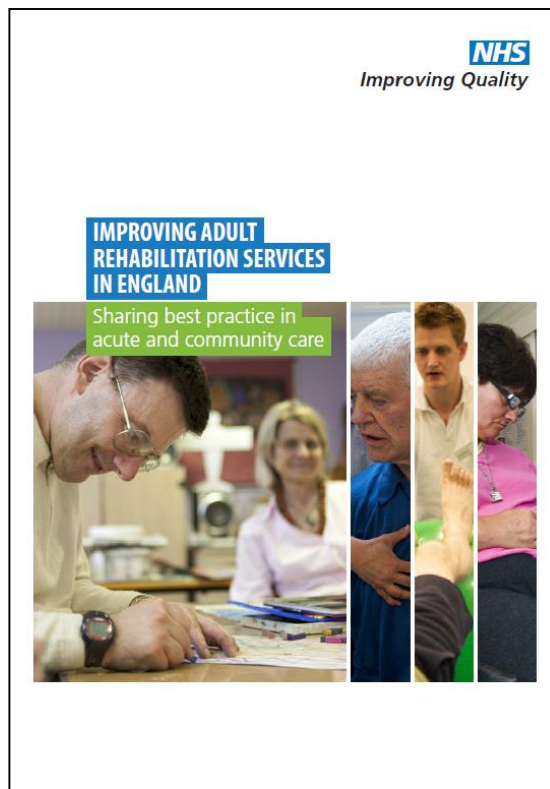


Progress

- Rehabilitation Programme Board
- Rehabilitation for Economic Growth
- Principles and expectations of good adult rehabilitation
- Good practice case examples
- Partnership working DWP, DH, PHE
- Development of the IRS Community of Practice
 - Soft intelligence
 - Webinars
 - Innovation snapshots



Good Practice Case Examples



<http://www.nhs.uk/improvement-programmes/acute-care/recovery,-rehabilitation-and-reablement.aspx>

Regional Rehabilitation Leads

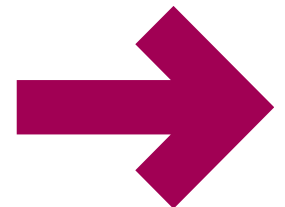
- Identifying good practice
- Supporting adoption and dissemination
 - ✓ Supporting existing networks
 - ✓ Linking people, services and experiences
 - ✓ Promoting and supporting the IRS Community of Practice
- Engagement with SCNs, AHSNs and LETBs
- Engagement with commissioners
- Gather data and evidence
 - ✓ Development of pilot service evaluation tool based on principles of good adult rehabilitation



Children and Young People's Scoping Project

“Is there a case of need to improve CYP rehabilitation services?”

- Ensure case of need is articulated
- Stakeholder engagement
 - ✓ Children and young people
 - ✓ Parents and carers
 - ✓ Commissioners
 - ✓ Clinicians
- Recommendations will inform work programme for 2015/16



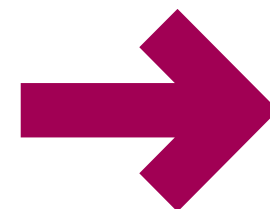
Five Year Forward View



Health and Wellbeing gap
Radical upgrade in
prevention

Care and Quality gap
New models of care

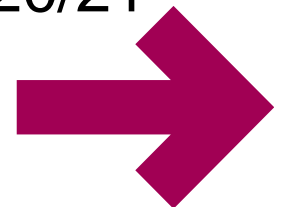
Funding gap
Efficiency and
investment



Key Challenges

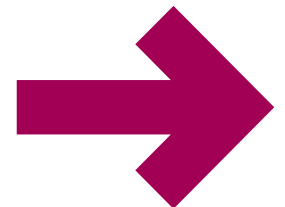
- Ageing population
- Long Term Conditions
 - Costs NHS £7 in every £10
 - 50% of all GP appointments
 - 59% in work vs 72% of general population
- People's expectations are changing
- Traditional service boundaries
- Delivering patient centred care

All in context of £30bn funding gap projected by 2020/21



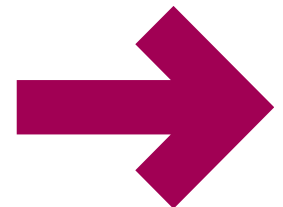
...and specifically for Rehabilitation

- Has to be recognised as being part of the whole care pathway
- Transition – to adult services, pathway, organisational boundaries
- Recognition of which services are delivering rehabilitation
- Accessible patient centred services - specialised, specialist and core
- Need consistent data sets – effectiveness



Opportunities

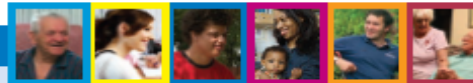
- New Models of Care ~ 29 Vanguard sites
 - Multispecialty community providers
 - Integrated primary & acute care systems
 - Enhanced health in care homes
- New models of funding
 - Greater Manchester (“Devo Manc”)
 - Personal Health Budgets
 - Integrated Personal commissioning
- Patient Choice
- Innovation / technology



Patient choice...

Tom's story

Personal health budgets



Tom, 18 and from Dorset, lives and works on the family farm. Tom lost the use of his left side after a brain haemorrhage. With his personal health budget, he was able to rehabilitate at home, rather than in hospital. Combined with a return to physical work on the farm, this approach helped Tom's left-side functioning improve dramatically. He returned to work six months earlier than expected.

I suffered a brain haemorrhage in May 2011 and was left with paralysis down my left side, including no feeling in my left hand. At first I had to be in a wheelchair.

After two weeks in a brain injury unit, one possible next move was to transfer me to another unit with more rehabilitation services. But I was desperate to stay out of hospital. I felt being back home on the farm would help me recover quicker. I wanted to get back to my normal life as soon as possible and to be able to attend agricultural college.

It was Ray, a healthcare case co-ordinator from Dorset Primary Care Trust personal health budgets pilot, who introduced the idea of using a personal health budget to help me recover at home.

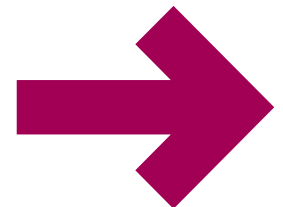
I worked with my consultant, a psychologist and my family on a discharge plan and my care plan, to set out what I wanted to achieve. My ultimate goal was to be able to return to work full time at the farm within 18 months to two years.

An occupational therapist advised what work I could manage. Jobs around the farm, such as moving bales of hay and preparing solution for calves, would encourage me to use my left arm and hand. Fly-fishing was

something I enjoyed so we listed it as an exercise because it helps with motor control, particularly when fixing bait to a hook.

"My ultimate goal was to be able to return to work full time at the farm within 18 months to two years."

My personal health budget included funds to pay for 30 hours per week of support from a personal assistant. Because of our remote location and that I preferred to have someone who knew me and the work on the farm, we employed my sister.



Rehabilitation Innovation Challenge Prizes

- ***“Open Mind Partnership”***

- Leicestershire Partnership NHS Trust**

- Leicester Open Mind in partnership with Fit for Work

- GP referral or Open Mind therapists
 - Long-term MSK pain
 - Cognitive Therapy and Mindfulness techniques
 - Addressing physical, social and mental barriers such as depression and anxiety

- ***“Fitness for Work Service”***

- Derbyshire Community Health Services NHS FT**

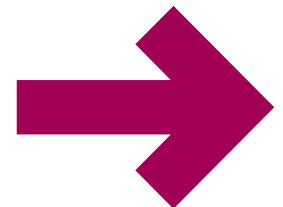
- Self referral or by managers
 - Assessment – physical activity, design of the workplace
 - Phased return to work and duties where appropriate
 - Service also offers MSK pain education and management, advice on equipment and educational resources
 - ROI - £5 for every £1 spent



NHS INNOVATION CHALLENGE PRIZES
ENCOURAGE, RECOGNISE AND REWARD...

Plans for 2015/16

- Develop the economic arguments for rehabilitation
- Take forward recommendations from CYP scoping project report
- Support regional networks
- Develop commissioning framework:
 - ✓ Rehabilitation across the whole pathway
 - ✓ Supporting national and local priorities
 - ✓ Integration and transition
- Health and Work programme
- Workforce
- Continue IRS Community of Practice





Thank you

@SuzanneRastrick

#rehab15

Drama therapist Podiatrists
Diagnostic radiographers **Art Therapists**
Speech and Language Therapists Paramedics
Dietitians **NHS England** Prosthetists
Music therapist Orthotists Physiotherapists
Occupational Therapists Therapeutic radiographers