

## Freedom of Information Request

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Reference Number: EPUT.FOI.22.2551  
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## Older Adult Occupational Therapy Inpatient

## Information Requested:

1. Does your Trust offer a physical activity programme\* to patients with severe mental ill health (psychosis, schizophrenia, schizoaffective disorder, or bipolar disorder)?
  - a. Yes
  - ~~b. No~~

\*by physical activity programme we mean any programme that incorporates an element of physical activity.

2. Does your trust offer more than one physical activity programme?
  - a. Yes (if yes, please complete a separate form for each programme).
  - ~~b. No~~
3. Please enter the name of the programme you are completing the form for:  
Falls prevention, seated exercise, gardening, walking, ward-based (seated) sports, Otago, stamina & balance
4. Who can be referred to this programme? Select all that apply.
  - a. All service users
  - ~~b. People in early intervention services~~
  - ~~b. People with psychosis~~
  - ~~c. People with schizophrenia~~
  - ~~d. People with schizoaffective disorder~~
  - ~~e. People with bipolar disorder~~
5. In a typical month approximately what proportion of eligible patients are referred?
  - a. Blanket referral
  - ~~b. Don't Know~~
6. In a typical month approximately what proportion of patients referred, attend the programme?
  - a. variable – including all programmes up to 75%
  - ~~b. Don't know~~
7. What are the key features of this programme? Select all that apply.
  - a. Supervised physical activity sessions
  - ~~b. Information or education about physical activity~~
  - ~~c. Physical activity counselling from a trained facilitator~~
  - ~~d. Peer support~~
  - e. Other  
(please give details) physical activity incorporated into daily ADL activities to encourage endurance, mobility and posture stability (balance)

8. What type of physical activity is available?
- ~~Swimming~~
  - ~~Access to a gym~~
  - ~~Football~~
  - Access to fitness classes
  - Walking group
  - ~~Netball~~
  - ~~Cycling~~
  - ~~Yoga~~
  - ~~Basketball~~
  - Other (please state) specific physical movement aimed at older adults, frailty, falls history, as part of a mental health programme
9. What is the setting of this programme?
- a. Older Adult Mental Health Inpatient service
  - ~~b. Outpatient/Community~~
  - ~~c. Mixed inpatient and outpatient~~
10. What is the format of this programme? Select all that apply.
- a. One-to-one face-to-face
  - b. Group face-to-face
  - ~~c. One-to-one online~~
  - ~~d. Group online~~
  - ~~e. One-to-one by telephone~~
  - ~~f. Other~~
  - (please give details) \_\_\_\_\_
11. How is the programme arranged?
- a. Ongoing course
  - b. Drop-in sessions
  - ~~c. Over a fixed period (e.g., 1 session a week for 8 weeks)~~
  - ~~d. Other~~
  - (please give details) \_\_\_\_\_
12. If more than one mode of support was selected in Q10, can each patient choose how they receive support?
- a. Yes – both are on offer
  - b. No – depending on need – some patients are ‘prescribed’ physical interventions assessment determines 1:1, group or both and risk factors are considered for permitted activity – discussed and agreed by the MDT
13. Is everyone who accesses services able to access the physical activity programmes as part of standard care? Please tick all that apply
- a. Yes
  - ~~b. No~~

14. Who supports patients in this programme? Select all that apply.
- ~~a. Fitness instructor~~
  - ~~b. Healthy living advisor~~
  - c. Physiotherapist
  - d. Occupational therapist
  - ~~e. Mental health worker trained in physical activity (e.g., nurse)~~
  - ~~f. Peer support worker~~
  - g. Other  
(please give details) \_ Occupational Therapy and Physiotherapy Assistants
15. What level is the person providing the support trained to?
- a. To degree level or above in a relevant area
  - b. Other training (please give details): some staff have additional training in specific or in-house training relating to physical health and wellbeing – training identified through supervision and appraisal.
16. Does the Trust signpost service users to physical activity programmes outside of the Trust?
- a. Yes
  - ~~b. No~~
17. If yes, who provides these programmes? Select all that apply.
- a. Local council
  - b. Secondary care trust
  - ~~c. Other NHS~~
  - d. Not for profit company
  - e. Charity
  - f. Other third sector organisation – sport for confidence, carers, Age UK,
18. Does the Trust use any other strategies to promote physical activity in people with severe mental ill health? (e.g., one-off activity health promotion events, brief advice during healthcare contacts, environmental prompts)
- a. One off activity events – often themed to support engagement
  - b. Brief advice during healthcare contacts
  - c. Financial support – part of the discharge package when relevant
  - d. Sign posting to activities
  - d. Other (please give details) \_\_\_\_\_
19. Do you feel that the physical activity provision in the trust meets the needs of the patients?
- a. Yes – although additional support staff would increase frequency
  - ~~b. No~~
20. If there is anything else you would like to say about physical activity please state below.  
Mental Health and frailty significantly impact on patient’s engagement in physical activities.
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**Publication Scheme:**

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>