

Freedom of Information Request

Reference Number: EPUT.FOI.22.2551

Date Received:

Occupational Therapy Physical Activity Programme
Closing the Gap Initiative (Physical Health in Mental Health)

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)?

2. Yes

~~3. No~~

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

4. Does your trust offer more than one physical activity programme?

5. Yes (if yes, please complete a separate form for each programme).

~~6. No~~

7. Please enter the name of the programme you are completing the form for:
(the area you work in)

Occupational Therapy Physical Activity Programme

Closing the Gap Initiative (Physical Health in Mental Health)

3. 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~~

4. In a typical month approximately what proportion of eligible patients are referred?

It is an open referral - all service users are invited to attend 1:1 gym sessions and exercise groups depending on risk to self/others

5. In a typical month approximately what proportion of patients referred, attend the programme?

Attendance fluctuates greatly, however ~30-40% are inducted into the gym and can use it at any time (depending on their risk and ability)

6. 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) – 1:1 gym sessions

7. What type of physical activity is available?

- Access to a gym
- Football
- Access to exercise classes
- Walking group
- Badminton
- Seated Exercise
- Gardening
- Frisbee
- Boxing and Kickboxing
- Guided Running
- Balance and posture improvement sessions

8. What is the setting of this programme?

- a. Acute Adult Inpatient Mental Health Occupational Therapy

9. 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)~~

10. How is the programme arranged?

- 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. If more than one mode of support was selected in Q10, can each patient choose how they receive support?

- a. Yes – group sessions are open groups for service users to drop in and 1:1 gym sessions are prearranged or can be used as a drop in when instructor is available.
- ~~b. No~~
- ~~c. N/A~~

12. 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~~
- ~~c. N/A~~

13. 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 (Activity Co-ordinator)~~
- f. ~~Peer support worker~~
- g. ~~Other (please give details)~~

14. 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) Diploma in Personal training and Gym Instruction, some fitness instructors also have a Diploma in teaching Yoga, Certificates in background in Nutrition, Pre and Post-natal exercise specialist qualification, Fitness for Seniors specialist qualification, certificates in boxing and kickboxing

15. Does the Trust signpost service users to physical activity programmes outside of the Trust?

- a. Yes
- b. ~~No~~

16. If yes, who provides these programmes? Select all that apply.

- a. Local council
- b. ~~Secondary care trust~~
- c. ~~Other NHS (please give details)~~
- d. Not for profit company
- e. ~~Charity~~
- f. Other third sector organisation (please give details) Sports for Confidence

17. 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
- b. Brief advice during healthcare contacts
- c. ~~Financial support (e.g. free gym membership)~~
- d. Sign posting to activities
- d. ~~Other (please give details)~~

18. Do you feel that the physical activity provision in the trust meets the needs of the patients?

- a. Yes
- b. ~~No~~

19. If there is anything else you would like to say about physical activity please state below.

Our current therapeutic timetable covers a range of activities that encourage physical activity and light movement. The physiotherapist, technical instructor and OT staff facilitate a weekly closing the gap initiative. There are a combination of walking groups, exercise groups and sports groups as well as 1:1 gym sessions, which alternate across male and female wards.

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>