

Freedom of Information Request

Reference Number: EPUT.FOI.22.2551

Date Received:

Occupational Therapy service

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:
There is no formal ongoing programme, however supervised physical activity is available based on individual need, ability and interest. Physical activity is provided within the Occupational Therapy service and in the Education curriculum and as part of the ward therapeutic timetable. However it is not a standalone service with a set name

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?

~~a. Yes~~

b. This is arranged on an individual basis with no formal referral criteria and is usually discussed in MDT reviews and is variable.

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

~~a.~~

b. Variable

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) _____

7. 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) There are exercise steps portable mini step machine, mats, small hand weights, gym ball, trampette and yoga DVD available to be used supervised and within the service user's capability and comfort level. There is supervised access to the garden available, which has some sports equipment such as a basketball net, tennis rackets/ rounders. Gardening as an activity and support to access opportunities for walking around the local area, support can be provided to facilitate space for service users to continue preferred physical activity such as dance.-In addition the clients are provided PE lessons with the ward education department three times per week.

8. What is the setting of this programme?

- a. Children and Adolescent Mental Health Inpatient Unit
- ~~b. Outpatient/Community~~
- ~~c. Mixed inpatient and outpatient~~

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. 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) the number of sessions and type of activity offered would be agreed in 1:1 discussion with the client in conjunction with MDT and

medical review. There is space within the group programme for 1:1 sessions to be offered.

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

- a. Yes the discussion takes place with the client
- ~~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. Only those who express an interest in physical activity~~
- ~~c. Only those who are eligible, if yes how is the decision made and by whom~~
- ~~d. No~~

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 (Fitness level 3)

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

- a. Yes for example Active Women and Sports for Confidence.
- ~~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) other local classes based on individual interest e.g. kickboxing, dance, yoga.

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 this could be improved further, perhaps with specific formal programmes that could be referred to support inpatient clients to maintain their health and wellbeing in the community with trained fitness instructors/ physiotherapists/ occupational therapy/ dietician input to support specific mental health conditions and side effects from medication.

~~b. No~~

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

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>

Please find attached. I've completed to the best of my ability, as Beccy says it seems to be asking about a formal programme, whereas ours is offered individually however I think that is still relevant. It could be worth us considering a rolling programme to refer into based on the pathways going forward perhaps, though obviously that's difficult currently on Poplar unless there is sufficient cover during my mat leave. I think it would be good to put Pam through the fitness instructor training at some point if Paul has done his so there is equivalent provision.