

JOB DESCRIPTION

Job Title:	Exercise Rehabilitation Practitioner
Grade:	Band 5
Department:	Therapy Services
Directorate:	Care Services Directorate
Reporting to:	Clinical Lead - Therapies
Responsible for:	Provision of holistic rehabilitative palliative care including personalised exercise programmes for the In-Patient Unit, Day Patient Services, and Outpatients
Location	Dorothy House Hospice Care (DHHC), Winsley

Job Summary / Main Purpose:

- To provide holistic rehabilitative palliative care including exercise interventions and to be part of the Dorothy House Multi-disciplinary team
- To provide high quality rehabilitative and palliative exercise support for DH patients, families and carers in liaison with the multidisciplinary team to achieve agreed goals
- To work closely with the physiotherapists and occupational therapists in providing holistic rehabilitative palliative care

Principle Duties and Responsibilities

Direct casework

- To be an integrated member of the multidisciplinary team providing practical and emotional support to patients, their families and carers, and supporting colleagues involved in the care.
- To work closely with the other members of the Therapy teams to manage referrals into the team and any waiting lists
- To provide an assessment of patients, families and carers, formulating rehabilitative exercise programmes and liaising with primary, secondary, statutory and voluntary agencies as needed.
- To work closely with the Specialist Physiotherapists to ensure that people receive a 'joined up' service which meets their needs, using a personalised care approach
- To supervise and review volunteers if required; to offer support, ensure best practice and their ongoing professional development.
- To use or be prepared to take part in courses to provide nonpharmacological support to patients

Managerial

- To participate in revision of policies, procedures, protocols, care pathways and documentation as appropriate
- To line manage allocated staff, volunteers and assistant roles as appropriate
- To support clinical placements for undergraduate students, liaising with the specialist physiotherapist/occupational therapist (clinical supervisors)
- To participate in Personal Development reviews and objective setting
- To contribute to funding proposals and income generating opportunities as appropriate
- To adhere to DH's management and HR policies and procedures
- To work with the Specialist Physiotherapists to highlight opportunities and areas of development for the holistic rehabilitative palliative service
- To optimise efficient use of clinical time e.g. operating a clinic schedule whenever appropriate
- To participate in clinical audit
- To attend meetings as appropriate in relation to Physiotherapy and Day Services
- To have an awareness of budget management and work within contract requirements and the budget for the service
- To listen and respond to any compliments, concerns and/or complaints from patients, families or professionals, informing the line manager or in their absence the Care Services Directorate lead, record the concerns, follow-up and outcome in line with the Compliments, Complaints and Concerns Policy

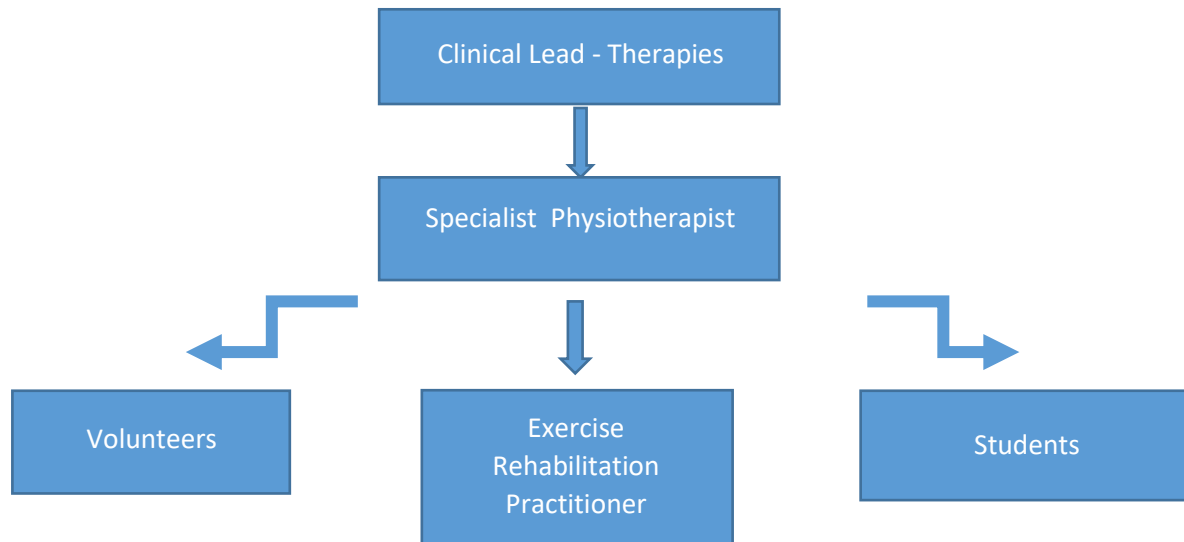
Educational

- To have an interest in current research and practice in exercise, rehabilitation, rehabilitative palliative care
- To participate in clinical supervision, reflective practice and coaching if required
- To participate in the Education programme for Dorothy House as appropriate
- To assess, plan and implement self-care techniques and exercise interventions to patients, their carers and colleagues
- To participate in group facilitation/teaching

Professional

- To utilise the database systems, keep professional and confidential notes as appropriate, and record all contacts regularly.
- To contribute to the keeping of appropriate statistics for audit purposes and for the evaluation of the service.
- To identify own development needs and initiate a plan to meet these with the Specialist Physiotherapists
- To comply with statutory and mandatory training requirements

Structure Chart



Contacts

- Patients and families
- Volunteers
- All members of the Hospice Multi-disciplinary Team
- All health and social care colleagues
- Other hospices, befriending services and specialist palliative care teams

Special Note

This job description does not form a part of the contract of employment but indicates how that contract should be performed. The job description will be subject to amendment in the light of experience and in consultation with the post holder.

No Smoking Policy

Dorothy House operates a No Smoking Policy for all staff, volunteers and visitors in relation to promoting health. It applies to the Hospice premises and grounds at Winsley, all Dorothy House shops and when staff are on duty in patients' homes.

Confidentiality

All of the work relating to patients, carers, donors, staff and volunteers and any other information gained are of a confidential nature and must not be communicated to other persons except in the course of duty.

Safeguarding

Dorothy House is committed to promoting the wellbeing of all adults and children who use our services, ensuring that they live a life that is free from harm, abuse and neglect. We work in an open and transparent way and encourage staff, volunteers, patients and families to raise any safeguarding concerns. All staff should ensure that they are aware of their responsibilities and attend the mandatory training as required.

Health and Safety at Work Act

It is the responsibility of all employees to ensure that the requirements of the Health and Safety at Work Act are complied with safe working practices are adhered to and that hazards are observed and reported to the appropriate office.

Person Specification –

Criteria	Essential	Desirable
BSc in a relevant health/exercise subject e.g. sport science, exercise physiology	✓	
Evidence of Continued Professional Development and can demonstrate attendance at exercise/rehabilitation education courses	✓	
Demonstrates a confident awareness and interest of rehabilitative palliative care	✓	
Evidence of working with people with physical health conditions and of working in a healthcare setting e.g. hospital, hospice (either through paid work/work experience or student placements)	✓	
Evidence of registration with relevant professional body		✓
Experience of providing education and training		✓
Experience of working with volunteers and/or experience supervising staff		✓
Experience of working with people with multiple comorbidities		✓

Experience in the delivery of exercise to people with chronic health conditions or palliative and end of life care		✓
Excellent written, verbal and interpersonal communication skills	✓	
Good administration skills with good time keeping skills and the ability to work independently and prioritise own workload.	✓	
Able to flexibly adapt to changes within service demands	✓	
Experience working in the community		✓