

# P16

## INNOVATION: USING STAFF FITNESS CENTRES FOR REHABILITATION OF HEALTHCARE WORKERS WITH MUSCULOSKELETAL CONDITIONS

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### Background

Musculoskeletal conditions (MC) are common among healthcare workers (HCW) and can burden individuals and healthcare organisations. MC affect productivity and presenteeism, ultimately impacting provision of healthcare services. Accessing physiotherapy through occupational health services (OHS) can support HCW returning to and remaining at work.

### Aim

- Providing physiotherapy-led 1:1 gym-based rehabilitation
- Health promotion and wellbeing support
- Engaging workforce in exercise
- Service evaluation

### Method

In collaboration with an NHS Trust's Staff Social Club (SSC), OHS Physiotherapists provided rehabilitation support for HCW with MC in onsite staff gym facilities. Key aims were to facilitate return to or remaining at work, by improving physical functioning, building self-efficacy and confidence. Sessions were also used to promote health; with education provided on physical activity/exercise. Participants were signposted to SSC membership enquiries. Service evaluation considered whether participant found the provision beneficial.

### Result

- 40 HCW accessed physiotherapy at the SSC Fitness Centre between 01/09/2022-10/02/2023.
- Participants worked in a variety of roles across the Trust and presented with a range MC.
- 100% of participants felt physiotherapy helped manage/improve/resolve their condition. 57% felt that the provision supported them to returning to work, 72% reported the provision helped them remain at work.
- 9 HCW became SSC Fitness Centre members after participating in the Physiotherapy led sessions.

### Conclusion

A range of HCW with MC engaged with OHS physiotherapy led rehabilitation in the SSC Fitness Centre. Feedback was positive and some participants became members of the facility afterwards.