How the CSP is prioritising the Complexity Challenge

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Health

Millions in poor health due to lack of rehab after illness, warns UK report

Stroke, heart attack and cancer patients at risk of being 'stuck in downward spiral' without recovery support, say physiotherapists
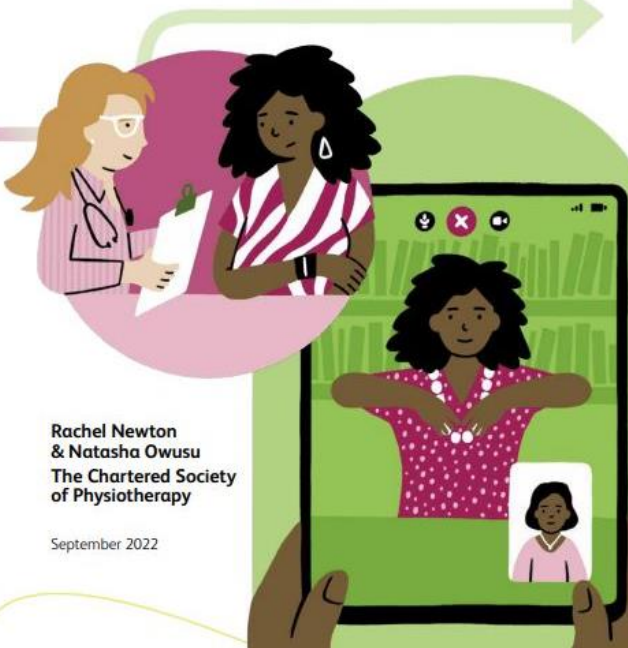
Andrew Gregory *Health editor*
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Wed 21 Sep 2022 00.01 BST

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The Chartered Society of Physiotherapy is calling for better access to high-quality rehabilitation services to avoid 'further entrenching health inequalities'. Photograph: Janine Wiedel Photolibrary/Alamy

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Rehabilitation, recovery and reducing health inequity:

Easing the pain

Rachel Newton & Natasha Owusu
The Chartered Society of Physiotherapy

September 2022

News > UK

Millions of people miss out on rehab after cancer and heart attacks – report

Some groups and communities are particularly affected, leading physiotherapists said.

Ella Pickover • Wednesday 21 September 2022 00:01

Rehab Support workers perform a physiotherapy treatment on patient Michael Kidd, 82, as the first patients are admitted to the NHS Seacole Centre at...

The challenges we face

Our achievements

Our ambitions

THE COMPLEXITY CHALLENGE

A CSP SUMMIT

Ruth ten Hove
*CSP Assistant Director,
Practice and Development*

Community Rehabilitation

Long Covid clinics	Pulmonary rehabilitation	Cardiac rehabilitation	Musculoskeletal rehabilitation	UCR/D2A/Virtual wards	Amputee rehabilitation
Community physiotherapy	Community cccupational therapy	Community speech and language therapy	Assistive technology services	Wheelchair services	Orthotics services
Prosthetics service	Social services adaptation and equipment	Community rehabilitation team	Community neurorehabilitation	Brain injury rehabilitation	Multiple sclerosis team
Early supported discharge team	Vocational rehabilitation service	Spasticity services	Hearing impaired services	Low vision services	Intermediate care:
Specialist nursing homes	Commuity rehabilitation beds	Transitional care services	Reablement teams	District nursing services	Care management

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What did we do?

REHAB ON TRACK

Community Rehabilitation Best Practice Standards

Summary version

Rehabilitation makes people's lives better. Many of those who would most benefit from rehabilitation, however, face barriers to accessing services. A panel of experts from across the UK developed these standards, to help change that.

Guiding recommendations and principles

Key recommendations for the system

1. **Appoint a rehabilitation director/leader at executive level**
2. **Establish a local provider rehabilitation network to include all key players**
3. **Review existing rehabilitation services to remove silos of care and duplication of services**
4. **Publish an annual report on rehabilitation,**

Summary of the standards

Referral processes are explicit, easy, efficient and equitable

Rehab interventions should be, timely, co-ordinated and prevent avoidable disability.

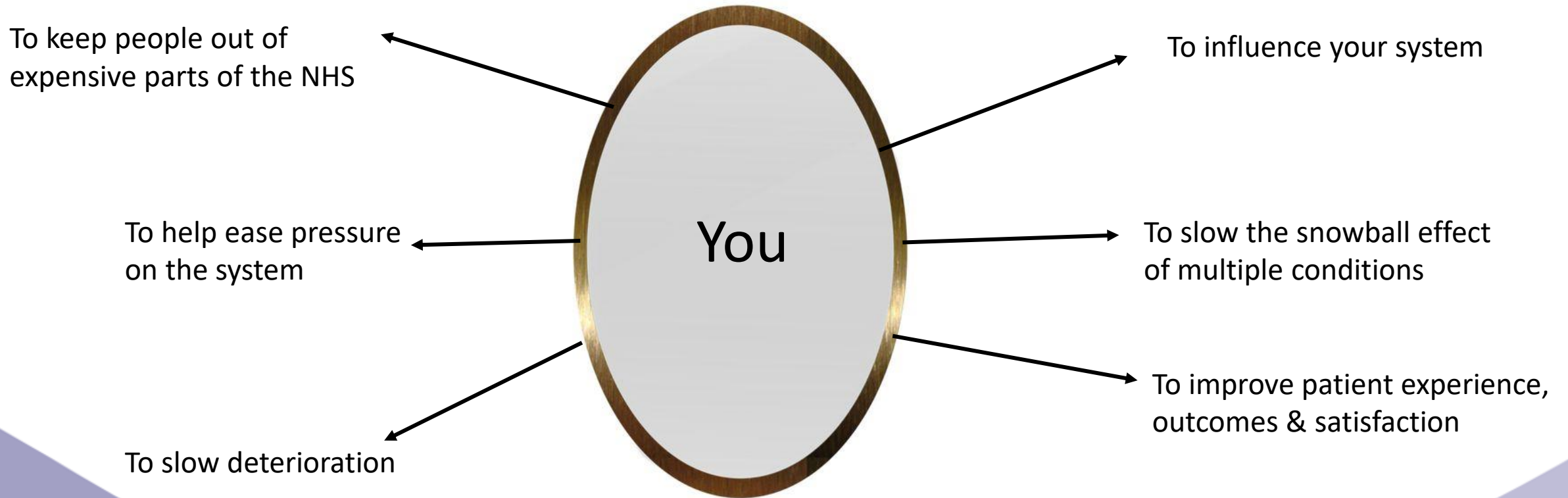**Rehab pathways should address all rehab needs, be delivered locally and in appropriate formats.**

Rehab pathways should be delivered locally with access to specialist services

Rehab should enable the individual to reach their optimal recovery and build their confidence to self manage.

Rehab service should be well led, adequately staffed and supported by a rehab network.

Rehab service should recognise the role and importance of families/carers and networks.