

CSP SOUTH CENTRAL REGIONAL NETWORK

#MyCSPLocal



PHYSIOTHERAPY UK 2019 REPORT

Chair and Vice-Chair Hayley Price & Emma Ryan attended PTUK 19 in Birmingham this weekend and here's what they had to say and their take home messages! Don't forget to check out their networking on twitter by looking up #FindTheCSPCouncil.

We would like to encourage all members who attended PTUK 19 to share their learning and show us the fantastic work you are doing in South Central! Tweet us at @CSPsouthcentral. The CSP will share all presentations from the conference where speakers have consented to this, so keep an eye out for this on the CSP website. Also check out #physio19 for tweet updates from the day showing all the content!

Hayley Price - @PhysioHayley

Emma Ryan - @emmajaneryan0

THE CURRENT STRUGGLES WITHIN THE HEALTHCARE SYSTEM, PRESENT AN OPPORTUNITY FOR PHYSIOTHERAPISTS.

BUT WE NEED TO CHANGE MODELS, NOT JUST HAVE MORE OF WHAT WE CURRENTLY HAVE.

'Changing care models is difficult, they take resilience, persistence and sometimes 2 steps forwards and one step back'

(Opening lecture - Richard Murray, Chief Exec @TheKingsFund)

Melrose Stewart - Founders lecture:

Celebration

- Growth of profession
- Increase in diversity
- Why people want to get into physiotherapy
- Opportunities for the profession
- evolving areas of practice

Challenges

- Physically and mentally exhausted staff & students
- practices going against guidelines
- NHS & Physios need more resources
- Increasing service demands

Looking forward

- Importance of our personal wellbeing
- Show cost effectiveness of physiotherapy

PHYSIOTHERAPY UK 2020: 13th/14th November. Stay up to date on the CSP website.

ALS: ACTION LEARNING SET.

An approach to peer support & problem solving with key rules and steps, helped along by a facilitator. Having completed the session on this, we would highly recommend trying this!

Tell us if you use ALSs in your workplace!

CSP AGM

- Update on finances and all approved
- Highlight of successes / CSP impact: Hip sprint, workforce planning, additional student places, pay rise, new CSP council & committees.

STUDENT PLACEMENTS - NETWORKING SESSION:

Overall there is an awareness that with student places increasing, so is the demand for placements; and a reminder that ALL of us have a place in training of the future workforce.

We need a culture change towards placements from students, educators and employers.

Models e.g. 2:1, Non clinical placements & not thinking of placements in silos.

Tell us your thoughts and examples!

INFLUENCING & LEADERSHIP

KEY MESSAGES:

- Be consistent in your pursuit
- Keep patients at heart
- Make your stories meaningful to who you are trying to influence
- Find common ground with who you are trying to influence
- You don't need permission to influence
- We are all leaders, have the courage to do something
- Often will need to influence multiple parts of the system to create change
- The power of the patient story
- Need to break down traditional views of roles - Roles should be about skills, tasks and competencies, not ring fenced professions.
- We are all leaders



HIP SPRINT 'LOCAL' HUDDLE

- Highlight that this is about auditing locally, as much as you can / want to, to make change at a local level.
- Many identified issues linking community / acute.
- Sign up to your local hip sprint huddle day on eventbrite!

SUPPORT WORKERS

-Highlighting examples of good practice from around the country with highly skilled band 4 positions with use of good training / competency programmes and CPD.

-Reminder that there are actually only a small list of things support workers cannot do:

-Most likely group to have inadequate appraisals and training - this must change!

We would love to hear about our south central support workers / associates / technicians / assistants!

-Support workers are not substitutes for registered staff - but help release time of registered staff to other work.

FRAILITY

- Frailty is everyone's business
- Population age and long term conditions increasing
- Need to change from patients presenting to care late with hospital based, episodic care; to timely identification, prevention and community based, integrated care
- Examples of new systems such as frailty primary care pathways and services

STUDENTS

We caught up with the CSP students at their stand and gave our top tips.

As a regional network we are really keen to engage with the CSP students. Within our region are: Oxford Brookes, Southampton & Winchester

University - WE WANT TO HEAR FROM YOU!

