


POLICY DOCUMENT

Policy Title:	Hydrotherapy
Policy Group:	Clinical
Policy Owner:	Director of Clinical Services
Issue Date:	May 2020
Review Period:	2 years
Next Review Due	May 2022
Authors:	Rasheed Meeran, Edward Carroll
Cross References:	Healthy and Safety Policy Consent Policy Infection control Policy Information Management Policy Health Record Policy Fire Policy Housekeeping Policy Laundry Policy
Evidence:	Health Profession Council – Standards of Proficiency, Physiotherapists Health Professions Council – Standards of Conduct, Performance and Ethics, Physiotherapists Chartered Society of Physiotherapy, Guidance on Good Practice in Hydrotherapy Entroy operating and product care instructions - Arjo. Aquasol manual Pool Water Testing Advisory Group
How implementation will be monitored:	Audit Clinical governance
Action to be considered in event of breach:	Retraining, enhanced supervision, disciplinary procedure
Computer File Ref.	O/ Risk management/ Policies
Policy Accepted by MT	19/05/2020
Sign-off by CEO	

1. STATEMENT OF PURPOSE

This policy sets out the standards and procedures, which aim to ensure in-patients and out-patients at Holy Cross Hospital, receive a high quality, evidence based hydrotherapy service, which is appropriate to their needs.

2. INTRODUCTION

Hydrotherapy (also termed Aquatic Physiotherapy) defines the practice of physiotherapy using the medium of water, for therapeutic intent toward rehabilitation or attainment of specific physical and functional goals of individuals. The temperature of a hydrotherapy pool is deliberately high to promote pain relief. Hydrotherapy pools are specifically designed for therapy and are not suitable for swimming.

3. POLICY STATEMENT









All patients being considered for hydrotherapy will be assessed by a physiotherapist prior to treatment to identify potential benefits and goals. An individual risk assessment will be completed and a health screen undertaken.

All staff working with patients in hydrotherapy will receive pool evacuation training at least every three months. This is likely to include physiotherapists, assistants, registered nurses and health care assistants.





Physiotherapists are responsible for their practice and are required to comply with the standards of proficiency, conduct, performance and ethics as laid down by the Health Professions Council.

4. OUTPATIENTS

Referrals to outpatient hydrotherapy may include but are not limited to the following conditions:

-  Post orthopaedic or spinal surgery
-  Arthritis
-  Rheumatological conditions
-  Fractures
-  Musculoskeletal injuries
-  Chronic pain
-  Spinal Cord Injury
-  Head Injury

4.1. Referral Sources

-  Self-referral
-  Consultants
-  GPs
-  Physiotherapists

5. INPATIENTS

Following assessment by a physiotherapist a treatment plan with goals will be devised and discussed by the Multidisciplinary Team during the Tuesday afternoon ward round. In line with the policy statement a health screen form and a risk assessment will be completed for each patient by the Team. The health screen will be filed in the assessment section of the patient's multi-disciplinary notes and the risk assessment documented in the care plan with a management plan aimed at minimising risks.

6. ACCESS TO HYDROTHERAPY POOL

Access to the hydrotherapy pool is limited to:

- ✚ Inpatients as part of a documented treatment plan
- ✚ Outpatients as part of a documented treatment plan
- ✚ Patients using the pool for self-directed sessions as prescribed by a physiotherapist
- ✚ External hire clients

7. STAFF

A minimum of two members of staff will be present in the pool hall during all inpatient treatment sessions. During one to one outpatient sessions and multiple sessions in the pool appropriate number of staff will be available in the pool or at pool side.

During self-directed sessions one member of staff will be poolside.

7.1. Individual staff responsibilities

Director of Clinical Services

- ✚ Overall responsibility for implementation of the policy ensuring systems are in place to maximise benefit to patients and minimise risk
- ✚ Ensure sufficient resources are available to provide a high quality service
- ✚ Ensure staff undergo training appropriate to role

Physiotherapists

- ✚ Inpatient physiotherapists: Assessment and treatment of patients, liaising with senior nurses with regard to arrangements for treating in patients. Outpatient physiotherapists: Assessment and treatment of patients, liaising with reception staff to schedule bookings.
- ✚ Liaising with maintenance and housekeeping staff to ensure pool is safe for use
- ✚ Pool timetable
- ✚ Provision of training to assistants and other staff as appropriate
- ✚ Liaising with Director of Clinical Services to ensure emergency procedures (including pool evacuation) are as safe and effective as practicably possible

Registered Nurses

- ✚ Ensure in patients are medically fit to receive hydrotherapy treatment
- ✚ Inform physiotherapy staff if a patient is unable to attend the session for any reason giving as much notice as possible
- ✚ Ensure patients are prepared appropriately in plenty of time for the session (please refer to checklist)
- ✚ Ensure staff are available to escort patients to and from pool assisting as necessary

Physiotherapy Assistants and Technical Instructors

- ✚ Assist physiotherapist with treatment sessions
- ✚ Direct group sessions as appropriate

- ✚ Ensure supplies of sundry items e.g. laundry, gloves, aprons, overshoes are available replenishing as necessary
- ✚ Ensure pool area is ready for use for treatment (please refer to checklist)
- ✚ Ensure equipment is cleaned after use according to manufacturer's instructions and pool area is left in a fit state
- ✚ Keep pool area as free as possible from excess water
- ✚ Assist ward staff with in patients as needed
- ✚ Assist outpatients as needed

General Manager and Support Services Team

- ✚ Ensure pool area is safe and hygienic
- ✚ Ensure pool is cleaned and maintained according to guidance
- ✚ Carry out regular temperature and chemical checks according to guidance
- ✚ Maintain records of checks and communicate information to physiotherapists using a white board
- ✚ Ensure adequate supplies of chemicals are held on site to maintain safe levels in the pool area at all time
- ✚ Ensure all plant and equipment is serviced according to manufacturers' guidelines
- ✚ Ensure microbiological testing is carried out at specified intervals in accordance with Pool Water Advisory Group (PWTAG) recommendations and weekly by accredited external testing companies.

Reception team

- ✚ Responsible for booking outpatients for assessment or treatment sessions
- ✚ Liaise with MSK Physiotherapist or Neuro physiotherapists regarding appointments
- ✚ Manage the arrival of patients poolside by planning appropriate waiting times
- ✚ Plan patient booking to manage use of disabled change room effectively and safely

8. DOCUMENTATION

Accurate records of all sessions will be documented in accordance with Holy Cross standards for record keeping. The only exception to this is the outpatient hydrotherapy classes 'Joints in Motion' and 'Aquafit', as they are general fitness classes and not specific physiotherapy treatment.

9. REVIEWS

This policy has been reviewed for overt or implied discrimination within the scope of the Hospital's policies on equality and diversity and none was found.

The policy will be reviewed every two years to ensure that the system described continues to provide an effective framework for managing hydrotherapy services.