

Ffisiotherapi! ar waitth...



yn darparu:

- *Gwerth ar gyfer cleifion*
- *Gwerth ar gyfer iechyd a llesiant*
- *Gwerth am arïan*
- *Gwerth ar gyfer Cymru*



**CHARTERED SOCIETY
OF PHYSIOTHERAPY**
**CYMRITHAS SIARTREDDIG
FFISIOTHERAPI**

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Y CSP yw'r corff profesiynol, addysg ac undeb llafur ar gyfer ei 50,000 o aelodau yn y Deyrnas Unedig. Ffisio-therapi yw'r tdydd profesiwn iechyd mwyaf o ran maint yn dilyn doctoriaid a nyrsys gyda 98% o bob ffisio-therapiwr a cofrestrwyd yn aelodau o'r CSP. Mae'r CSP yn cynrychioli tua 2,000 o ffisiotherapwddion, hyfforddwyr technegol, cymorthwyr a myfyrwyr yng Nghymru. Mae aelodau'r CSP yn gweithio'n bennaf yn y GIG ond hefyd yn y sector amibynnol, addysg, ymchwil, y sector gwirfoddol, diwydiant ac iechyd galwedigaethol.

Physiotherapy works...

providing:

- **Value** for patients
- **Value** for health and wellbeing
- **Value** for money
- **Value** for Wales



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The CSP is the professional, educational and trade union body for its 50,000 members in the UK, physiotherapy being the third largest health profession after doctors and nurses with 98% of all registered physiotherapists members of the CSP. The CSP represents around 2,000 physiotherapists, technical instructors, assistants and students in Wales. CSP members work primarily in the NHS but also in the independent sector, education, research, the voluntary sector, industry and occupational health.



Physiotherapy works... for integrated health care services

Physiotherapy teams work across all health and social care sectors, providing clinical and cost effective interventions that deliver the outcomes that are most important to patients and their carers.

Physiotherapists value a system of health care built on principles of fairness, equity, and universality. The current dialogue about healthcare services should not just be about budget cuts. It should focus on quality and how to improve and sustain our universal system so that it can meet patient needs into the future.

The Chartered Society of Physiotherapy's (CSP) aim is for a high-quality and sustainable health care system for all. A focus on value for money is therefore crucial to improving and sustaining our health care system and will identify if patients are receiving the most cost effective services.

The CSP in Wales is calling on the Government

to value the contribution of the physiotherapy profession and defend and promote physiotherapy services as vital to reducing costs and maintaining frontline services in Wales.

Physiotherapy works ...

- Keeping people fit for work, for society, for the economy and for life
- Keeping children fit for the future
- Supporting people with long term conditions, such as Chronic Obstructive Pulmonary Disease (**COPD**) with effective pulmonary rehabilitation and stroke survivors with early supported discharge from hospital
- Managing musculoskeletal disorders with early intervention and self-referral
- Getting people back to work – with occupational health interventions/services



Physiotherapists are determined to play a significant role in tackling these problems by demonstrating:

Value for patients:

- Physiotherapy delivers the outcomes that patients and their carers value
- Physiotherapy services help patients return home from hospital sooner
- Physiotherapy services prevent hospital admission in the first place
- Physiotherapy services help to tackle pain
- Physiotherapy services help restore mobility, function and promote self management
- Physiotherapy services prevent injury and ill health
- Physiotherapy helps improve patients' quality of life.

Did you know...?

- In Wales, **44,000** of emergency admissions are for respiratory diseases and **40%** of emergency respiratory admissions are re-admissions
- Around **10,000** people have a stroke in Wales each year and there are over **17,000** people currently living with the effects of stroke
- In the UK **12.25 million** working days are lost to musculoskeletal disorders every year with low back pain being the most common, affecting an estimated **18 million** people, with associated costs of **£5 billion** to the economy.



Value for health and wellbeing services:

- Physiotherapy services are clinically effective and cost effective
- Physiotherapy services are integral as part of multidisciplinary and multi-agency teams
- Physiotherapists can:
assess > diagnose > treat > discharge
- Physiotherapists and their associates operate across boundaries (health, social care, education and leisure)
- Physiotherapists and their teams work with all ages – from neo-natal babies through to older people and in specialities as diverse as mental health provision to palliative care
- Physiotherapists and associates are ‘enablers’, innovators and problem solvers.

Value for money:

- The Royal Mail’s occupational support and therapy programme – which includes physiotherapy – **returned £5** for every **£1 invested**

- In England, an NHS Foundation Trust cut its long term sickness rate by more than **40%** through early intervention with physiotherapy and psychotherapy – saving **£100,000** a year
- In Wales, a study of COPD patients found that there were one third fewer admissions, halving hospital stays and fewer GP home visits where pulmonary rehabilitation is available. Access to such services cuts readmission rates from **33%** to **7%**
- Analysis of the Scottish self-referral to physiotherapy system found that the average cost of an episode of care was

Risks: Inadequate access to physiotherapy services may lead to poorer patient outcomes and increased NHS costs.

- Delayed transfers of care and longer hospital in-patient stays
- Slower rehabilitation for patients
- Lack of support to maintain independence



established as **£66.31** for self referral, **£79.50** for GP suggested referral and **£88.99** for GP referral. Overall, self-referral in Scotland provided savings in excess of **£2 million** per annum

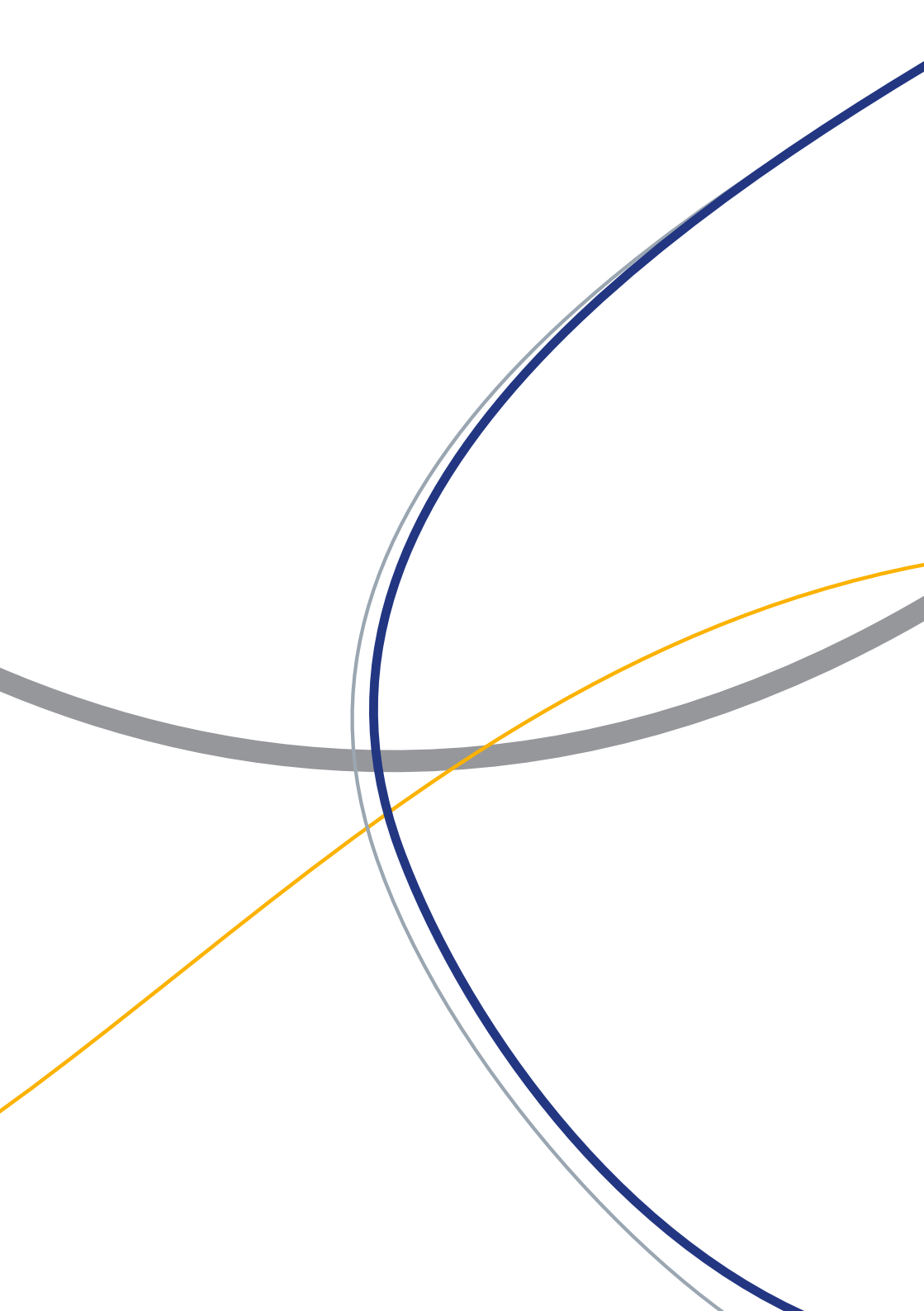
- In Wales, a pilot early supported discharge scheme for stroke survivors found a total of **164** bed days were saved in a 6 month period.

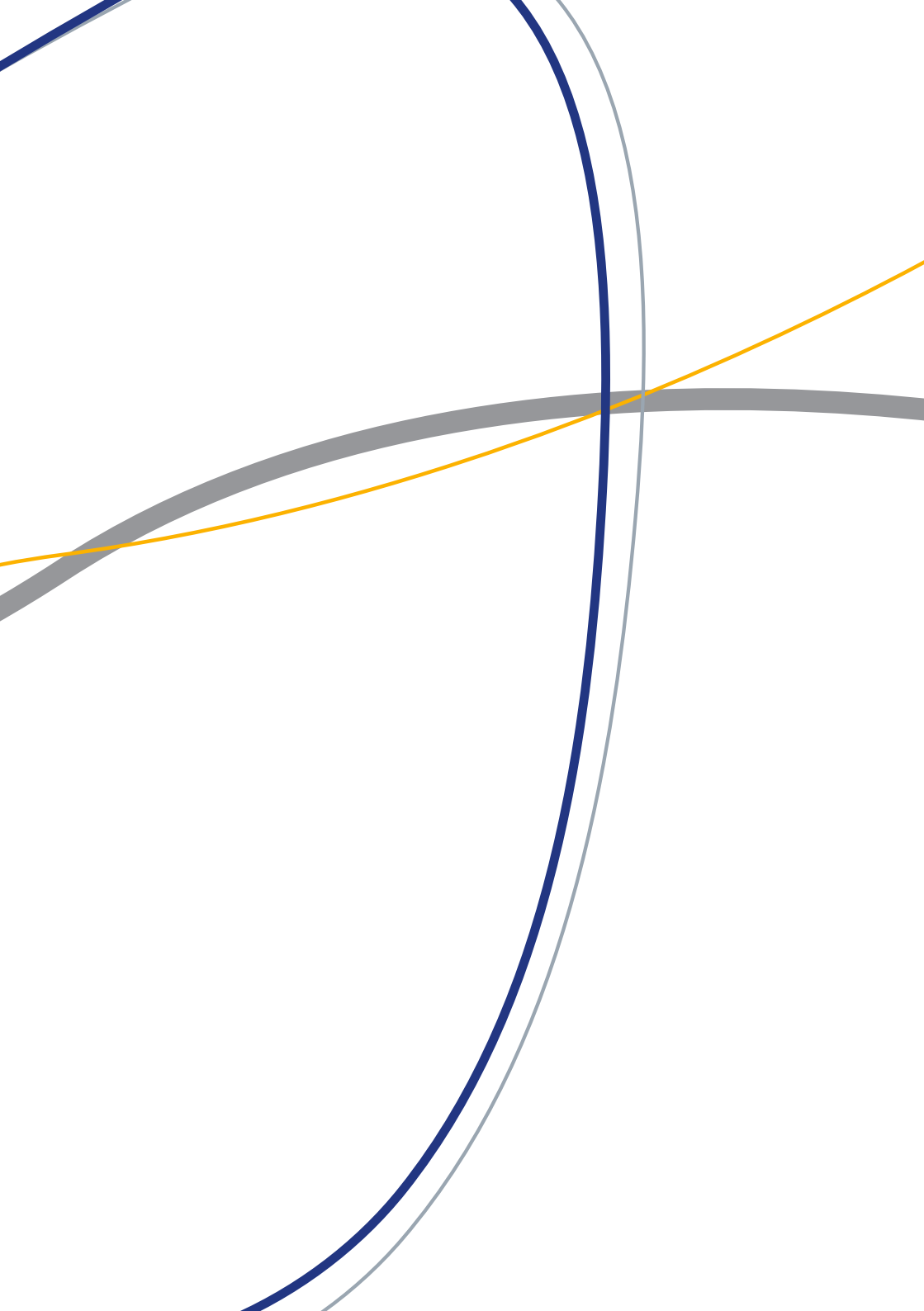
Physiotherapy works... providing value for the future

Physiotherapy is a dynamic forward thinking profession that supports health and well-being at all life stages, in all sectors and settings and in partnership with individuals to optimise their functional ability and quality of life. Physiotherapy can help achieve real savings in the cost of health care and can provide real benefits in the health and wellbeing of the whole population. It is responsive to changing needs of the population and is developing its practice to meet new health care challenges and priorities and to address health inequalities.

The CSP in Wales is calling on the government to:

1. Ensure physiotherapy services are maintained during these harsh economic times
2. Provide support for business and industry, particularly small and medium enterprises (SMEs), promoting access to fast track occupational health physiotherapy to help keep people 'fit for work'
3. Progress self-referral to physiotherapy services which improve access and outcomes for patients and save money and time for GPs
4. Ensure patients with COPD can access pulmonary rehabilitation.
5. Ensure Health Boards develop early supported discharge services for stroke survivors.







Ffisiotherapi ar waith...

ar gyfer gwasanaethau gofal iechyd integredig

Mae timau ffisiotherapi yn gweithio ar draws pob sector iechyd a gofal cymdeithasol, yn darparu ymyriadau clinigol a chost-ffeithlon sy'n sicrhau'r canlyniadau pwysicaf i gleifion a'u gofalwyr.

Mae ffisiotherapyddion yn gwerthfawrogi system o ofal iechyd a seiliwyd ar egwyddorion tegwch a chydardoldeb ac sydd ar gael i bawb. Ni ddylai'r dialog presennol am wasanaethau gofal iechyd fod am doriadau cyllideb yn unig. Dylai ganolbwyntio ar ansawdd a sut i wella a chynnal y system i bawb fel y gall ddiwallu anghenion cleifion i'r dyfodol.

Nod Cymdeithas Siartredig Ffisiotherapi (CSP) yw system gofal iechyd safon uchel a chynaliadwy i bawb. Mae ffocws ar werth am arian felly'n hollbwysig i wella a chynnal ein system gofal iechyd a bydd yn dynodi os yw cleifion yn derbyn y gwasanaethau mwyaf effeithlon o ran cost.

Geilw'r CSP yng Nghymru ar y Llywodraeth i werthfawrogi cyfraniad y proffesiwn therapi ac amddiffyn a hyrwyddo gwasanaethau ffisiotherapi fel bod yn hollbwysig i ostwng costau a chynnal gwasanaethau rheng flaen yng Nghymru.

Ffisiotherapi ar waith

- Cadw pobl yn ffit ar gyfer gwaith, ar gyfer cymdeithas, ar gyfer economi ac ar gyfer bywyd
- Cadw plant yn heini ar gyfer y dyfodol
- Cefnogi pobl gyda chyflyrau hirdymor megis clefyd rhwystrol cronig yr ysgyfaint (COPD) gydag adferiad ysgyfeiniol effeithiol a rhyddhau cynnar o ysbyty gyda chefnogaeth i rai a gafodd strôc
- Rheoli anhwylderau cyhyrsgerbydol gydag ymyriad cynnar a hunangyfeirio
- Cael pobl yn ôl i'r gwaith – gydag ymyriadau/gwasanaethau iechyd galwedigaethol



Mae **ffisiotherapyddion** yn benderfynol i chwarae rôl sylweddol wrth fynd i'r afael â'r problemau hyn drwy arddangos:

Gwerth ar gyfer cleifion:

- Mae ffisiotherapi yn sicrhau'r canlyniadau y mae cleifion a'u gofalwyr yn eu gwerthfawrogi
- Mae gwasanaethau ffisiotherapi yn helpu cleifion i ddychwelyd adref ynghynt o ysbty
- Mae gwasanaethau ffisiotherapi yn atal pobl rhag gorfod mynd i ysbty yn y lle cyntaf
- Mae gwasanaethau ffisiotherapi yn helpu i drin poen
- Mae gwasanaethau ffisiotherapi yn helpu i adfer y gallu i symud a gweithredu a hyrwyddo hunanreoli
- Mae gwasanaethau ffisiotherapi yn atal anafiadau ac afiechyd
- Mae ffisiotherapi yn helpu i wella ansawdd bywyd cleifion

Wyddech chi...?

- Yng Nghymru, mae **44,000** o dderbyniadau argyfwng ar gyfer clefydau anadlol ac mae **40%** o dderbyniadau anadlol argyfwng yn ail-dderbyniadau
- Mae tua **10,000** o bobl yn cael strôc yng Nghymru bob blwyddyn ac mae dros **17,000** o bobl yn byw gydag effeithiau strôc ar hyn o bryd
- Caiff **12.25 miliwn** o ddyddiau gwaith eu colli yn y Deyrnas Unedig bob blwyddyn trwy anhwylderau cyhyrsgerbydol gyda phoen yng ngwaelod y cefn y rheswm mwyaf cyffredin. Amcangyfrifir fod hyn yn effeithio ar **18 miliwn** o bobl, gyda chostau cysylltiedig o **£5 biliwn** i'r economi.



Gwerth ar gyfer gwasanaethau iechyd a ffyniant:

- Mae gwasanaethau ffisiotherapi yn effeithiol yn glinigol ac o ran cost
- Mae gwasanaethau ffisiotherapi yn gyfannol fel rhan o dimau amlddisgyblaeth ac amlasiantaeth
- Gall ffisiotherapyddion: asesu > diagnosio > trin > rhyddhau
- Mae ffisiotherapyddion a'u cydweithwyr yn gwei thredu ar draws ffiniau (iechyd, gofal cymdeithasol, addysg a hamdden)
- Mae ffisiotherapyddion a'u timau yn gweithio gyda phob oedran – o fabanod newydd eu geni hyd at bobl hŷn ac mewn arbenigeddau mor amrywiol â darpariaeth iechyd meddwl i ofal lliniarol
- Mae ffisiotherapyddion a'u cydweithwyr yn 'alluogwyr', arloeswyr ac yn ddatrys-wyr problemau

Gwerth am arian

- Rhaglen cefnogaeth alwedigaethol a therapi'r Post Brenhinol - sy'n cynnwys ffisiotherapi - **£5 yn ôl** am bob **£1 a fuddsoddiwyd**
- Yn Lloegr, torrodd Ymddiriedolaeth Sylfaen GIG ei chyfradd salwch hirdymor gan fwy na **40%**

- drwy ymyriad cynnar gyda ffisiotherapi a seicotherapi - gan arbed **£100,000** y flwyddyn
- Yng Nghymru, canfu astudiaeth o gleifion COPD bod traean yn llai o dderbyniadau i ysbty, gan haneru arosiadau ysbty a llai o ymweliadau cartref meddygon teulu lle mae adferiad ysgyfeiniol ar gael. Mae mynediad i wasanaethau o'r fath yn torri cyfraddau aildderbyn o **33%** i **7%**.
- Canfu dadansoddiad o hunangyfeiriad yr Alban i'r system ffisiotherapi fod cost gyfartalog pennod o ofal yn **£66.31** ar gyfer hunangyfeiriad,

Risgiau: Gall mynediad annigol i wasanaethau ffisiotherapi arwain at ganlyniadau gwaelach i gleifion a chostau uwch i'r gwasanaeth iechyd gwladol

- Oedi wrth drosglwyddo gofal ac arosiadau mwy fel mewnglaf mewn ysbty
- Adferiad arafach i gleifion
- Diffyg cefnogaeth i gynnal annibyniaeth



£79.50 ar gyfer atgyfeiriad a awgrymwyd gan feddyg teulu a **£88.99** ar gyfer atgyfeiriad meddyg teulu. Yn gyffredinol, rhoddodd hunangyfeiriad yn yr Alban arbedion o fwy na **£2 filiwn** y flwyddyn.

- Yng Nghymru, canfu cynllun peilot ar gyfer rhyddhau yn gynnar gyda chymorth ar gyfer cleifion a gafodd strôc yr arbedwyd cyfan swm o **164** diwrnod gwely mewn cyfnod 6 mis.

Ffisiotherapi ar waith...

Rhoi gwerth ar gyfer y dyfodol

Mae ffisiotherapi yn broffesiwn blaengar a deinamig sy'n cefnogi iechyd a ffyniant ar bob cyfnod bywyd, ym mhob sector a gosodiad ac mewn partneriaeth gydag unigolion i optimeiddio eu gallu gweithredol ac ansawdd bywyd. Gall ffisiotherapi helpu i gyflawni gwir arbedion yng nghost gofal iechyd a rhoi manteision gwirioneddol i iechyd a ffyniant yr holl boblogaeth. Mae'n ymatebol i'r newid yn anghenion y boblogaeth ac mae'n datblygu ei ymarfer i ateb heriau a blaenoriaethau gofal iechyd newydd ac i drin anghydraddoldeb mewn iechyd.

Geilw'r CSP yng nghymru ar y llywodraeth i:

1. Sicrhau y caiff gwasanaethau ffisiotherapi eu cynnal yn ystod yr amserau economaidd anodd hyn.
2. Rhoi cefnogaeth i fusnes a diwydiant, yn arbennig fusnesau bach a chanolig, gan hyrwyddo mynediad i ffisiotherapi iechyd galwedigaethol llwybr cyflym i helpu i gadw pobl yn 'ffit i'r gwaith'.
3. Hyrwyddo hunangyfeirio at wasanaethau ffisiotherapi sy'n gwella mynediad a chanlyniadau i gleifion ac yn arbed amser ac arian i feddygon teulu.
4. Sicrhau y gall cleifion gyda COPD gael mynediad i adferiad ysgyfeiniol.
5. Sicrhau bod Byrddau Iechyd yn dat blygu gwasanaethau rhyddhau cynnar gyda chefnogaeth ar gyfer cleifion a gafodd strôc.