

THINK PHYSIO

act local

Implementing the NHS Long Term Plan

Do you want to help physiotherapy to be a major part of the future of the NHS? The Long Term Plan (LTP), published early 2019 by NHS England, is hugely significant for you and your patients.

As healthcare decision makers in your area start developing plans and allocating resources for delivery, CSP members across the country have a golden opportunity to ensure physiotherapy is at the front and centre of their minds as they do.

Each Sustainability and Transformation Partnership (STP) will develop a local plan to address what's been set out in the LTP. You are vital to ensure that the potential for physio set out in the LTP is realised and acted upon in both the plans.

Across a range of conditions and in a number of settings, the LTP identifies physiotherapy and rehabilitation as critical to the delivery of quality patient care.

It also gives commitments on:

- Increasing the number of physios in primary care
- Rolling out first contact physiotherapists
- Increasing access to rehabilitation in many areas including cardiac, stroke, women's health, frailty and pulmonary conditions.

You can read a briefing and see other useful information on the LTP at:
www.csp.org.uk/nhs-plan-england

Time is of the essence

Local plans for 2018/19 are being developed now and need to be in place in every STP area by April. Then, local five year plans should be in place by the autumn. Alongside these will be plans for developing the workforce that is needed in order to deliver and realise the ambitions that are set out. It's vital we act now.

The CSP is taking action to highlight the contribution that physiotherapy staff can make to the development and delivery of the plans with STPs, but we need to work with you to maximise this important opportunity.

“In my view there has never been a better time for healthcare decision-makers to sit up and take notice of physiotherapists and what we can deliver for their patient population locally. In many ways we hold the key to care pathway transformation. We just need to show them what is possible, along with the evidence to support it and the courage and strength to see it through to reality.”

Jo Lishman, Chair of the CSP North West Regional Network and Business Manager for the Integrated MSK, Pain and Rheumatology Service (IMPRoS) in the Therapies and Orthotics Directorate for East Lancashire Hospitals Trust.

Find out the local picture

STPs are local groups of NHS organisations and local councils. There are 44 of them in England and they each work with a Local Workforce Action Board. Start by reading about your area's STP and start gathering information on what the local picture is.

You can find out more about STPs here:
www.england.nhs.uk/integratedcare/stps/view-stps/

You can find out more about Local Workforce Action Boards here:
www.hee.nhs.uk/our-work/local-workforce-action-boards

If you work for the NHS then your employer is part of the STP, you already know someone with a seat at the table! Get in touch with them and talk to them about what's being planned and how physiotherapy fits.

This is your chance to shape healthcare locally

We're looking for your support in explaining to decision makers in your area how the potential for physiotherapy highlighted in the LTP can be realised and how you, and your colleagues can contribute in offering solutions.

Areas you might wish to focus on include:

- **Review** of rehabilitation opportunities in your area
- **Roll out** of MSK First Contact Physiotherapists (FCPs) in primary care
- **Development** of community hubs
- **Expansion** of pulmonary, cardio and stroke rehabilitation
- **Assessment of rehabilitation** needs for people living with and beyond cancer
- **Improved access** to post-natal physiotherapy as part of maternity MDTs
- **Early supported discharge** and diversion services within the acute sector.

Speak up for physiotherapy

There are lots of other ways that you can promote the importance of physio within local plans. Here are a few ideas and examples to inspire you:

Service leads and managers

- **Pitch** what your services can do to implement the LTP locally to lead commissioners
- **Organise** a session with senior managers on the offer your service can make to deliver the LTP locally
- **Directly** ask senior management what their plans are for LTP commitments. Offer to support implementation plans for physio services and signpost commissioners to the CSP for advice on implementation
- **Invite local decision makers** to visit your service and pitch for how you can develop in line with the LTP
- **Tell the CSP** what is happening locally.

Stewards

- **Raise the physio workforce** implications of the LTP through your staff side
- **Tell the CSP** what is happening locally

All CSP members

- **Keep your ear to the ground** and when you hear about meetings focused on service development and workforce in your area seek an invitation so that or your manager can attend
- **Follow your local STP and CCG** on Twitter and share CSP resources on FCP and rehab with them asking them what they will do to implement change
- **Attend any local public meetings** with decision-makers. Local commissioning/planning groups hold public meetings that allow time for public questions. Agendas are usually published a week before the meeting. Ideally send your question in advance to stand the best chance of a thorough response. Why not ask a question about a local community hub's physio provision?
- **Join your local Patient Participation Group** to have an impact in your local GP practice and gain access to local decision makers. Put pulmonary, cardio and stroke rehabilitation on the table for discussion
- **Other opportunities** to meet with decision-makers and key stakeholders include local patient bodies. These groups welcome health professionals to attend meetings and present on a specific topic. This is a great way to engage with patients to raise the profile of physiotherapy and empower them to influence their own healthcare
- **Go to an MP Surgery** or write to your MP and share CSP resources and promote the importance of physio to deliver the LTP. Invite the MP to follow up with a service visit to meet patients and see how impactful physio is and ask them to contact the STP to ask how they intend to deliver on the rehab and first contact physio commitments locally.
- **Initiate meetings with patient groups** and discuss the assessment of rehabilitation needs for people living with and beyond cancer.

The CSP – we've got your back!

The CSP is here to support you.
Email: cre@csp.org.uk
or call: **020 7306 6621/6616**
to gain access to assistance including:

Our dedicated team of experienced physio managers to support implementation of first contact roles and provide background knowledge and information on the provision of community rehabilitation services. The team is well placed to help members and stakeholders e.g. commissioners.

A team of professional advisers to advise on service development issues as well as discuss opportunities in your local STP. Workplace stewards can advise members on organisation change, who are in turn supported by CSP Senior Negotiating Officers.

A campaigns and regional engagement team to advise on promoting physiotherapy locally and campaigning where local decision makers are not implementing the Long Term Plan commitments.

Helpful resources

The CSP also offer resources on a range of topics to help you.

You can read a summary of what is in the LTP and see other useful information to assist with implementation of the opportunities for physiotherapy at
www.csp.org.uk/nhs-plan-england

You can also:

- Find out more about first contact physiotherapy at: www.csp.org.uk/primarycare
- Join the First Contact Physiotherapy iCSP forum at: www.csp.org.uk/icsp/fcp for the latest FCP news, resources, events and discussion
- View and share four first contact physiotherapy videos produced by HEE at: <http://bit.ly/FCPfilms>
- Access the Innovations in Physiotherapy Database: www.csp.org.uk/professional-clinical/improvement-and-innovation/innovations-database
- Review the hip sprint data at: www.csp.org.uk/hip-fracture-rehabilitation-physiotherapy-practice
- Review workforce development information www.csp.org.uk/workforce-policy
- Discuss the opportunities from the LTP in your professional network.

You can read your Local Health Authority Health Profile here: <https://fingertips.phe.org.uk/profile/health-profiles>

You may also find it helpful to review the health and social care landscape tool which provides links to all key official health and social care statistics in a central place. It's available here: <https://gss.civilservice.gov.uk/hc-statistics-landscape/>

Additional resources and tools are being developed to assist your LTP activity. They will be available at: www.csp.org.uk/nhs-plan-england