

JOB DESCRIPTION

Senior Exercise Therapist

Hours:	As per contract. Basis of zero hours.
Contract:	Zero hours basis
Location:	Wendover, Buckinghamshire
Reports to:	Clinical Lead / Business Manager
Accountable to:	Chief Executive and trustees
Line Manages:	Nil
Internal Relationships:	Senior Leadership Team, Trustees, Clinical staff, Oxygen Treatment volunteers, staff colleagues, patients and visitors etc.
External Relationships:	A range of professionals across all disciplines

Job Purpose

The Exercise Therapist will:

- Co-ordinate and lead on the provision of exercise interventions as part of the exercise programme for people attending Oakwood Wellbeing
- To educate and motivate patients to adopt and maintain healthier lifestyles.
- To work in collaboration with other members of the clinical team, communicating effectively.
- To lead on specific quality improvement/service development projects as required.

Duties and Responsibilities

The Exercise Therapist will be responsible for the following tasks and activities:

- To provide a programme of Centre based exercise activities. This will include leading on the development and facilitation of exercise interventions.
- To assess patients' suitability for exercise, adhering to guidelines.
- To discuss concerns around any identified medical contraindications to exercise with colleagues.

- To tailor members' activity and exercise programmes to their individual needs, taking personal interests and any possible limitations into account.
- To be aware of patient history/background/culture/risk and take this into account when designing personalised exercise programmes.
- To promote and support individual choice and maximum independence, respecting patients' beliefs and ensuring privacy and dignity.
- To be familiar with medication and the possible side effects when planning /designing/delivering exercise programmes.
- To check fitness equipment before using to a satisfactory level in line with health and safety standards.
- To continually evaluate patients progress, exercise programmes and risk assessments as their needs change, making timely alterations to exercise programmes accordingly.
- To assess and manage risk effectively within clinical areas ensuring a safe environment in which to exercise.
- To be able to manage challenging behaviour and set clear boundaries within a exercise setting.
- To educate patients on Healthy Lifestyle – regular exercise.
- To be able to successfully organise & manage a busy caseload. Manage own caseload without direct supervision.

Personal Development (Oakwood part time staff will participate in a modified program)

- To actively participate in an annual performance review (appraisal) and the development and implementation of a personal development plan.
- To take responsibility for own professional development ensuring mandatory training is in date.
- To attend any training as requested.
- To maintain qualification sufficient to permit Level 3 REPS registration

Code of Conduct

- To support the organisation in developing an effective work/life balance for employees that meets the needs of the organisation.
- To ensure that the health and wellbeing of patients is at the centre of all activities and that all staff engage and communicate with patients as appropriate.
- To always promote quality and safety of patients, visitors and staff.
- To follow the Centre's code of conduct
- To display actions and behaviours that represent the Centre values

Equal Opportunities/Diversity

- To be aware of the legislation around equality and diversity and provide equality of treatment and opportunity to employee's, service users and service providers irrespective of sex, sexuality, age, marital status, ethnic origin or disability.

Health & Safety

- To take responsibility for the health & safety of themselves and other persons who may be affected by their omissions or actions at work.
- To co-operate with the organisation to ensure that statutory and departmental regulations are adhered to.
- Report accidents, incidents and near misses, implementing corrective action where necessary.

Infection Control and Hand Hygiene

- To comply with policies for infection control and prevention such as hand hygiene, decontamination policy, uniform and workwear code and standard precautions policy to reduce the spread of healthcare-associated infections (HCAIs).

Confidentiality and Data Security

- To comply with GDPR 2018, the Data Protection Act 1998, NHS Confidentiality guidelines (e.g. Caldicott, GMC.) and any code of practice on Confidentiality and Data Protection, as accepted by the organisation.
- To ensure that all information collected, stored and used is done so in compliance with the above Acts and any relevant Policy.
- To preserve the confidentiality of any information regarding patients, staff records in your area (in connection with their employment) and the organisations business. This obligation shall continue in perpetuity.
- To raise any matters of concern with the Head of Clinical Services.

Safeguarding

- To recognise that promoting the welfare and safeguarding children, young people and adults is everyone's business and access training and supervision as appropriate to the role.
- To support the organisation in ensuring service users are protected from abuse, or the risk of abuse and their human rights are respected and upheld.
- To ensure any safeguarding concerns are reported promptly to the named Safeguarding Lead.
- To comply with recruitment and other checks as requested by the organisation including undertaking an Enhanced Disclosure via the Criminal Records Bureau.

Other

- To be aware of and work in line with all policies and procedures.
- To carry out any other tasks as reasonably directed.
- All staff and volunteers at the Chilterns MS Centre /Oakwood Wellbeing agree to adhere to the Charity's Code of Conduct.

This job description should be regarded only as guidance to the duties required and is not definitive or restrictive in any way. It may be reviewed in the light of changing circumstances following consultation with the post holder.

Signed.....
(Post holder)

Signed
(Manager)

Date.....