

JOB DESCRIPTION

Exercise Therapist (MS)

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| Salary: | Band 4 |
| Hours: | 30 hours per week |
| Location: | The Chilterns MS Centre (CMSC) Wendover, Buckinghamshire |
| Reports to: | Deputy Head of Integrated Clinical Services |
| Responsible to: | Head of Integrated Clinical Services The Chief Operating Officer and Trustees |
| Relationships with: | Senior leadership Team, Clinical staff, Reception, volunteers, staff colleagues, members and visitors. |

Role outline

The Chilterns MS Centre is a healthcare setting providing outpatient treatment, support and advice to local people with Multiple Sclerosis (MS). The role of the post holder is to plan and deliver a range of specialist exercise classes and sessions (individual/small group; virtual or face to face) suitable for people with MS (and other long-term neurological conditions). These will be graded according to the complexity of the participant's condition and levels of ability. The post holder will work autonomously and will be responsible for all aspects of the delivery of the exercise/physical activity programme.

Programme delivery will be mainly within the MS Centre, but may include community venues and possibly member's homes.

The aim of the new programme is to empower people with long-term neurological conditions to participate in exercise/physical activity thereby promoting their physical and psychological wellbeing.

Each person participating in the programme will have been referred by a healthcare professional.

Duties and responsibilities

- Development, promotion and delivery of virtual and face to face exercise and physical activity sessions to individuals with MS and other long-term neurological conditions.
- Ensure all sessions are delivered at an appropriate ability level and high-level safety suitable to the group being taught, being mindful of individual needs and requirements.
- Track attendance and be responsible for all clients attending the sessions.
- Support continuous monitoring and assessment of services and individual clients.
- To manage and prioritise own workload
- To be responsible for maintenance of accurate written records, in line with Centre standards.
- Being a key part of the team focused on maximising attendance and adherence to services being offered. Ensuring attendance levels are maintained at or above agreed levels.
- Liaise any concerns regarding medical contraindications to exercise with a physiotherapist.
- Educate members on the benefits of adopting a healthy lifestyle.
- Communicate effectively with members, family members and carers to maximise treatment potential and ensure understanding of treatment interventions.
- To provide supervision, training and guidance for volunteers
- Help maintain clinical database.
- Ensure all equipment is maintained serviced to correct standards informing the facilities team of any issues.
- When necessary produce information for the purpose of reporting both internally and also to various relevant external agencies (i.e. CCG's and Local Authority).
- Attend meetings as required.

Personal Development

- Ensure that all necessary qualifications for the post are up to date.
- Ensure continuous professional development.
- 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 professional standards are maintained and statutory and mandatory training is in date.

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 members is at the centre of all activities and that all staff engage and communicate with members as appropriate.
- To adhere to the CMSC Code of Conduct
- To always promote quality and safety of patients, visitors and staff.

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.
- This post will be offered subject to the receipt of satisfactory references and a standard Disclosure and Barring Service full (DBS) check.

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 hand hygiene 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 fully with the duties and responsibilities outlined in the Information Governance leaflet.
- To comply with the GDPR, 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.

Person Specification

| Skills & Knowledge | |
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| Excellent verbal and written communication skills | E |
| Ability to empathise with people facing difficult situations. | E |
| Ability to motivate and influence others in their health choices. | E |
| Able to nurture and maintain relationships with individuals. | E |
| Ability to work as part of a team as well as on own initiative. | E |
| IT Literate | E |

| Qualifications & Training | |
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| Exercise related Qualifications | E |
| Good understanding of the barriers to exercise and effective strategies to support behaviour change. | E |
| Excellent knowledge and understanding of physiological and psychological impact of disease on physical activity, and related models. | E |
| Health Promotions or equivalent qualifications | D |
| Excellent knowledge of health and fitness industry. | E |
| Understanding of safeguarding procedures. | E |

| Experience | |
|--|---|
| Working in a Healthcare or Health & Fitness setting (ideally in Health Promotions or Exercise Referral position) | E |
| Worked with people with disabilities | E |
| Exercise Prescription | D |
| Completing Health Screening and Assessments | E |
| Exercise delivery using virtual / online platforms | D |
| Working with Volunteers | D |
| Working in a charitable organisation | D |

| Personal Qualities | |
|---|---|
| Ability to work as team member and lead a team | E |
| Approachable and a good listener | E |
| Passionate about Health, Fitness and Helping People | E |
| Empathetic | E |
| Reliable | E |
| Flexible | E |
| Ability to deal with challenging behaviour | E |
| Awareness of self – strengths and weaknesses | E |
| Ability to motivate self and others | E |
| Good attendance record | E |
| Good sense of humour | E |

Other

Passes DBS Check

E

Flexible/adaptable to changing working patterns (work will include weekends and possibly evenings)

E