

Neighbourhood Team Physiotherapist

Monday (8am-4pm)

8am: MDT huddle – check if OTs Ok.

10am: Supported Discharge Assessment: Patient home from community care bed at 10, post #NOF rehab and support with ADLs.

12.30pm: Lunch

1.30pm: MDT handover: Inform nurses of patient's wound.

2pm: – Joint visit with OT to review moving and handling.

– Progress patient doing OTAGO exercises.

Notes: Dhone hospital physio about admitted patient.

Tuesday (8am-4pm)

8am: MDT huddle.

8.30am: 1-1 with Therapy Lead.

9.30am: Triage of new referrals.

12pm: Review patient with Parkinson's disease after fall yesterday.

1pm: Lunch

1.30pm: MDT handover.

2pm: Assessment from waiting list, referral from GP concerned about reducing mobility and falls risk.

3pm: Joint visit with Community Matron as patient deteriorating, needs admitting to Virtual Frailty ward.

Notes: Request weekend off for birthday weekend away.

Wednesday

Day off as working weekend.

Thursday (8am-4pm)

8am: MDT huddle – discuss rapid cover as someone off sick.

8.30am: 1-1 with Therapy Assistant Practitioner.

9.30am: Deliver training on walking aids to Therapy Assistant Practitioners.

1pm: Lunch

1.30pm: MDT handover

2pm: Assessment from waiting list to progress mobility post extended hospital stay with Covid 19.

Notes: Call back social worker about patient needing homecare package.

This week

Friday (10am-6pm)

Covering Rapid Response referrals today

10am: New assessment, patient referred by GP, has UTI and has fallen 3 times in last two days, now struggling to get off sofa and bed. On Virtual Frailty ward, needs physio assessment too.

1pm: Lunch

1.30pm: MDT handover.

2pm: Review – stick has been delivered, need to assess with this.

3pm: Patient struggling with stairs and transfers due to back pain.

4pm: Rapid Response patient on floor. Needs lifting equipment to help up.

Notes: Send task to admin to refer patient to Neighbourhood Network for befriending/lunch clubs.

Saturday (8am-4pm)

8am: Cover Rapid Response referrals and triage.

9.30am: Rapid Response patient found on floor by nurse.

1.30pm: MDT handover.

2pm: Check how #NOF patient from Monday getting on? reduce visits.

3pm: Support with cervical collar pad change and skin check with Nurse.

Notes: Start writing up audit on outcome measure use.

Sunday (8am-4pm)

8am: Cover Rapid Response referrals and triage.

10am: Review fall patient from yesterday.

11.30am: Review Rapid patient from Friday, equipment now delivered.

1.30pm: MDT handover

2pm: Rapid Response patient fell last night, attended A&E, # left humerus, now home but struggling with transfers and ADLs.

Notes: Book onto balance training day now funding approved.

Monday

Day off as worked weekend.