

North Bristol NHS Trust

Physiotherapy Specialities and  
Department Information for Frenchay  
and Southmead sites

Southmead and Frenchay Hospitals  
Physiotherapy Department  
Westbury on Trym  
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# Neurosciences (Frenchay)

## Introduction

- This is a well-established team covering 4 neurosurgical wards at Frenchay Hospital.
- There are a diverse range of patients with acute needs, early rehabilitation needs and discharge planning, they may present pre and post op with spinal problems, decreased mobility, neurological deficits, respiratory problems including tracheotomy's and spasticity management needs.
- We have staff with senior expertise in the areas of head injury, spinal injury and the Bobath Concept.

## Staffing Structure

- 1 x Senior I -
- 2 x Senior II - 1 full time Neurosurgery  
1 0.5 Neurosurgery & 0.5 Neuro outpatients.
- 1 x Junior

Junior and Senior 2 posts are rotational

## Location and Wards

- Ward 2 - 16 male beds neurosurgical
- Ward 3 - 18 female beds including level 1 - Neuro high dependency beds
- Ward 4 - 18 female beds neurosurgical
- Ward 5 - 18 beds including level 1 - Neuro high dependency beds

## Facilities for Treatment/Staff

Many patient treatments are undertaken on the wards, we have a Neuro gym, where in patients can be treated, with equipment including Tilt Table, Standing frame, Treadmill with de-weighting system.

## Typical conditions treated

- Brain tumours
- Post Biopsy and craniotomies
- Sub arachnoid haemorrhages
- Acute spinal injury
- Microdiscectomy, Laminectomy, Discitis
- Anterior cervical decompression
- Spinal tumours
- Cord compression
- Acute head injury and Sub dural haemorrhages

# Neurology Outpatients (Frenchay)

## Introduction

■ This is a hospital-based service of neurophysiotherapists solely dedicated to assessing and treating patients with acute neurological problems as well as longer-term neurological problems requiring rehabilitation.

■ This service is open to anyone over 16 years of age living within the Frenchay catchment area who require input from the specialist neurophysiotherapy team to treat impairment and gain good quality of movement as a precursor to attaining functional goals.

■ Consultant and GP referrals are accepted as well as other agency referrals with GP approval. Physiotherapists within other teams within the trust may also transfer patients.

■ This service is appropriate for patients presenting with problems of gait and balance, tonal and postural disturbance, decrease or loss of function due to a neurological problem.

## Staffing

1 x Superintendent/Team leader - (2 sessions a week)

1 x Senior II - (part-time combined with neurosurgery, rotational post)

## Location and Wards

Based in the physiotherapy department in the department of neurology.

## Facilities for Treatment/Staff

We share the neurophysiotherapy gym with the neurology and neuroscience team and have equipment including tilt Table, standing frames, treadmill with de-weighting system. We have access to a separate room for subjective assessments and when privacy is required. We also share the office with the neurology physiotherapists and occupational therapists.

## Typical Conditions Treated

Multiple Sclerosis

Parkinson's Disease

CVA

Spinal cord injury

Sub arachnoid haemorrhages

Guillain Barre Syndrome and other polyneuropathies

# Acute Medical Physiotherapy Service (Frenchay)

## Introduction

- Provides physiotherapy assessment and treatment service to patients with a variety of acute medical problems.
- Physiotherapists work as part of the MDT attending team and family meetings.
- We form part of the discharge process working with other professionals to provide a team approach to the patients care.

## Staffing

- 1 x Senior I -
- 2 x senior II (Rotational - 1 x Neurology bias and 1x Respiratory bias)
- 1 x Junior (4 month rotation)
- 3 x Assistants (15, 18 and 21 hours)

## Location and Wards

The wards covered by the team are:

- 1 Acute Medical/Respiratory (Male)
- 23 Acute medical/Cardiology (Male)
- 103 Coronary Care Unit/Acute Cardiology
- 105 Medical Admissions Unit (Acute respiratory & Neuro Patients)
- 106 Acute Stroke Unit
- 107 Acute medical
- Other Any patients with a newly diagnosed neurological condition on any of the other wards.

## Facilities for Treatment/Staff

A room on ward 106 can be used to treat patients and we occasionally use the rehab room on ward 203, otherwise most treatments are ward based.

## Typical Conditions

- Stroke
- Brain Injury
- Dementia
- Parkinson's disease
- Acute chest infections
- Pneumonia
- Conditions affecting mobility

# LEEP and ARAS (Frenchay)

## Introduction

■ The post is split into 2 equal parts; physiotherapy leads for the lung exercise and education programme (LEEP) and the acute respiratory assessment service (ARAS).

■ LEEP is an 8-week pulmonary rehabilitation programme that includes exercise programme, education and social support. Patients attend twice weekly with full assessments before and after the programme to measure improvements.

■ ARAS is a supported early discharge scheme for COPD patients who have been in hospital for less than 72 hours with an uncomplicated exacerbation of COPD. It is physiotherapy and nurse led and patients are referred by the ward staff.

## Staffing

### LEEP

2 x Senior I (part time - total 18 hours)

1 x Senior II - (6 hours to help with LEEP programme)

1 x physiotherapy assistant - (3 hours with LEEP graduate exercise class)

1 x Technical instructor III - (3 hours with LEEP graduate exercise class)

### ARAS

Senior 1 - (18 hours)

# Neurology (Frenchay)

## Introduction

■ Patients are admitted for investigation and diagnosis - they may require physiotherapy for their presenting neurological signs and symptoms particularly if these are affecting their functional abilities.

■ Senior I Physiotherapist has expertise in MS and progressive neurological disease and a wide background of experience with expertise in the motor science field of Neuro Physiotherapy.

■ All staff are key members of the inter-disciplinary teams, linking closely with occupational therapists, specialist nurses, particularly M.S. nurses. Physiotherapy share's its office space with our OT colleagues, which provides a good base and focus for the team.

## Staffing

1 x Senior I -

1 x Senior II - Rotational post

1 X Physiotherapy assistant (0.5 WTE)

## Location and Wards

Ward 18 - 16 beds acute male neurology

Ward 19 - 16 beds acute female neurology

## Facilities for Treatment/Staff

We have a Neuro gym where in and outpatients can be treated and have equipment including Tilt Table, Standing Frame, Treadmill and dewatering system. There is computer access and a good resource room with articles and books relevant to this area.

## Typical Conditions Treated

Multiple Sclerosis

Guillain Barre Syndrome and other polyneuropathies

Transverse myelitis

Encephalitis/Meningitis

Parkinson's disease

Motor Neurone Disease

# Frenchay brain injury rehabilitation centre

## Introduction

■ Patients are admitted from the neurosurgery and neurology wards at Frenchay as well as hospitals and rehab units external to North Bristol Trust.

■ The unit admits a wide variety of brain-injured patients, including those with challenging behaviour. It is licensed to hold patients sectioned under the Mental Health Act.

■ FBIRC is a Private Finance Initiative - that is, it is an NHS service but run by a private healthcare company. Patients are funded by their PCT during their stay.

## Staffing

The physiotherapy service comprises one full time senior I and one full time senior II physiotherapist (both employed by the private healthcare company). In addition there is a rotational senior II physiotherapist from NBT. At any one time there is also a full time Rehabilitation Technician working with the physiotherapists - this post is rotational.

## Location and Wards

FBIRC is an inpatient rehab unit on Frenchay site for patients with traumatic and acquired brain injury.

## Facilities for Treatment/Staff

Facilities at the unit include a gym/treatment area and a hydrotherapy pool. There is a lot of scope for incorporating community physical activities into patient's treatment plans, i.e. assisting them to return to e.g. swimming, golf, use of a gym.

Whilst on rotation at FBIRC the senior II gets formal and informal training and supervision from the senior I as well as continuing to be able to access in-service training within the main Physio department at NBT. There is also the opportunity to be clinical educator to students on placement at FBIRC.

## Typical Conditions Treated

Acquired and Traumatic Brain Injury  
Encephalitis

# Burns and Plastics (Frenchay)

## Introduction

- Service covers adult in-patient burns and plastics
- Burn patients include the need for respiratory input, early exercise and mobility with more intense rehabilitation for the larger burns.
- A scar management service jointly run by the Physio and OT is also offered. This is regional and therapists across the South West liaise to facilitate discharge and physiotherapy follow-up.

## Staffing

1 x Senior I -  
1 x senior II (rotational)

## Location and Wards

104      22 beds  
204      28 beds

Also covers the breast care class, therapy led scar management service and support to ITU, HDU and paediatric therapists dealing with burns and plastics.

## Facilities for Treatment/staff

The majority of treatments are ward based however some treatments take place in the rehabilitation room on ward 203.

## Typical conditions treated

Variety of surgery for:

Head and neck cancer  
Skin cancer  
Various reconstructive interventions  
Lower limb trauma  
Multiple trauma  
Burns  
Breast surgery

# Trauma and Orthopaedics (Frenchay)

## Introduction

- Frenchay is a specialist centre for patients who have had pelvic fractures and patients requiring spinal surgery either following an accident or as a pre-planned (elective) admission. Patients are therefore often admitted from outside Bristol.
- Frenchay hospital is a specialist centre for pelvic and acetabular surgery for the region with patients transferred from Dorset, Somerset, North Devon and Gloucester.
- Spinal trauma and elective spinal cases are also admitted to Frenchay for surgery.
- Close links with Orthopaedic consultants and their teams (of which there are currently 12). A recently appointed spinal consultant covers services at Weston.

## Staffing Structure

Superintendent III

2 x Senior II (full time - rotational)

1 x Senior II (0.5 WTE)

1 x Junior

1 x Tech III (20 hours)

1 x Tech III (Jo share WTE)

The full time junior and senior II posts are rotational.

## Location and Wards

Ward 201 - 28 beds

Ward 202 - 29 beds

Ward 30 - 22 beds (orthopaedic rehabilitation)

Also cover day case unit and other “outlying” medical and surgical wards if the trauma wards are full.

Children on the Barbara Russell Unit are seen by the Orthopaedic team at the weekend.

## Facilities for treatment/Staff

Patient treatments are undertaken on the wards. We also have access to the rehabilitation room on ward 203.

## Typical conditions

All adults who have fractures or muscle and tendon injuries as a result of trauma e.g. fall, sporting injury or road accident.

# Acute Rehabilitation Team (Frenchay)

Our Acute Rehabilitation Team and Service represents some pioneering work in the areas of Frenchay Medical Admission Unit and three Short Stay Wards. We aim to keep the average stay of older people, as short as possible and effect the best discharge with or without community support. We also offer some rehabilitation input to longer stay facilities including to an acute gastro-enterology ward.

Our team comprises a Team Leader, a senior physiotherapist, a junior, a Tech III and an assistant. The senior and junior posts are rotating.

We cover Wards 105, 15,12,13, and 206 with an historical link to LEEP. We have a very close relationship the Day Hospital and Ward 20, and liase closely with REACT. We share the 203 Rehab Room with other teams; our staff base is in the main department at Frenchay.

Typically, we are working with acutely unwell older people who can benefit from a simple discharge; typically back to the care of their families or with a restart to social care package. These people may require stabilising medically and usually have a stay of 2 - 3 days. Further to this we may support a stay of 3 - 5 days and inevitably, help with more complex discharge needs. Stays of up to 7 days are not unusual and we are developing assessment, decision making and discharge planning skills. We are always involved in the multidisciplinary team approach, and remain committed to values described in the NSF for Older People.

As a team we enjoy learning opportunities that are shared with the Day Hospital Team as well as those that are specifically for our team alone. We have learning sessions with all staff members and then separately for qualified staff only. Shared sessions are monthly and qualified sessions twice a month, and we also participate in the department Clinical Governance programme.

Our objectives have a strong focus on rehabilitation, care for older people, discharge planning and sound decision making. This is founded in a good basic professional knowledge. Staff have opportunities to develop own ideas, take roles of responsibility and work in an area of health and social care, which is bridging out towards community services.

# Frenchay Day Hospital

Frenchay Day Hospital is situated within the grounds of Frenchay Hospital.

It is open on Monday, Tuesday, Wednesday, Thursday and Friday between the hours of 8.30am to 5.00pm. Patients can attend for the whole day (9.30am to 3.30pm), a half day (9.30am - 12 noon) or on a sessional basis. Ambulance transport is available, however family members or patients may find their own way.

The Day Hospital provides an out patient service for patients who require multi-disciplinary interventions. The majority being 65+ however younger patients may attend if appropriate.

In addition to the Day Hospital there is also work on Ward 20 (female medical ward), and the Macmillan Palliative Care Unit.

On alternate Tuesdays there is the Parkinson's Disease clinic, where the doctor, physiotherapists and occupational therapists provide a comprehensive assessment and ongoing treatment for patients with PD.

## Physiotherapy Staff

Sen I  
Junior  
Tech III

## Typical Conditions Treated

Multiple pathologies  
Falls patients  
Parkinson's disease  
Stroke Patients (mid > late stages)

# Head Injury Therapy Unit (Frenchay)

## Introduction

- We are a small outpatient and community unit within the Frenchay Hospital site and work with people who have experienced a brain injury and with their families.
- HITU offers a multi-disciplinary service including neuropsychiatry, neuropsychology, physiotherapy, occupational therapy, speech and language therapy, and social work input and have a consultant in rehabilitation medicine.
- We work in 11-week blocks with each client, called 'terms' and therapy goals are set each term in partnership with the client. These are then reviewed and further goals set. Clients remain working with us for anything up to a year, providing progress is being made.

## Staffing

There is one half time physiotherapist and one half time tech III physiotherapy assistant and our therapy aims are to help the client re-establish links within their own local community, e.g. return to use local gym and leisure facilities and assisting in their return to work if appropriate.

## Facilities for Treatment/Staff

HITU has a small physiotherapy gym and can access other physiotherapy areas within Frenchay Hospital. However as much as possible we work in domiciliary and community settings e.g.: local swimming pools, gyms, leisure centres etc.

As part of the general physiotherapy service at Frenchay, both the physiotherapist and the Physio tech can attend the weekly Neuro In service training sessions. The Physio tech also attends specific Physio assistant training sessions.

The HITU team have strong links with BIRU and participate in joint IST sessions.

As such a small unit, we are unable to offer either rotational or student placements. However we encourage junior members of staff to visit us for informal sessions during their time at Frenchay.

## Typical Conditions Treated

### Acquired and Traumatic Brain Injury

Priority is given to those having experienced a traumatic brain injury, but we also can see clients who have an acquired but non- progressive brain injury.

Clients are over 16 years of age and live in Bristol and the surrounding area. We do not tend to see people until at least three months after their injury.

# Community Paediatrics

## Introduction

- The Physiotherapy team offers assessment treatment and advice the children with neurological, developmental and neuromuscular conditions (aged 0th school leaving age) and their families.
- The physiotherapy service supports inclusion into mainstream schools with advice to education professionals on managing the child's physical needs and ensuring inclusion is successful.

## Staffing, Location and Wards

The service consists of 2 teams, one based at Claremont School/Westgate House servicing North Bristol and the other based at Frenchay Children centre servicing South Gloucestershire.

Children are seen in a variety of locations including schools (mainstream and special), nurseries, children's centre and the child's own home.

## Facilities for Treatment/Staff

Methods of Treatment include individual and group sessions, hydrotherapy, games and functional Activities. Working closely with Occupational Therapists, Speech and Language Therapists, Paediatricians etc, Along with other agencies including education, social services and the voluntary sector.

## Typical Conditions Treated

Neurological, developmental and neuromuscular conditions aged 0 to school leaving.

# Acute Paediatrics (Frenchay)

## Introduction

- All staff are based on the Barbara Russell Children's unit which is a 33-bedded unit for children aged from birth to 16 years.

## Staffing

- 1 x Senior I - (14 hours)
- 1 x Senior II - (18 hours)
- 1 x Senior II - (26 hours - rotational post)

## Location and wards

The unit comprises of a ward and clinic area and specialises in neurosciences, burns and plastics and orthopaedics.

The ward is divided into a range of single rooms, multiple bedded bays and playrooms to suit all children's care needs. The ward has a three-bedded HDU (High Dependency Unit) for those requiring closer monitoring. It is also responsible for staffing a two-bedded PACU onsite (Perioperative Acute Care Unit) for those with respiratory difficulties and very acute medical needs after an operation. If children need prolonged intensive care (beyond 48 hours) they will transfer from PACU to the Bristol Royal Children's Hospital in central Bristol.

The team of health care professionals working on the ward include:

- Nurses, nursery nurses, nursing assistants and nursing students
- Physiotherapists and physiotherapy students
- Occupational therapists
- Play specialists
- Teachers and teaching assistants
- Doctors

The following also visit:

- Speech and language therapists
- Specialist burns and plastics physiotherapists and occupational therapists
- Orthotists
- Pain specialist nurses

## Facilities for treatment/staff

We have a large OT/Physio treatment area with lots of specialist paediatric equipment.

## Typical conditions treated

Our caseload is extremely varied and includes:

- Neurosurgery
- Neurology
- Orthopaedics (Trauma and elective scoliosis corrections)
- Burns and plastics
- Acute post operative respiratory in PACU (Peri operative acute care unit) and HDU

# Musculoskeletal outpatients (Frenchay and Southmead)

## Introduction

The musculoskeletal outpatient physiotherapy service provides the assessment and clinical management of approximately 200 new patients a week.

Referrals from GP and Consultant sources produce a diverse range of clinical presentations

The professional development programme provides a flexible format addressing clinical governance issues, effective practice, case-discussion, audit, grade specific sessions and group base literature review.

The Musculoskeletal Outpatient Service promotes a challenging environment to continually address the most effective means of delivering physiotherapy care.

## Staffing structure

The service is staffed with clinicians across all grades and also maintains clinical links with extended scope practitioners

## Location and wards covered

The service is located across the Southmead and Frenchay sites

## Facilities

Treatment areas, gymnasiums and a hydrotherapy pool.

## Typical treatments

The musculoskeletal outpatient service provides a broad range of treatments. This range covers advice and self-management approaches, specific treatment interventions and exercise classes. Liaison with other services such as a Pain Management Programme and local sport centres help to facilitate the most appropriate management strategies for patients.

# Women's Health Team (Southmead)

## Introduction

This is a small busy team covering out patients, in patients and community antenatal classes. The team works mainly at Southmead with clinics at Cossham, Clevedon and Thornbury Hospitals.

The team is involved in training students from UWE and has a comprehensive CPD programme

## Antenatal Classes

We cover 12 antenatal classes held in the community from Southmead. Attending between 3-5 sessions in which we discuss back care, posture, relaxation and breathe awareness. We work closely with midwives and health visitors.

Three classes are held at Yate, Downend and Cossham but there are stand-alone classes at around 20 weeks gestation that concentrate on posture, back care and exercise.

## Obstetric and Gynaecology wards

These wards are at Southmead. The team visit every weekday morning and see patients who are post-operative or have had difficult deliveries.

Initial assessments of babies born with foot deformities are undertaken and a referral is made to the paediatric physiotherapy service as appropriate.

## Out Patients

A large number of obstetric patients with pelvic and back pain are seen. In addition assessment and treatment for both male and female incontinence is offered. There is a close working relationship between the women's health and the musculoskeletal out patient's team.

# Elective Orthopaedics (Southmead)

## Introduction

The Avon Orthopaedic Centre at Southmead Hospital is the regional specialist centre for Elective Orthopaedic patients serving the southwest

We currently have 28 Consultants working within the department with a variety of specialties within Orthopaedics

The Orthopaedic Physiotherapy team work as part of the multi-disciplinary team, with close links to Consultant teams, Occupational Therapy, Nursing staff, Orthotists, and Social Workers.

We provide a 7-day service 365 days of the year to ensure the best patient care.

## Staffing structure

The Orthopaedic Physiotherapy team is made up of 3 Senior I, 3 rotational Senior II, 1 rotational Juniors, 2 Technical Instructors and 1 Physiotherapy Assistant. Currently a Senior I is working as a part time Extended Scope Practitioner.

## Location and wards covered

The unit consists of 4 main wards each with between 21 and 28 beds (one ward is a 5 day unit), a 6-bed post operative HDU, a 12-bed rehabilitation ward and a day case unit.

## Facilities

In addition to ward based physiotherapy treatment we also offer hydrotherapy for inpatients and outpatients, and have access to gym based treatment in the main Physiotherapy department

## Typical treatments

Joint replacement surgery, ligament reconstructions, complex hip reconstruction, bone tumours, amputation, shoulder and upper limb surgery.

# Vascular surgery/ amputees & renal medicine (Southmead)

## Introduction

Inpatient assessment and treatment of patients with either respiratory or mobility problems

Outpatient amputee service for limb fitting

Strong MDT links and good learning opportunities

## Staffing structure

Physiotherapy manager (In-patients) Specialist amputee physiotherapist

Senior II - renal medicine (on in-patient senior II rotation) 8/12 rotation

Junior - medical/ surgical rehabilitation inc. amputees 4/12 rotation

Tech III assistant shared with respiratory teams

## Location and wards covered

F ward - elective vascular surgery conditions

Amputees on outlying wards

Regional renal unit

E ward and CCU - cardiology and coronary care

DSC (Disablement Services Centre) for limb fitting

## Typical treatments

Elective vascular surgery conditions inc. all lower limb amputees

Respiratory or mobility problems

Outpatient amputee service for patients unable to attend DSC (Disablement Services Centre) for limb fitting due to delayed wound healing

Complex renal patients requiring intensive rehabilitation

# Intensive Care and Surgery (Southmead)

## Introduction

The ICU is a 7 bedded unit including 2 high dependency beds. There is a mixture of surgical, medical and renal patients.

The surgical team cover 6 wards of general, urological and ENT patients.

We have close links with the medical respiratory team and have joint in service training sessions.

## Staffing

2x Part time senior I (1 WTE)

Senior II (rotational)

Junior x1

Tech III shared with vascular and medical respiratory services..

## Location and Wards covered

### ICU

J ward - general surgery elective

F ward - a/a

U ward- ENT surgery

L2 ward - urology

R ward - male urology

S ward - short stay surgical.

## Facilities

Shared use of stand aid, tilt table, IPPB and gym space.

Respiratory assessment and treatment of ICU/HDU patients

Rehabilitation of complex ICU patients

Prophylaxis and management of post-surgical upper abdominal surgical patients

Tracheostomy management and respiratory management of ENT patients.