

<b>HEALTH AND WELLBEING BOARD</b>		<b>AGENDA ITEM No. 4</b>
<b>5 DECEMBER 2016</b>		<b>PUBLIC REPORT</b>
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## HYDROTHERAPY

<b>R E C O M M E N D A T I O N S</b>	
<b>FROM: Jill Houghton, Director of Quality, Safety and Patient Experience.</b>	
The Health and Wellbeing Board are requested to note this report.	

### 1. ORIGIN OF REPORT

This report is submitted to the Board following a request from the Health and Wellbeing Board.

### 2. PURPOSE AND REASON FOR REPORT

The purpose of this report is to provide a response to the Health and Wellbeing Board's enquiry to develop a Hydrotherapy Clinical Policy. Hydrotherapy is the use of systematically applied exercise therapy in water.

### 3. BACKGROUND

- 3.1 The CCG's Clinical Policies Forum (CPF) provides clinical policy advice to the Cambridgeshire and Peterborough Clinical Executive Committee. The Clinical Executive Committee is a sub group of the CCG Governing Body. One of the main roles of the CPF is to regularly review and develop new evidenced based policies. The CCG notes that there is an inequity in service: in Cambridgeshire there is a Hydrotherapy service at Addenbrooke's Hospital and in Peterborough there is no service at Peterborough Hospital.
- 3.2 There is a hydrotherapy pool at Addenbrookes hospital (CUH). The CCG does not however directly commission a hydrotherapy service from CUH, access to aquatic therapy is through a dry land physiotherapy assessment at CUH. The CUH physiotherapist has the use of aquatic therapy available to them as an option because of the availability of the pool. Hydrotherapy is an add-on treatment to physiotherapy at CUH. It is not separately funded. It is funded through the contract for physiotherapy, not as a stand alone service.
- 3.3 There is a community pool in Peterborough where agreement had been made for its use, however, there was no routine service provision as there was no evidence-based clinical policy in place to support referrals to this service.
- 3.4 Self referral and self-funding is still an option at St George's and if a GP feels strongly that a patient would benefit clinically from hydrotherapy at St Georges through the NHS they can apply to the CCG for individual funding through exceptional cases. The GP would need to complete an exceptional cases form giving details of the individual circumstances of the patient and how they could benefit from hydrotherapy as opposed to land-based physiotherapy. Cases would be assessed on an individual basis by the exceptional cases panel. More information on exceptional cases can be found on our clinical policies website: <http://www.cambsphn.nhs.uk/CCPF/ExcptnalandIFR.aspx>

3.5 The CPF has been asked to review all of the evidence that is available in order for a clinical policy on Hydrotherapy to be developed. The next meeting of the CPF is 10 January 2017.

3.6 The CCG will report back to the Health and Wellbeing Board in March 2017.

#### **4. CONSULTATION**

As part of the CCG's Clinical Policies Forum policy development pathway, clinical policies are formally consulted upon with specialist clinicians as appropriate to a policy through the Medical Directors of each provider. The draft Hydrotherapy policy was consulted upon with specialist clinicians, MSK and community services in July 2015.

#### **5. ANTICIPATED OUTCOMES**

The Board is requested to note that the Clinical Policies Forum (CPF) will be asked to review the evidence for a Hydrotherapy Policy. The next available scheduled meeting on is on 10 January 2017.

The CCG will report back to the Health and Wellbeing Board in March 2017.

#### **6. REASONS FOR RECOMMENDATIONS**

This report is for information and noting.

#### **7. BACKGROUND DOCUMENTS**

Used to prepare this report, in accordance with the Local Government (Access to Information) Act 1985)

None.