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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Freedom of Information Act 2000 - Request Reference FoI/22/042
Hydrotherapy

Information Requested:

1. On behalf of which NHS Trust / Health Board are you responding?

Cardiff and Vale University Health Board

2. Does your Trust / Health Board have access to a hydrotherapy pool?

Yes

No

Not anymore

3. If you do have access are your hydrotherapy pools onsite or offsite? (Tick all that apply)

Onsite

Offsite (NHS Facility)

Offsite (Non NHS Facility)

4. Were all your hydrotherapy pools open prior to the COVID-19 pandemic?

Yes

No

5. If you do not have access to hydrotherapy pools, please tick all answers that apply to answer why that is.

Closed Due to COVID-19

Lack of funds

Insufficient space

No local pool available

Not enough adequately trained staff

Lack of appropriate local patient population

Other (please specify)

N/A

6. How many hydrotherapy pools exist on your NHS Trust / Board's estate? Include those closed prior to COVID-19.

3

7. What are your closed hydrotherapy pools / departments now used for? N/A





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REOPENING OF HYDROTHERAPY POOLS

8. Will all your hydrotherapy pools be re-opening?

Yes, they are already open – Children's Hospital of Wales (Dolphin) pool and University Hospital Llandough Specialist Rehabilitation pool

Yes, there are plans to reopen – University Hospital of Wales pool

No

Not sure / don't know

9. When are your hydrotherapy pools scheduled to re-open?

within 3 months

within 6 months

within 9 months

within 12 months

Other (please specify)

2 pools are currently open

1 pool remains closed and is scheduled to reopen 3 – 6 months depending on building works

10. If your hydrotherapy pools are not scheduled to reopen, why is that? (Please select all that apply)

Changing area capacity

staffing to clean

Access to pool

Staff still redeployed

other (please specify) N/A

11. If your hydrotherapy pools are not scheduled to reopen, has a full public consultation taken place?

Yes

No N/A

12. If your hydrotherapy pools are not scheduled to reopen has an equality impact assessment taken place?

Yes

No N/A





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OPERATING HYDROTHERAPY POOLS

13. If your hydrotherapy pools are open or scheduled to open is / will your aquatic physiotherapy (hydrotherapy) service capacity be reduced as a result of COVID-19?

Yes

No

Dolphin pool is currently operating at a reduced capacity for outpatients. During the pandemic the physiotherapy outpatient department located next to the pool was used for other clinical services. These currently remain and the 'land' physiotherapy paediatric outpatient service has been relocated off site impacting on capacity to offer outpatient hydrotherapy.

**14. What capacity are / will you be able to offer compared to pre pandemic?
Please enter a percentage (%).**

The Llandough Centre for Specialist Spinal and Neuro Rehabilitation 100%

University Hospital of Wales 0%

Dolphin pool, Children's Hospital for Wales Inpatients/Tertiary 100% Outpatient service 50%

15. Is / will your service be provided on a 1:1 basis?

Yes,

No we can take more than 1 patient in the pool at a time.

We provide a mix of group and 1:1 treatment sessions depending on the clinical need of the patients. In the specialist rehabilitation pool at Llandough, we frequently provide sessions with one patient and 2 staff in the pool

16. Is / will your service be provided with the therapist instructing from poolside

Yes,

No our therapist is able to treat from within the pool

Depending on the clinical needs of the patient, the therapist may be in or out of the pool.

17. Approximately how many sessions did you have access to your hydrotherapy pools on a weekly basis pre pandemic? (Where one session = one morning, afternoon or evening clinic)

The Llandough Centre for Specialist Spinal and Neuro Rehabilitation 10 sessions

University Hospital of Wales 10 sessions

Dolphin pool, Children's Hospital for Wales 10 sessions (shared across paediatric services with outpatients accessing 3 of these)





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18. Approximately how many sessions do you currently have access to your hydrotherapy pools on a weekly basis?

The Llandough Centre for Specialist Spinal and Neuro Rehabilitation 10 sessions

University Hospital of Wales 0 sessions

Dolphin pool, Children's Hospital for Wales 10 sessions (shared across paediatric services with outpatients accessing 2 of these)

19. Which services use your hydrotherapy pools?

Rheumatology

MSK

Orthopaedics

Neurology

Paediatrics

Other (please specify)

20. Are your hydrotherapy pools used by inpatient or outpatient services?

Inpatients only

Outpatients only

Both inpatients and outpatients

21. Prior to the pandemic did you provide out of hours access to your hydrotherapy pools to patient groups or private groups? e.g. NASS, Private Clinics (Please provide a list)

Yes

No

NASS

Aqua Well Being

22. Have these sessions restarted? (Please provide a list of those which have restarted)

Yes

No

23. Do you currently audit the use and effectiveness of aquatic physiotherapy (hydrotherapy)?

Yes

No





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Hydrotherapy is used as part of a package of rehabilitation and its effectiveness is currently measured on an individual basis

24. Please list outcome measures or tools used to audit the use and effectiveness of aquatic physiotherapy (hydrotherapy)?

See above – outcome measures used are variable and dependant on the individual's condition and personal goals.

