

School of Healthcare Sciences

Cardiff University

BSc (Hons) Physiotherapy Cohort 2018

HC3115 - Problem Solving Approach: Complex Care; Health Promotion and Illness Prevention; Ergonomics.

Written assignment (1500 words)

Submission date: 9th April 2020

Assessment title: *The developing role of physiotherapy in Health Promotion and illness prevention, a reflective account.*

Guidance:

There is increasing emphasis on the role of physiotherapy in health promotion and illness prevention, with the economic burden of ill health being felt by individuals, organisations and the healthcare providers.

This assignment is the chance to reflect on what you have witnessed on clinical placement, in relation to HP and IP, and place it in context of current practice and thoughts for the future.

You should include:

- An introduction to the developing role of physiotherapy in health promotion and illness prevention. Consider:
 - Background to the problem (health of the population)
 - What is HP and IP
 - Introduce the reflection component to the essay.

- The main body of the assignment should be a reflective account of placement experiences of a physiotherapist's role in health promotion and illness prevention.
 - What did you witness - +ve or -ve (-ve is not necessarily about criticising what was seen on a placement, but identifying where changes could be made to support HP/IP input, or to develop further where some elements exist).
 - When choosing which experiences to include, consider relevance to physio carefully, i.e. smoking cessation may be involved in some of the programmes physios are involved in, but it's not our area of expertise and so not a good choice of focus. Emphasis around physical activity would be the most likely option, but your choice as long as directly relevant to physiotherapy.
 - Could be a single experience or a combination, however if using more than one experience, it's better to stick within the same theme of HP.

- As with all assignments you must support your arguments with the relevant literature in that area. Keep it balanced not biased.
- This should not be a descriptive piece and so make sure you include analysis, synthesis and evaluation, in the context of the existing evidence.
- You can write in the first person for the reflective account.
- Within the assignment you may want to consider:
 - Government drivers you have witnessed in action, in relation to health promotion and illness prevention.
 - The implementation of campaigns by the Chartered Society of Physiotherapy that you may have witnessed.

NB - If you have not seen a specific 'named' intervention, then there will be components of HP/IP inputs that you have seen across placements or where you recognise missed opportunities. In the case of missed opportunities, you could discuss a campaign that may have been relevant to that situation and link to the literature.

- Conclusion - A brief consideration of the future of physiotherapy in health promotion and illness prevention.
 - Summarise the evidence that has been presented.
 - Evaluation of information to consider what this means to physiotherapists and how our practice may be shaped in the future, with regards to HP/IP.

Look at L6 Reflection Rubric for marking guidance.

Government papers

Black, C (2008), "Working for a healthier tomorrow", https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209782/hwwb-working-for-a-healthier-tomorrow.pdf

Personnel Today (2017), "Fit for Work service scrapped in workplace health policy overhaul", <https://www.personneltoday.com/hr/fit-work-service-scrapped-workplace-health-policy-overhaul/>

Personnel Today (2018), "Half of staff have experienced a mental health issue in their current role", <https://www.personneltoday.com/hr/half-mental-health-issue-current-role/>

Personnel Today (2019), "Half of office workers' health 'impaired' by their job", <https://www.personneltoday.com/hr/half-of-office-workers-health-impaired-by-their-job/>

Personnel Today (2018), "Stress is main workplace health concern, say seven in 10 union reps", <https://www.personneltoday.com/hr/stressmain-concern-seven-in-10-union-reps/>

Vitality (2018), "Britain's Healthiest Workplaces",
<https://www.vitality.co.uk/business/healthiest-workplace/findings/>

Taylor, M (2017), "Good work: the Taylor review of modern working practices",
<https://www.gov.uk/government/publications/good-work-the-taylor-review-of-modern-working-practices>

<https://www.csp.org.uk/frontline/article/2018-csp-priorities>

<https://www.csp.org.uk/news/2019-09-05-csp-backs-campaign-help-people-long-term-conditions-love-activity>

Hammig, Oliver (2017). Health and well-being at work: The key role of supervisor support, *SSM Popul Health*. 2017 Dec; 3: 393–402. Published online 2017 Apr, 9.doi: 10.1016/j.ssmph.2017.04.002 available online at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5769068/>

WHO (2017). Health promotion. [online] World Health Organization. Available at: http://www.who.int/topics/health_promotion/en/ [Accessed 1 Mar. 2017].

Goetzel, R. (2014). The Value of Workplace Health Promotion (Wellness) Programs. [Online] Health Affairs. Available at: <http://healthaffairs.org/blog/2014/12/22/the-value-of-workplace-health-promotion-wellness-programs/>

Journal

Lowe, A. et al. 2016. Physical activity promotion in physiotherapy practice: a systematic scoping review of a decade of literature. *British Journal of Sports Medicine*. [ONLINE] Available at: <http://bjsm.bmj.com/content/early/2016/12/21/bjsports-2016-096735>.