

Hydrotherapy Assessment Pathway

Instruction

An instruction is received from a solicitor for a hydrotherapy assessment, including a previous medical history, the capacity status of the client, and a summary of recent physiotherapy input if applicable. This instruction will be responded to within three working days, with potential dates for the pre-screening appointment.

Pre-screening Appointment (45 minutes)

A remote meeting with either the client or named person will take place, during which a pre-screening questionnaire will be completed to identify any contraindications or precautions that will need to be considered prior to the commencement of hydrotherapy. If any contraindications are identified, preventing the hydrotherapy assessment taking place, this will be explained at the meeting and a letter sent to the instructing solicitor within five working days.

If no contraindications are identified, informed consent for the hydrotherapy assessment will be sought. Consent will be sought either from the client if there are no identified issues with capacity, or following a best interest discussion with the named person.

Subjective outcome measures will be sent to the client or named person, to be returned one week before the pre-assessment. This will inform the pre-assessment and planning for the hydrotherapy intervention.

A letter will be sent to the client and instructing solicitor within five working days, confirming the outcome of the pre-screening appointment, including how informed consent was gained and any precautions which will be considered during the hydrotherapy intervention, with a potential date for the pre-assessment appointment.

Pre-Assessment (1 hour)

A pre-assessment is completed on land prior to the commencement of the hydrotherapy intervention. This includes a full assessment of the client, together with completion of specific subjective and objective outcome measures that are appropriate for the presentation of the client. Pre-intervention photographs and videos of the client's posture, mobility and functional movement will be recorded. A risk assessment and planning for how any identified precautions to hydrotherapy will be managed during the intervention will be completed. A treatment plan will be discussed and identified.

The length of the hydrotherapy intervention and the number of therapists required to facilitate it, will be recommended based upon the complexity of presentation and following discussion with the client or named person. Provision for the hydrotherapy intervention will be discussed. This information will be provided to the referrer in a letter within five working days.

Hydrotherapy Intervention

The hydrotherapy intervention will be provided by a treating therapist and x number of supporting therapists from either Neurological Physiotherapy at a hydrotherapy pool in the North West or a local provider to the client. All of these sessions will be on a one to one basis and up to 1 hour in length. A progressive course of sessions will be provided to maximise the potential benefit gained from this therapeutic environment. At the start of each session, subjective feedback will be gathered from the client or named person. Photographs and videos will be recorded throughout the hydrotherapy intervention.

A formal halfway remote contact meeting between the assessor and treating therapist will be planned, however contact details will be provided in the event that the treating therapist needs to liaise with the assessor following the initial sessions.

Post-Assessment (1 hour)

A post-assessment on land will be completed, with both the photographs and videos and identified outcome measures recorded in the pre-assessment to be repeated.

A comprehensive report will then be produced within fourteen working days of the post assessment, identifying if the hydrotherapy intervention has produced an improvement in presentation or if there has been no identified benefit. Future recommendations for hydrotherapy or exercise in a warm water setting will be made and the location of suitable pools will be identified.

Hydrotherapy Assessment Costings

Pre-screening appointment	£100.00
Pre-assessment	£130.00
Post-assessment	£130.00
Report writing	£260.00
Travel time (per hour)	£130.00
Mileage	£0.75 ppm

The costing of the hydrotherapy intervention will be determined by the number of sessions and provider. Per session should range from £120.00-£200.00 approximately.