Changing Lives

NHS
South London and Maudsley
NHS Foundation Trust

The FiND Programme: responding to COVID-19

Jennie Wilson

Neuropsychiatric Physiotherapist

jennifer.wilson2@slam.nhs.uk

NHS
South London and Maudsley
NHS Foundation Trust

Overview

1. An introduction to the FiND Programme
2. Responding to COVID-19: redeployment
3. Responding to COVID-19: release from redeployment and planning for teletherapy

FiND
Programme

NHS
South London and Maudsley
NHS Foundation Trust

An integrated physiotherapy and psychology/CBT led outpatient day programme situated at the Royal Bethlem Hospital in Beckenham, South London

The team:

- CBT Therapist (team lead)
- Physiotherapist
- Assistant Psychologist
- Rehabilitation Assistant
- Administrator
- Consultant Neuropsychiatrist (appended to the service)

FiND Programme

NHS
South London and Maudsley
NHS Foundation Trust

An intensive, individual and group based programme

Integrated Physiotherapy and Psychology/CBT psycho educational approach

Self-management skills taught and encouraged

09:30-16:00 2 days a week for 8 weeks

Two cohorts running simultaneously (Mon-Tues or Thurs-Fri)

Transportation and lunch provided

1 month and 3 month face-to-face follow-up

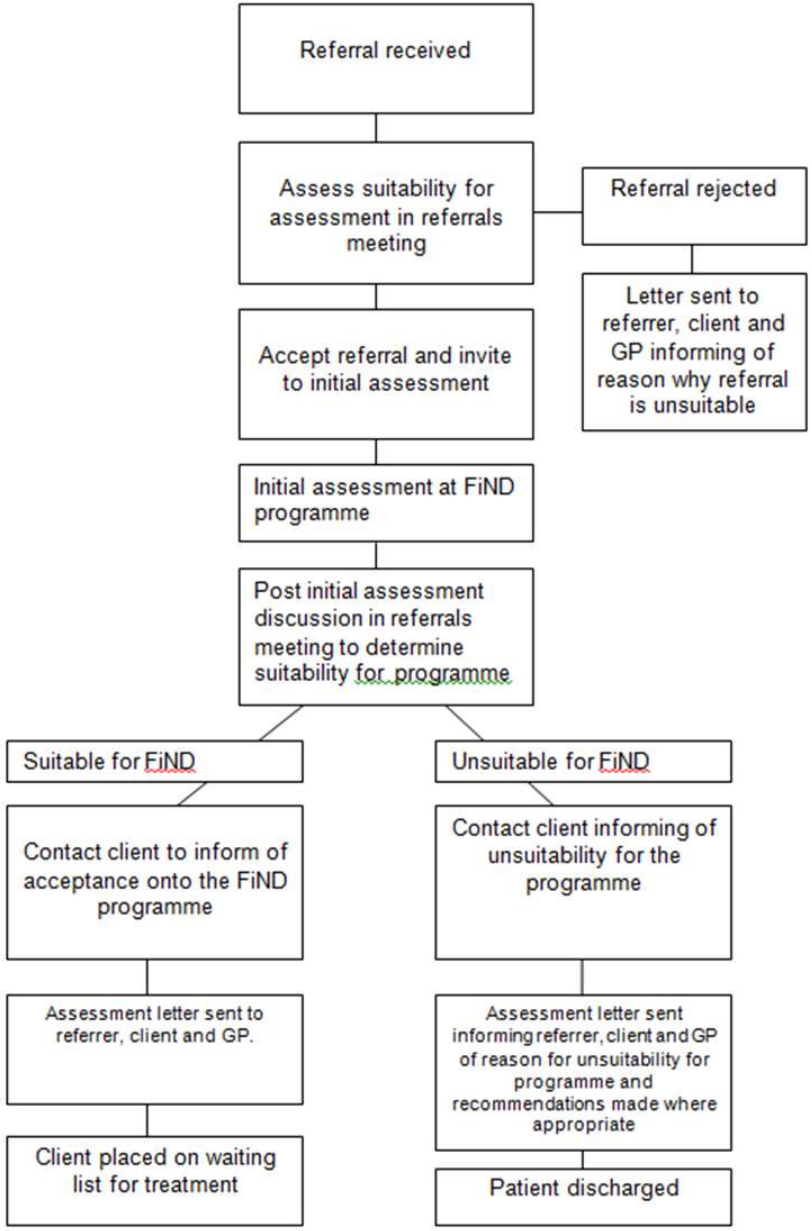
FiND
Programme

	Monday	Tuesday
0930- 1030	Patient A: CBT Patient B: PT Patient C: Self Management	Patient A: CBT Patient B: PT Patient C: Self Management
1045- 1145	Patient A: PT Patient B: Self Management Patient C: CBT	Patient A: PT Patient B: Self Management Patient C: CBT
1200-1300	Patient A: Self Management Patient B: CBT Patient C: PT	Patient A: Self Management Patient B: CBT Patient C: PT
1300-1345	Lunch	Lunch
1345-1400	Mindfulness	Mindfulness
1400-1500	Goal Setting Presentation	Physiotherapy Workshop
1500-1600	Alumni session	Community/ Reflections Meeting

NHS
South London and Maudsley
NHS Foundation Trust

The structure of a typical week

FiND
Programme



NHS
South London and Maudsley
NHS Foundation Trust

Programme Aims:

- To restore individuals to a higher level of functioning / pre-morbid levels of functioning
- Improving independence in activities of daily living and quality of life.
- Address the combined physical and psychological processes that contribute to FND.
- Empowering and equipping individuals with a range of strategies, tools and coping mechanisms to effectively manage symptoms/modify behaviours.
- Provide an alternative to inpatient treatment/admission.

FiND
Programme

Suitability Criteria:

NHS
South London and Maudsley
NHS Foundation Trust

- A formal diagnosis of FND and accepting of this diagnosis
- Physiotherapy and CBT needs
- No outstanding diagnostic investigations
- Live within 40 miles of FiND Programme, or willing to self-fund own temporary accommodation within 40 miles
- Able to travel in a car, twice a day, twice a week
- Commit to 100% programme attendance
- Able to attend to own personal care requirements
- Able to transfer independently with or without an assistive device
- Agreeable to a group programme approach
- In agreement that management of confirmed symptoms of a functional nature will not involve calling out emergency services
- Not actively psychotic or suicidal
- Age 18 or over

FiND
Programme

NHS
South London and Maudsley
NHS Foundation Trust

'Phase One' response to COVID-19

(redeployment)

FiND
Programme

Redeployment

NHS
South London and Maudsley
NHS Foundation Trust

Nationally, non-urgent, non-COVID services shut and staff were redeployed so as to:

- reduce risk to patients
- increase treatment capacity for COVID-19 and other essential services

For the FiND Programme this meant:

the active cohort was terminated and planned assessments were cancelled on 16th March

staff members began their redeployment roles on 23rd March

FiND
Programme

Redeployment

NHS
South London and Maudsley
NHS Foundation Trust

To meet the needs of services as well as individual staff members, the team was separated in redeployment:

- Physiotherapist, Assistant Psychologist and Rehab Support Worker - in-patient wards
- CBT Therapist - CBT Outpatient team at the Maudsley Hospital, working remotely
- Programme Administrator -working from home, supporting across the Neuropsychiatry & CBT Outpatient services

FiND
Programme

NHS
South London and Maudsley
NHS Foundation Trust

‘Phase Two’ response to COVID-19

(release from redeployment)

FiND
Programme

Release From Redeployment

NHS
South London and Maudsley
NHS Foundation Trust

On 29th April the NHS was advised to*:

1. make judgements on whether you have further capacity for at least some **routine non-urgent elective care**. As far **as practicable, video or telephone appointments** should be offered by default for all outpatient activity without a procedure, and unless there are clinical or patient choice reasons to change to replace with in-person contact.
2. take this opportunity to **'lock in' beneficial changes** that we've collectively brought about in recent weeks.
3. **Looking forward**, at the right time and following decision by Government, to moving into the NHS's phase three 'recovery' period.

*letter from Simon Stevens, NHS Chief Executive & Amanda Pritchard, NHS Chief Operating Officer to Chief executives of all NHS trusts and foundation trusts and others dated 29th April 2020
re: **SECOND PHASE OF NHS RESPONSE TO COVID19**

FiND
Programme

Release From Redeployment

NHS
South London and Maudsley
NHS Foundation Trust

On 19th May the team began to discuss releasing staff members from redeployment in order to re-open the FiND Programme remotely via teletherapy

Staff began to draw on initial ideas for engaging the client group remotely as well as seeking out relevant resources and informative experience of others'

By the end of July staff will be back in the team full time. This delay is due to staff needing to fulfil redeployment commitments

FiND
Programme

Aims of remotely engaging the client group

NHS
South London and Maudsley
NHS Foundation Trust

In line with the Outline to NHS Response letter and while we await 'phase three', the aims of engaging our client group in teletherapy include:

1. prevent symptom progression
2. provide some pre-programme therapy, to
   A. improve a client's outcome from attending the programme **or**
   B. reduce the need for the programme (offer a shorter programme for patients who engaged in the pre-programme teletherapy or refer on to another service e.g. out patients Physiotherapy at Maudsley or the client's local community team)
3. Measure whether these innovations are beneficial and need to be 'locked-in'

FiND
Programme

Next Steps

NHS
South London and Maudsley
NHS Foundation Trust

1. Review risk assessments and safety aspects of working with the client group in a different environment

2. Re-assess / 'touch base' with patients in order to establish
   - Any changes in symptoms, health or circumstances
   - The client's expectations from FiND Programme
   - The client's ability to access a teletherapy service

3. Consider the format
   - Group psychoeducation sessions
   - 1:1 sessions with Physio & CBT therapist
   - Content
   - Duration
   - Frequency
   - Self-management tasks

FiND
Programme

Assessment Proforma

NHS
South London and Maudsley
NHS Foundation Trust

Resources for developing a Physiotherapy assessment proforma for use in a teletherapy assessment include:

1. The current FiND Physiotherapy assessment proforma for a teletherapy assessment
2. CSP guidance
3. Published research on Physiotherapy assessment of FND
4. Published research on assessments via teletherapy

FiND
Programme

Outcome Measures

NHS
South London and Maudsley
NHS Foundation Trust

FiND Programme

1. 10m walk test, Timed Up and Go test; Berg Balance Scale; use of walking aid
2. FUNDRS
3. Beck Anxiety Index; Beck Depression Index; Patient Health Questionnaire 9; Generalised Anxiety Disorder 7
4. Work and Social Adjustment Scale; Euro Quality of Life 5 Dimensions 5 Levels; Health Of the Nation Outcome Scale

Teletherapy for FMD (pilot study)*

1. Psychogenic Movement Disorders Scale
2. Hamilton Depression Rating Scale and Hamilton Anxiety Rating Scale
3. Short Form 36; Toronto Alexithymia Scale 20 item; Clinical Global Impression

*Demartini B, Bombierid F, Goeta D et al. A physical therapy programme for functional motor symptoms: A telemedicine pilot study (Article in press)

FiND
Programme

Resources

NHS
South London and Maudsley
NHS Foundation Trust

- FiND Programme MDT collaborative working
- Peer learning
- Shared experience from other teams within South London and Maudsley NHS Trust and King's Health Partnership
- ACPIN and other relevant teleconferences
- Demartini B, Bombierid F, Goeta D et al. A physical therapy programme for functional motor symptoms: A telemedicine pilot study

  (Article in press)

FiND
Programme

Resources

NHS
South London and Maudsley
NHS Foundation Trust

- Nielsen G, Stone J, Matthews A, et al. Physiotherapy for functional motor disorders: a consensus recommendation Journal of Neurology, Neurosurgery & Psychiatry 2015;86:1113-1119
- Stone J, Dissociation: what is it and why is it important? Practical Neurology 2006; 6: 308-313
- www.Neurosymptoms.org
- www.nonepilepticattacks.info
- myfnd – new app for android and iPhone

FiND
Programme

How to Refer

NHS
South London and Maudsley
NHS Foundation Trust

Email: slm-tr.findreferrals@nhs.net

Post: FiND Programme
Wakefield House
Bethlem Royal Hospital
BR3 3BX

Phone: 020 3228 4195

Direct contact: jennifer.wilson2@slam.nhs.uk

Other teams at SLaM:

- Neuropsychiatry Outpatients
- Physiotherapy Outpatients
- Persistent Physical Symptoms Service
- The Lishman Unit

FiND
Programme