



**Bournemouth
University**

Exploring the impact of nursing home placements for physiotherapy students: Is this an untapped resource?

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Why Nursing Homes?

Over 370,000
older people
live in nursing
homes in
England ¹

More than 70%
of the
population in
nursing homes
are severely
disabled ²

Physiotherapy
has shown to
improve mobility,
functional ability,
falls and pain in
older people
living in nursing
homes ³

Rehabilitation
services are
limited with long
waiting lists

1. Office of National Statistics. Care homes and estimating the self-funding population, England: 2022 to 2023. 2023a.

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/socialcare/articles/carehomesandestimatingtheselffundingpopulationengland/2022to2023>

2. Office for National Statistics Older people living in care homes in 2021 and changes since 2011. 2023b. <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing/articles/olderpeoplelivingincarehomesin2021andchangessince2011/2023-10-09#:~:text=Section%2010%3A%20Glossary,-,Of%20the%20care%20home%20population%20aged%2065%20years%20and%20over,day%20activities%20limited%20a%20little>

3. Hewitt J, Goodall S, Clemson L, et al. Progressive Resistance and Balance Training for Falls Prevention in Long-Term Residential Aged Care: A Cluster Randomized Trial of the Sunbeam Program. Journal of Post-Acute and Long-Term Medicine. 2018; 19: 361–9.

Why Long Arm Supervision (LAS) Placement?

- Not just the last resort
- Expanding placement capacity using private and voluntary sector
- Higher Education Institutes (HEI's) need to look further than acute NHS Trusts for placement activity to ensure the new graduates are upskilled for the future work force
- NHS long term plan ⁴
- The KNOWBEST project (2022) ⁵
- Four pillars of practice



AHP training places will increase by 13% to 17,000 by 2028/29



#NHSLongTermWorkforcePlan

4. NHS England 2023 The NHS Long Term Plan. www.longtermplan.nhs.uk/publication/nhs-long-term-plan
5. Low C.M, Heneghan N, Herbland A, et al. KNOWBEST: the KNOWledge, BEhaviours and Skills required of the modern physioTherapy graduate including the future role of practice based learning. Project report for the Chartered Society of Physiotherapy. Hatfield: School of Health and Social Work, University of Hertfordshire. 2022. Available from: FINAL KNOWBEST Project Summary and Report June 2022 (1).pdf (csp.org.uk)

Key points

- 6 week placement
- Level 6 (3rd years) and Level 5 (2nd)
- 2:1 model
 - 2 students per nursing home 1 long arm supervisor

	Monday	Tuesday	Wed	Thursday	Friday
AM		ONLINE Long arm supervisor meeting (AM or PM)		ONLINE Uni Link tutor meeting	FACE TO FACE Long arm supervisor meeting
PM			½ study Afternoon (or Friday)		½ study Afternoon (or Wednesday)

Aim of the placement

- Identify the needs of the residents at the care home
- Set up and/ or review physiotherapy service for future students and residents
 - 1:1 Physiotherapy sessions
 - Exercise classes-Boxing!
- Complete a project
 - Manual Handling recommendations
 - Contracture management

Bournemouth University LAS Feedback

- Overall, the feedback from the nursing homes, physiotherapy students and practice educators indicated that this was a valuable and important placement experience.
- Anecdotally a reduction in falls was noted in some of the homes

Key benefits

1. Preparation for Registration
2. Communication
3. Leadership and Management
4. Making a Difference

Challenges

1. Adjusting to the model
 - Students
 - Long arm supervisors
2. Funding and training

What next?

- Evaluation of the placement
 - using the Standards for QUality Improvement Reporting Excellence (SQUIRE- EDU) guidelines
- Grow the model to include other programmes; OT/ Sport therapy etc
- Publications and guidelines
 - [Long arm practice supervision for physiotherapy learners – ScienceDirect](#)

Any questions?

Thank you for listening

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