

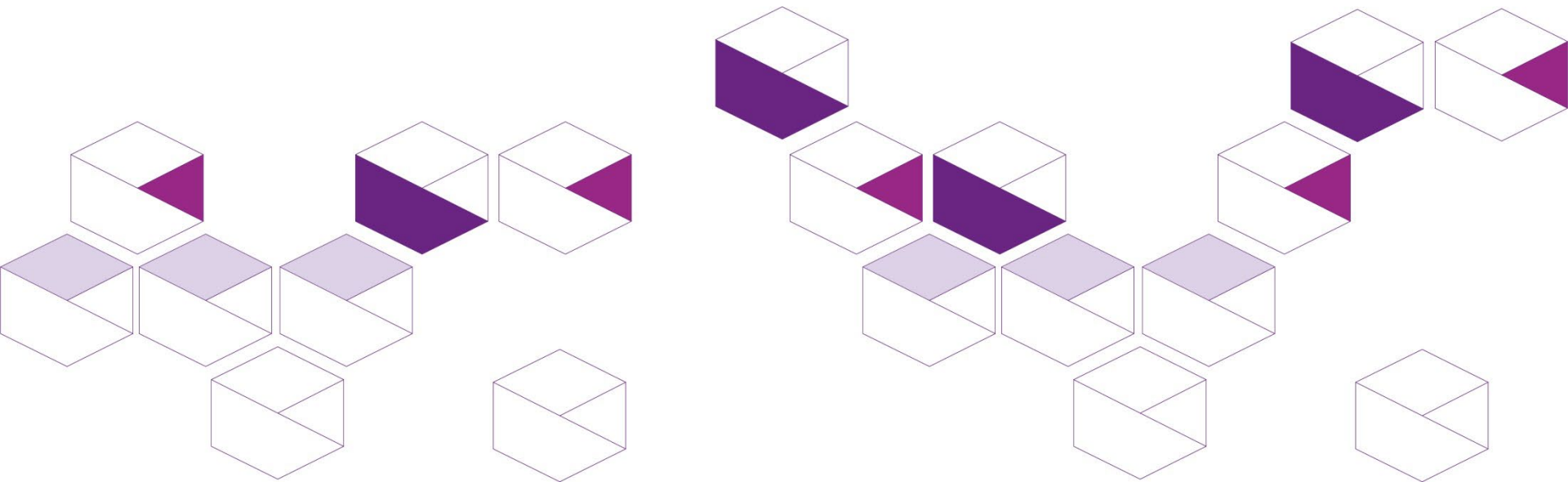


Government of **Western Australia**  
**South Metropolitan Health Service**

# SMHS COMMUNITY PHYSIOTHERAPY SERVICES

*Overview of CPS services for GP Engage -  
SMHS Care in the Community*

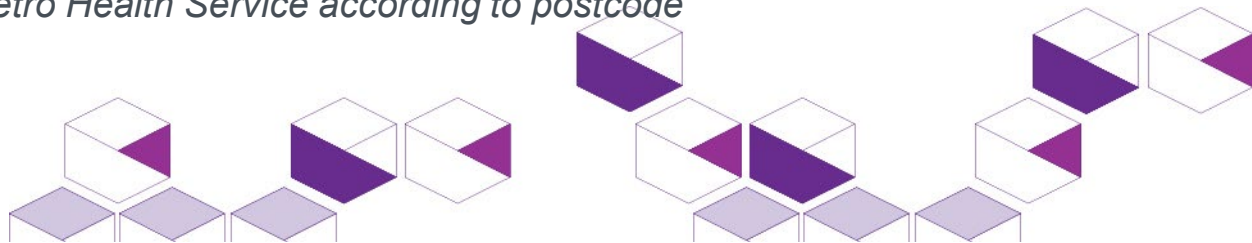
Caro Adams Coordinator SE CPS



# What does CPS offer?

- **CPS** delivers evidence based **subacute** group physiotherapy rehabilitation programs at community venues on land and in water
- Provides a discharge option for public patients following an episode of ED, Inpatient care, Rehabilitation in the Home (RITH) or Outpatient care
- CPS classes are offered across the metro area
  - **South East (SE) CPS team**
    - Office based at Myaree
  - **North East (NE) CPS team**
    - Office based at SCGH

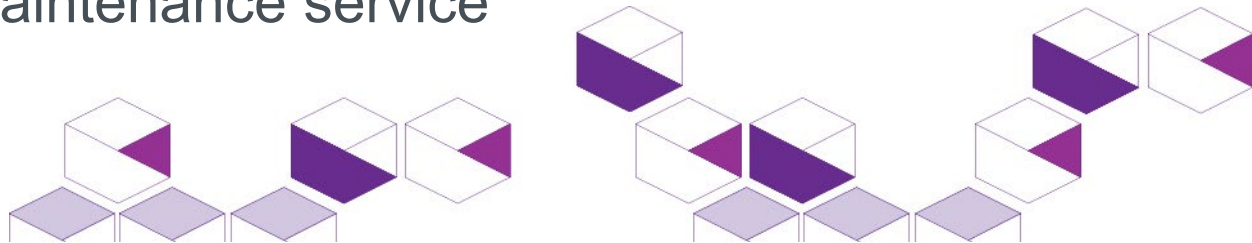
*\* Both teams cover East Metro Health Service according to postcode*



# Aims of CPS

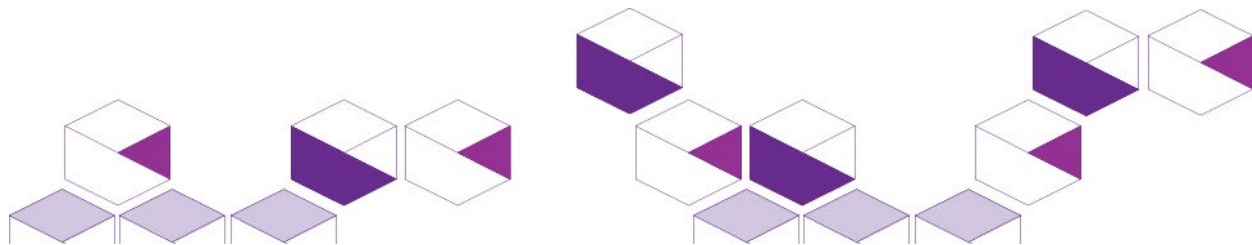
- **To assist clients to regain function and independence** following an episode of care at a public hospital
- **Provide time limited and goal orientated group-based rehabilitation** at local community pools and recreation centres
- **Provide a customised exercise program** prescribed and progressed under the supervision of a Senior Physiotherapist
- **Promote self-management principles** and support discharge planning
- **Assist in reducing unplanned health care utilisation**
- **Refer to CPS Social Worker where indicated (>65-year-olds)**

*Note.* CPS is not a maintenance service



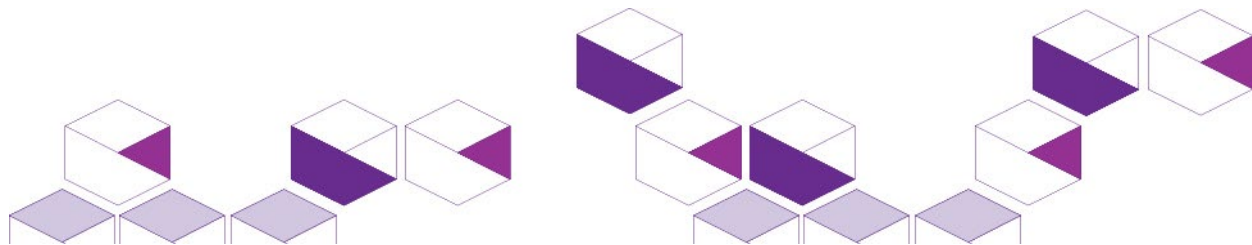
# CPS General Eligibility Information

- Accepts all adult patient referrals generated from any WA public hospital service
  - Paediatric clients aged 16 – 18 years may attend with legal guardian/parent if appropriate
- Referrals can be generated by any medical, nursing or allied health professional
- Clients must have a sub-acute rehabilitation goal that would benefit from a physiotherapy led community group-based rehabilitation program
- Due to using community venues there are restrictions on accepting referrals for bariatric patients



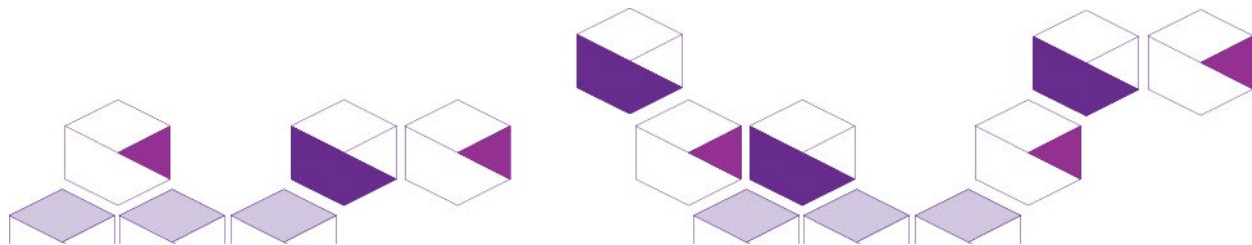
# CPS Inclusion Criteria

- Medically stable
- Safe to exercise in a community setting
- Able to sit to stand, stand and ambulate either independently (+/- aid) or with carer assistance
- Independent in toileting (+/- aid) or with carer assistance
- Resting oxygen saturation  $\geq 92\%$  at rest and  $\geq 85\%$  during and post exercise
- Appropriate functional and cognitive level to participate in a community-based group setting or able to attend with a carer
- Prepared to commit to regular program attendance
- Able to actively participate in self-management through goal setting and home exercise programs



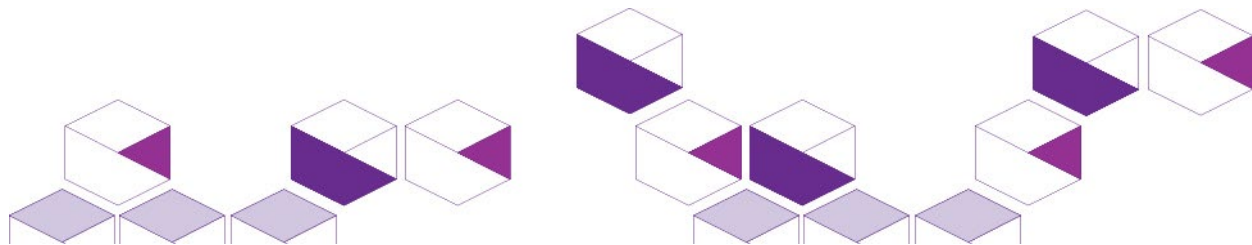
# CPS Exclusion Criteria

- Patients who require hospital-based equipment/facilities for safety requirements
  - e.g. acute cardiac event, unstable angina, uncontrolled hypertension or hypotension, severe heart failure, severe aortic stenosis, unexplained resting tachycardia/bradycardia, uninvestigated/complex arrhythmias
- Any acute disorder that may affect exercise performance or be aggravated by exercise
  - e.g. acute infection, severe renal failure, unstable diabetes
- Epilepsy to be stable and well controlled and client medically cleared for exercise
  - see gym and hydro specific requirements



# CPS Programs

- Neurology
  - Neurology groups and gyms
  - Parkinson's Disease groups and gyms
- Respiratory
  - Phase 2 and 3 Pulmonary rehabilitation (PR)
    - PR2 includes twice weekly education sessions
- Cardiac
  - Phase 2 and 3 Cardiac rehabilitation
- Hydrotherapy



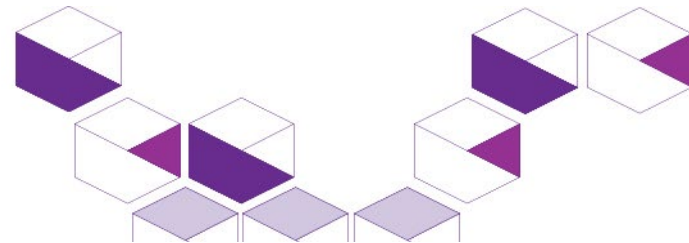
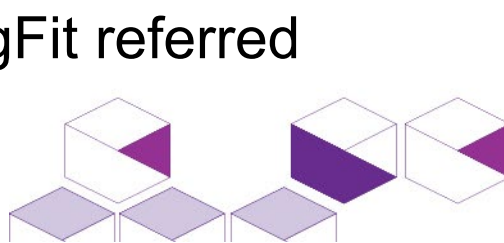


# CPS Programs (continue)

- General Rehabilitation
  - Land groups
- Multigyms
  - Weekly gym-based circuit programs
  - e.g. Orthopaedic clients
- Oncology gym program
  - 2x week for 6 to 8 weeks
  - For oncology clients during and following medical treatment
- Surgery Prehabilitation
  - 2x week until surgery
  - For LifeFit SurgFit referred clients

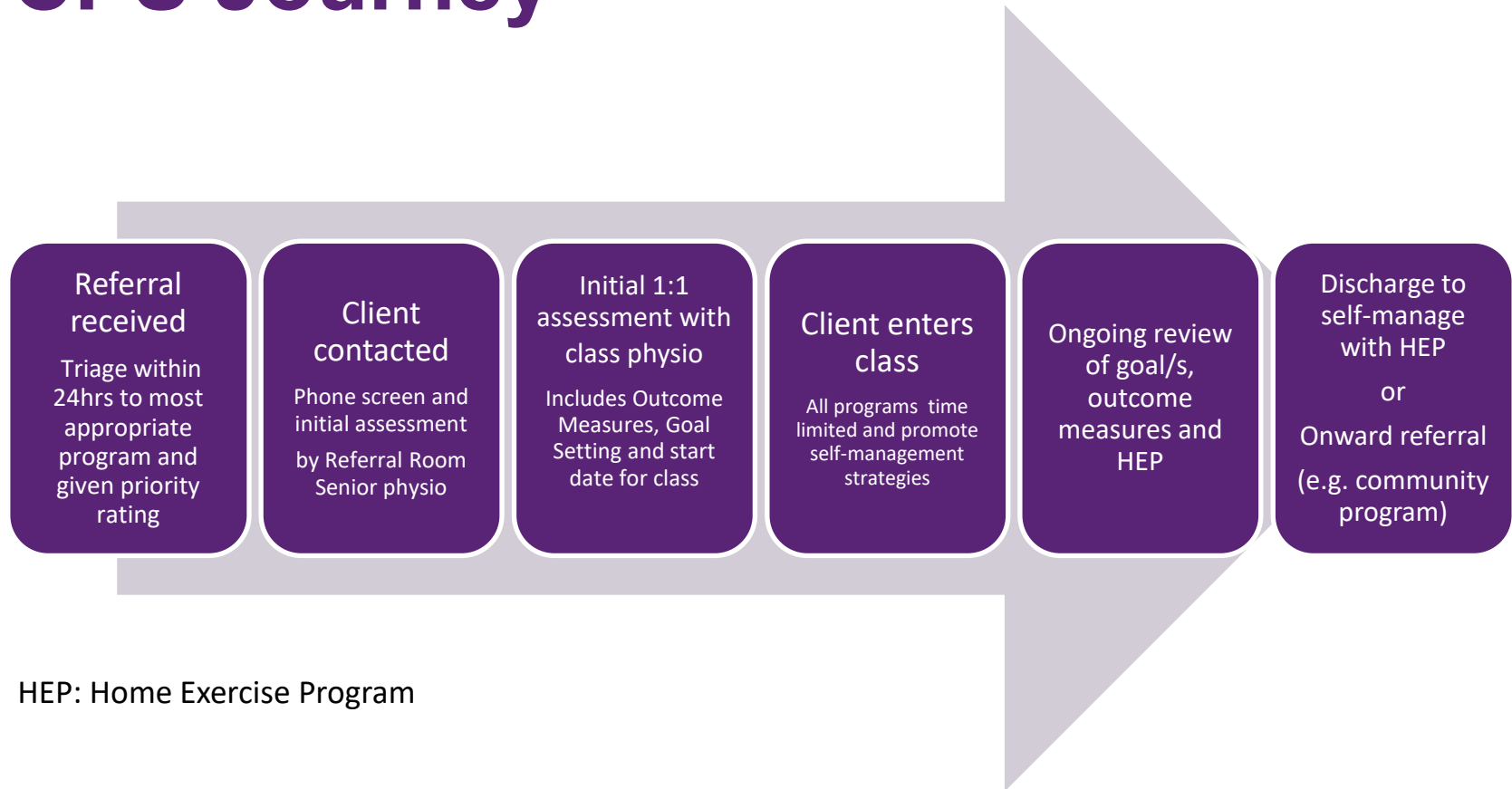


SMHS Physiotherapist running a multigym session

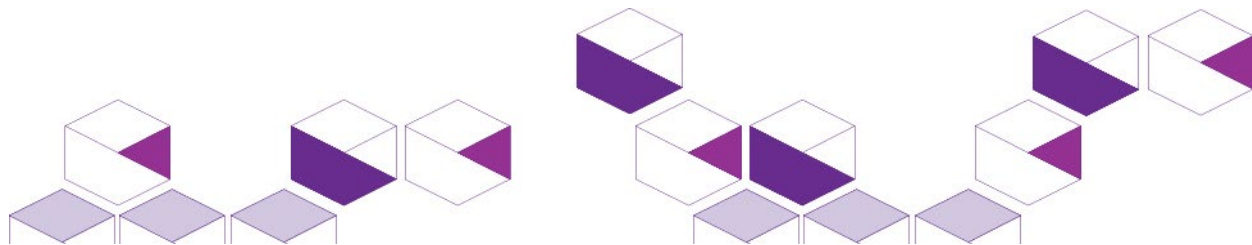




# CPS Journey



HEP: Home Exercise Program



# Case Study

Mrs MA, an 82-year-old female was referred to CPS in Oct 2023 from Fremantle Hospital Outpatient.

Mrs MA suffered ongoing hip pain and “clicking” following a neck of femur fracture (#NOF) and subsequent total hip replacement in Oct 2022. Mrs MA had lost confidence in walking outdoors, and her main concerns were the clicking in her hip and fatigue.

Mrs MA was enrolled in a Multigym program.

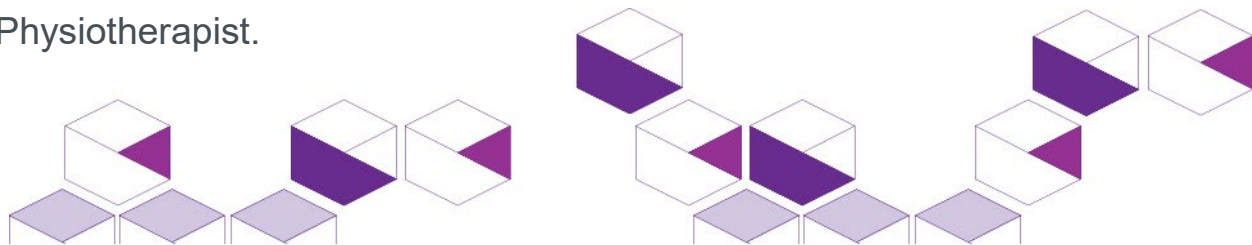
She attended for 15 sessions and was diligent with her home exercise program.

On discharge, she showed improvement in her outcome measures:

- 5 x sit to stand: Pre-program: 14.53s Post program: 9.55s
- Step Test – Pre-program: R=10 L=10 Post program : R=12 L=13

Mrs MA achieved her goal of reducing the clicking in her hips and was confident in her mobility as well as being able to get up and down off the floor independently.

Mrs MA was referred to the Women’s Health Physiotherapist at Fremantle Hospital for treatment of her pelvic floor prolapse by her CPS Physiotherapist.

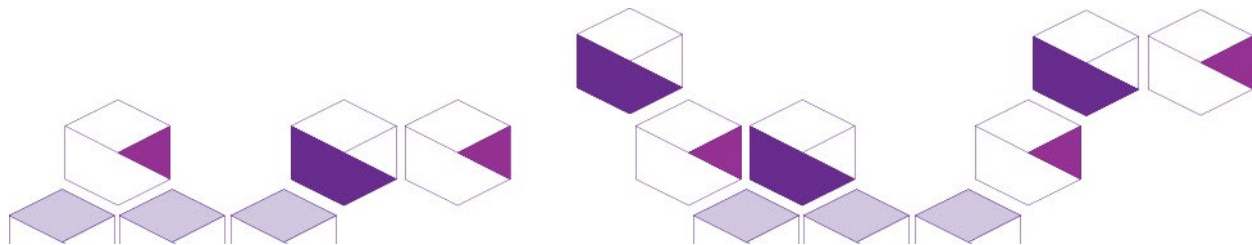


# Case Study (continue)

Mrs MA provided the following feedback:

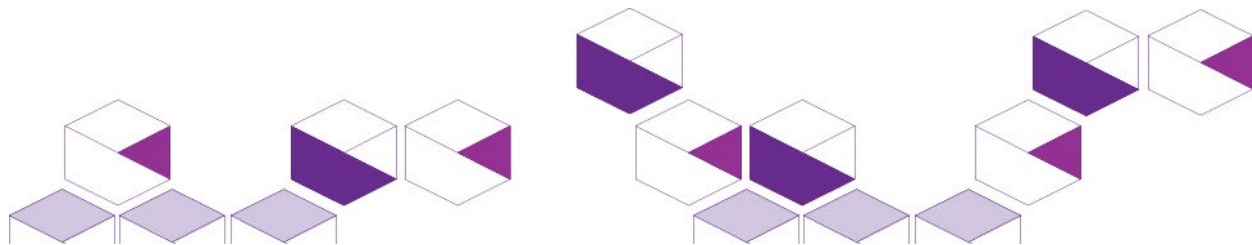
“I am very grateful to Leanne for her immediate, practical help to improve my health. Leanne designed what I would call a “creative” rehabilitation program for me, that not only addressed my immediate concerns, but ailments that I had suffered from her years.”

This patient-centred approach has been life changing for Mrs MA who said she can now live a “normal life” and walk comfortably to the bus stop.



# CPS is responsive to patient need

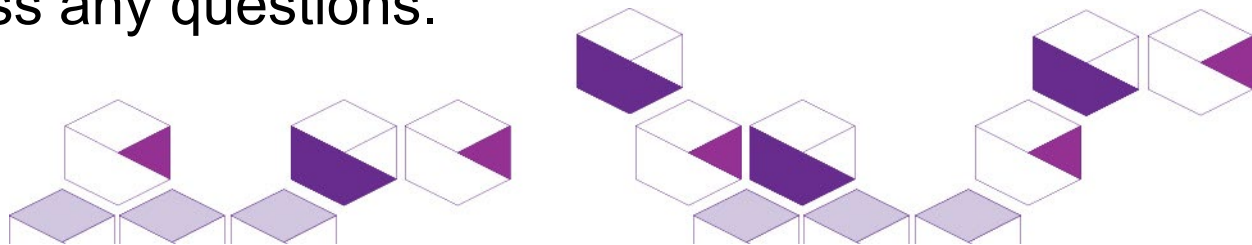
- Class physios can refer into another CPS class if appropriate e.g. land to gym
- Classes offered are monitored closely to meet demand
- Locations of the classes tend to be relatively stable (unless demand changes)
- Class days and times may vary according to venue and staff availability



# CPS hours of operation

- Classes: Monday to Friday
- Classes run with no breaks in service except in the following circumstances:
  - Venue is not available
  - 2-week closure over the end of year public holiday period
- Office hours 8.00am to 4.00pm
- Office contact number
  - **SE CPS: 9431 2411**
  - **NE CPS: 6457 4714**

You can contact the CPS office and a Senior physiotherapist will be available to discuss any questions.



# Thank you

