NHS MSK Rehabilitation Therapist BASRaT / Sports and Exercise Therapist SST

## Job details

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| Job title: | NHS MSK Rehabilitation Therapist BASRaT / Sports and Exercise Therapist SST |
| Department: | NHS MSK |
| Location: | Croydon and Bromley |
| Reporting to:  (job title only) | NHS MSK Team Leader |
| Direct reports:  (job title only) | N/A |
| Accountable to:  (where applicable) | N/A |
| Responsible to:  (where applicable) | N/A |
| Job purpose: | To deliver excellent remote and face to face sessions in both individual and group settings. Using evidence-based practice to help service users achieve their goals through exercise therapy. Practising in line with BASRaT or SST regulation and following Vita Health Group’s local processes. |
| Role and Responsibilities: | * Carrying out remote and face to face interventions * Deliver high quality, evidence-based interventions that takes wider determinants of health and well-being into account * Have a general understanding of red flags and neuromuscular assessment within MSK * Meet clinical and service based KPIs * Ability to manage complex cases and escalate to the MCATS team appropriately * Notes keeping in line with BASRaT, SST and local guidance * Moderate IT literacy required   **Equality Diversity & Inclusion (EDI)**  We are proud to be an equal opportunities employer and are fully committed to EDI best practice in all we do.  Vita Health Group has several initiatives in place to achieve this including our Zero Tolerance Policy, Code of Conduct, Freedom to Speak Up Guardians, and more. We believe it is the responsibility of everyone to ensure their actions support this goal with all internal and external stakeholders.   * Be aware of the impact of your behaviour on others. * Ensure that others are treated with fairness, dignity, and respect. * Maintain and develop your knowledge about what EDI is and why it is important. * Be prepared to challenge bias, discrimination, and prejudice when possible, and raise with your manager, the EDI & Sustainability team, or the Freedom to Speak Up Guardians. * Encourage and support others to feel confident in speaking up if they have been subjected to or witnessed bias, discrimination, or prejudice. * Be prepared to speak up for others if you witness bias, discrimination, or prejudice. |
| Clinical Governance:  (where applicable) | To ensure all treatment and documentation is in line with BASRaT/SST and local standards. Practice in line with relevant internal policies (e.g. serious diagnosis policy and incident reporting). |
| Training and supervision: | Established training and supervision programme encompassing 1:1, group, and self-directed training. |
| Additional information: | The role will involve both face to face and remote work so ability to work on site in South London is essential. |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * Degree qualification in Sports Rehabilitation from a BASRaT accredited programme, or Sports Therapy from a Society of Sports Therapists accredited programme * Full graduate member of BASRaT and entitled to use the ‘Graduate Sports Rehabilitator’ title or SST registration |  |
| **Experience** | * Experience of working individually and within a team * Proven experience of managing caseload of patients and running rehabilitation classes | * + Previous experience seeing NHS Service Users |
| **Skills/knowledge** | * IT literate – intermediate level minimum |  |
| **Specialist training** |  | * + CPD that includes psychologically informed intervention such as Health Coaching |
| **Personal competencies and qualities** | * Excellent verbal and written communication skills * High level of enthusiasm and motivation * Ability to work individually or within a team and foster good working relationships * Ability to work under pressure * Excellent time management skills |  |

# Version Control

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| Owner: | Human Resources | Review: | Annually | Classification: | 1 (Proprietary) |
| Author: | Human Resources | Version: | V1.1 | Status: | PUBLISHED |
| Date Published: | 03/12/2019 | Code: | TBC |  |  |

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| Version: | Date: | Summary of Changes |
| V1.1 | 03.12.19 | Document copied onto authorised VHG branded Policy Template (original had no coding) |
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