

HOLY CROSS HOSPITAL

JOB DESCRIPTION

Job title:	Hydrotherapist
Responsible to:	Out-patient physio team lead
Accountable to:	Director of therapy services
Key working relationships:	Director of therapy services, therapy staff, all professional clinical staff and reception team.

1. JOB SUMMARY

The post holder will deliver safe, effective, and evidence-based hydrotherapy assessment and treatment to patients within a private physiotherapy clinic based within a hospital setting. They will primarily support individuals with musculoskeletal conditions, including post-operative orthopaedic rehabilitation, while also supporting patients with selected neurological conditions.

The role involves both one-to-one treatment sessions in the hydrotherapy pool and the development of structured, independent exercise programmes for patients.

The post holder will be responsible for sharing relevant information with the physiotherapy team, participating in administrative tasks and maintaining high quality documentation.

2. MAIN DUTIES AND RESPONSIBILITIES

2.1. Clinical

2.1.1. Maintain a caseload of allocated hydrotherapy patients, prioritising and reporting changes to the physiotherapy team.

2.1.2. Work alongside other members of the physiotherapy team during treatment sessions, providing assistance as necessary.

2.1.3. Deliver high-quality, goal-oriented one-to-one hydrotherapy sessions tailored to individual patient needs. Monitor patient progress and adapt treatment plans accordingly to optimise outcomes.

2.1.4. Design and progress personalised hydrotherapy programmes for patients to carry out independently in the pool where appropriate.

- 2.1.5. Ensure patients and/or carers understand how to safely use any equipment required as part of the pre and post hydrotherapy changing routine.
- 2.1.6. Report any concerns regarding patients to the appropriate person eg. Safeguarding.
- 2.1.7. Achieve and maintain competence in the safe use of hydrotherapy equipment and pool environment, adhering to risk management procedures. e.g. Pool hoist, Molift hoist, changing table, floatation aids.
- 2.1.8 Complete and maintain competency in emergency pool evacuation procedure training.
- 2.1.9 Ensure patient dignity, privacy, and comfort are upheld at all times.

2.2. Communication and documentation

- 2.2.1. Attend relevant staff and team meetings and contribute towards discussions
- 2.2.2. The post holder will ensure:
 - Information given to patients is clear, accurate and presented in a way that is appropriate, considering any communication difficulties
 - Documentation is accurate, up to date and meets hospital record-keeping standards.
 - Effective communication with the wider multidisciplinary team, including physiotherapists, consultants, and other healthcare professionals, in a manner which enhances and promotes the reputation of the hospital.
 - Compliance with confidentiality, data protection, and clinical governance policies in line with hospital and professional standards.
 - Conflicts and misunderstandings are handled in a positive manner, and a satisfactory resolution is normally achieved
 - The outpatient physiotherapy team lead is informed of any complaints by patients or family members according to hospital complaints procedure.

3. PROFESSIONAL DEVELOPMENT

- 3.1. Participate in in-service training and feedback on courses attended
- 3.2. Take responsibility for own professional development
- 3.3. Be committed to further development of own clinical skills and knowledge actively seeking learning opportunities as appropriate

4. HEALTH AND SAFETY

- 4.1. Work always within the scope of the Health and Safety at Work Act of 1974 and the hospital policy for reporting of accidents, incidents, hazards and risk management.
- 4.2. Maintain and protect the safety, confidentiality and dignity of patients.
- 4.3. Manage a clean, safe and tidy environment.
- 4.5. Adhere to all clinic, hospital, and national policies, including infection control, health and safety, and safeguarding procedures.
- 4.6. Bring to Physiotherapists attention any abnormal chemical, temperature, Ph levels and contamination of the pool water and surrounding area

5. GENERAL

- 5.1. Maintain the principles of the Data Protection Act of 1998 both within and outside of the hospital environment
- 5.2. Monitor the use of stock items, reporting needs to the outpatient physiotherapy team lead.
- 5.3. Be aware of the Equal Opportunities Act and how it is implemented within Holy Cross Hospital
- 5.4. Adhere to diversity and ethical principles with particular attention to the Race Relations Act (1976), Disability Act (1995) and the Sex Discrimination Act (1975)
- 5.5. Demonstrates good computer skills, including proficiency in Microsoft Word and Excel, use of TM3 for patient documentation and diary management, and awareness of relevant photographic guidelines and protocols
- 5.6. Contribute to the development and improvement of hydrotherapy services within the clinic.
- 5.7. Support the promotion of hydrotherapy as part of the clinic's rehabilitation offering.

PERSON SPECIFICATION AND COMPETENCY PROFILE

HYDROTHERAPIST

Qualifications and Knowledge Required	
Essential Requirements	Desirable Requirements
	Sports graduate or similar degree

Skills and Experience Required	
Essential Requirements	Desirable Requirements
	Experience working in hydrotherapy pools
	Previous experience in private practice or outpatient settings
	Experience working in a rehabilitation environment

Key Competency Areas
1. Patient-centred and compassionate approach
2. Adaptability / flexibility
3. Good communication - verbal and written
4. Strong organisational and time management skills
5. Relationship building / teamwork
6. Willingness to learn