

St George's Community Hydrotherapy Pool Report

Facts and Figures



Physical Health

Of all respondents for whom it was relevant:

97.5% felt an improvement or great improvement in **overall physical health**.

95% felt an improvement or great improvement in **pain reduction**.

95% felt an improvement or great improvement in **mobility**.

92% felt an improvement or great improvement in **balance and co-ordination**.



Emotional Health and Wellbeing

Of all respondents for whom it was relevant:

98.5% felt an improvement or great improvement in **overall emotional health and wellbeing**.

97% felt an improvement or great improvement in **relaxation**.

93% felt an improvement or great improvement in their **independence**.

93% felt an improvement or great improvement in **social contact**.

Potential benefits for the wider health and social care economy



52% of respondents wish to reduce the number of visits to their GP.

70% of these respondents **reduced their GP visits** by having hydrotherapy.

A single 11.7 minute trip to the GP costs the NHS **£45**

Source: 2013 Units Health and Social Care Report
Personal Social Services Research

51% of respondents wish to reduce their medication intake.

44% of these respondents **reduced their medication intake** by having hydrotherapy

The average Net Ingredient Cost per prescription item in 2014 was **£8.32**

Source: Prescription Cost Analysis, England - 2014
Health and Social Care Information Centre

Of 132 respondents for whom **hospital procedures or surgery** was applicable, **49%** said they were using hydrotherapy to **avoid or postpone** this.



Examples of surgical costs to the NHS:

- Primary total hip replacement: **£4546 - £5770**
- Primary total knee replacement: **£4913 - £6127**
- Major procedure following fracture of the hip: **£4790 - £8263**

Source: <https://www.england.nhs.uk/wp-content/uploads/2015/03/2015-16-etc-spreadsheet.xlsx>

"Regular access to a hydrotherapy pool...has allowed me to postpone complex and major hip and spinal surgery for many years....If this access to this service were removed, I am certain it would not be long before I became a considerable burden on NHS and the local authority."

Mrs A [40-64 years] with complex orthopaedic and neuromuscular conditions

Hydrotherapy can result in faster rehabilitation and faster returns to work and normal life

"...I have also been able to return to work a lot quicker than thought."

Mrs R [40-64 years], who has hip and back trauma.

"The pool helped me more than physio at hospital."

Mr O [40-64 years], a multiple-injury patient who was able to return to full-time work following hydrotherapy, having been on long-term sickness benefit.

Cost to Britain per case 2013/14 - average appraisal estimates (2013 prices)

Non-fatal injury	
7 + days absence from work:	£27,700
Up to 6 days absence from work:	£880
Ill health	
7 + days absence from work:	£37,400
Up to 6 days absence from work:	£850

Source: 'Cost to Britain 2013/14', Health and Safety Executive

"Keeps my whole body moving, extreme pain reduction, stabilizes joints due to increase in strength due to pool exercise, enables me to keep my full-time job. I am really not sure what would have been if not for the pool."

Ms L [26-39 years], a traffic accident victim who also suffers from hypermobile joints.

Respondents also attributed hydrotherapy to improving their independence that reduced their care needs

"Before hydrotherapy I was quite depressed due to unexplained fatigue, swollen joints and pain. Diagnosed as fibromyalgia I was recommended hydrotherapy....Now I have increased fitness, am very much more flexible, no longer depressed, I have energy and can function 'normally'. (I couldn't dress myself fully before, washing was also a difficulty). I no longer need assistance with anything."

Ms P [26-39 years], who suffers from fibromyalgia.

"L's mobility has improved loads. Her walking is better - keeps her healthy and she enjoys using the pool and it keeps her weight down"

Carer for L [26-39 years] who has a genetic condition. She regained the ability and confidence to walk after starting sessions in the pool in 2012.

"B has been unable to use a regular size pool for many years now, and when the opportunity arose to use the facility at St George's it was very apparent, very quickly that it would be beneficial to B. He is able to walk and relax in this warm, safe environment, and as he is such a people person, he interacts well with the other pool users."

Carer for B [65-80 years], who is a supported living resident with a learning difficulty who has suffered two strokes.



The value placed on the hydrotherapy service by its users...

"It has changed my life and my family's."

Ms S [40-64 years] who is a wheelchair user following an accident some years ago.

"M has a physio who treats him in the pool...and the visible change to his limbs week after week are incredible...We travel from Kings Lynn weekly because this provision is so needed and so great!"

Wife of M [40-64 years] who is a stroke survivor (2013).

"A fantastic place that me and my son wouldn't want to be without. It has improved my son's muscle tone, co-ordination and confidence in the water. St George's is a lifeline for many people and is vital for the community."

Mother of Child A who has hemiplegic cerebral palsy.

"A has only been using this facility for a couple of weeks, but his parents have already noticed that he is moving his limbs in a stronger way. The use of this facility has proved to be such a great help to the family and they all feel safe and secure here. The staff have been going out of their way to make it a pleasurable experience for A and his family."

Support worker on behalf of A [0-17 years] who has 'severe and profound' learning difficulties.

Friends and Family Test (N = 234)
How likely are you to recommend St George's if they needed similar care or treatment?

