

Oxford University Hospitals NHS Foundation Trust (OUHFT) Physical Activity champion for Cardiology

Are you passionate about improving the physical activity service offer we provide our patients? Have you felt frustrated that you haven't been able to use your skills to help a wider group of cardiology patients become more physically active? Are there systems you need to improve to enable you to do this?

If yes, then apply to become the OUHFT Physical Activity champion for cardiology

A national pilot

This unique role provides an opportunity to work with a new Sport and Exercise Medicine (SEM) MDT to develop and implement innovative strategies to embed physical activity in the heart of services at OUHFT.

OUHFT has recently been commissioned by Public Health England and the Faculty of Sport and Exercise Medicine to develop and deliver a consultant led physical activity service with funding from Sport England. This is a national feasibility pilot and will be evaluated by an external team from the National Centre for Sport and Exercise Medicine. The first phase began in January 2018 and runs until March 2019.

SEM consultants Dr Natasha Jones and Dr Hamish Reid lead the feasibility pilot, which focuses on five departments in the trust. The central SEM team, made up of consultants, registrars, a band 7 physiotherapist and community navigator will work closely with departmental physical activity champions to deliver and develop the five different workstreams.

This position

We are looking for an enthusiastic, innovative and experienced professional with outstanding leadership and interpersonal skills to become our cardiology physical activity champion. The priorities of this workstream will be to directly support patients in the TAVI pathway in building their physical activity levels and improving self-efficacy. The role will include opportunities to develop clinical skills in behavioural change counselling and exercise medicine as well as develop managerial skills such as education, systems review and leadership.

Job description

Post title: Physical activity champion in cardiology; Band 5

Hours: 0.2 FTE

The Physical Activity Champion will:

- Be the main departmental link with the SEM physical activity team
- Provide physical activity support to patients in the TAVI pathway
- Work to develop system interventions to support physical activity
- Help drive digital innovation and remote support
- Lead the development of a remote support physical activity programme to support TAVI and other cardiology patients.

Essential characteristics

- Established cardiac rehabilitation instructor
- Experience of working in the NHS
- Understanding of cardiac rehabilitation pathways
- Competent IT skills
- Flexible teamworker

Desirable experience

- Experience managing patients with valvular heart disease
- Behavioural change training such as motivational interviewing
- Physical activity training and clinical experience
- Service development