

Recruitment Ref:

AfC Ref:

Job details

Job title: Assistant Exercise Practitioner

Band: 4

Hours: Service to populate

Contract:

Location:

Responsible to:

Reports to:

Liaises with:

Job purpose

- To support the delivery of the cancer prehabilitation and/or rehabilitation service, including assisting needs-based assessment of service users and the supervision of exercise interventions, both in groups and one to one
- To support the delivery of advice and guidance to service users accessing the service, that promotes healthy behaviour change, and adherence to the physical activity and exercise intervention
- To support and contribute to safe and effective service delivery in clinic or a community setting

Main duties and responsibilities

Cancer prehabilitation and/or rehabilitation (perioperative and non-surgical)

Within a multidisciplinary team assist in the coordination, delivery and development of a comprehensive cancer prehabilitation and/or rehabilitation service, to include:

- Assist with appropriate standardised functional capacity assessments to establish a service user's physical capabilities and general health
- Assist in the development of personalised programmes of exercise, suitable to the service user's needs and limitations
- Assist the promotion of healthy lifestyle choices and the adherence to positive behaviour change, by supporting educational talks, such as exercise, goal setting and nutrition
- Assist with the supervision of exercise-based cancer prehabilitation and rehabilitation sessions
- Contribute to the delivery of prehabilitation and/or rehabilitation sessions in line with service policies and procedures, according to the service user's personalised plan
- Contribute to service user progress, under supervision, through the relevant stages of the programme, with appropriate information and advice at each stage
- Support and monitor the progress of all service users undergoing cancer prehabilitation and rehabilitation, evaluating their condition and adapting their programme as necessary, under supervision, and in line within service standards and protocols
- Assist in maintenance of records associated with cancer prehabilitation and rehabilitation in an organised and confidential manner in accordance with the Code of Conduct and Caldicott principles

Main duties and responsibilities (Continued)

- Prepare the exercise areas and maintain clinical equipment, reporting any faults via appropriate service mechanisms
- Assist in the daily cleaning and regular deep cleaning of all exercise equipment as per department standards
- Liaise with senior staff to discuss management of complex service users
- Communicate effectively with all members of the cancer prehabilitation and rehabilitation team and the wider multidisciplinary team
- Enter confidential service user data into paper-based service user records and use computer information systems to ensure all clinical audit data is recorded as required (service to delete as required)
- Undertake any other duties commensurate with the post as determined by the service lead
- Contribute towards department policy development by providing comments on new proposals
- Contribute to maintain, update and restock health education materials and noticeboards for service users

Professional and health education

Support fellow health and other professionals, and members of the public by:

- Contributing to requests for advice and information from the public and other health professionals
- Develop knowledge and understanding of the national guidance of prehabilitation and rehabilitation for cancer, including risk factors for the development and reoccurrence of cancer, treatment modalities and the management of potential side effects
- Contributing to the support of Clinical Exercise Physiology students on placements
- Assisting colleagues in maintaining links with local and regional higher education organisations
- Attending regular clinical supervision sessions
- Actively participate in continued professional development through education and experience

Other duties and responsibilities

Service to populate

This is not intended to be exhaustive and may be reviewed periodically with the post holder to ensure that the job relates to the job being performed.