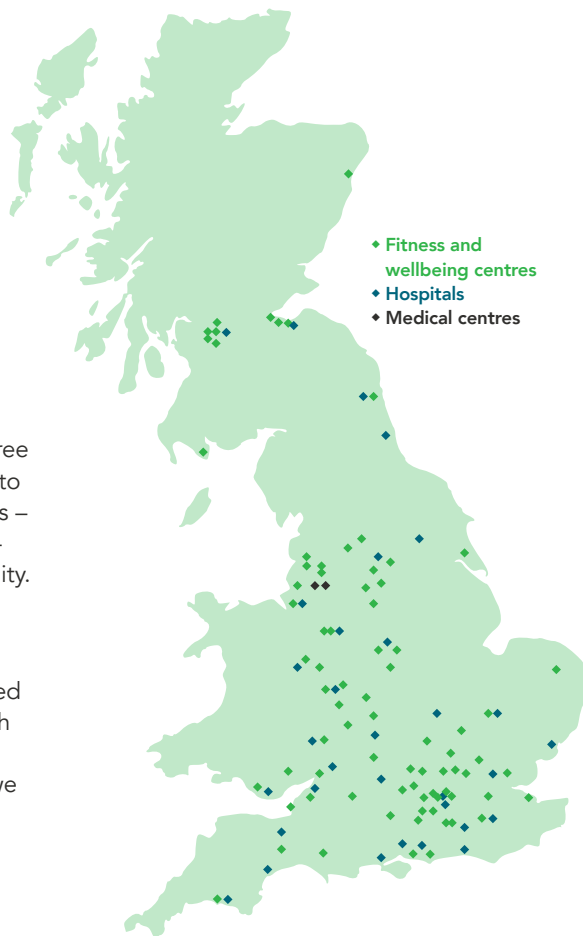


Building a healthier nation

We exist to build a healthier nation through outstanding services in our 37 award-winning hospitals, 114 fitness and wellbeing centres, healthcare clinics and over 200 workplace wellbeing services.

At Nuffield Health we provide free health and wellbeing initiatives to address unmet healthcare needs – from joint pain to long COVID – right here in your local community.

By taking our services into the local community, focusing on unmet health needs, underserved groups and expanding our reach to those who wouldn't normally be able to afford our services, we can deliver meaningful change to individuals and the local neighbourhoods we operate in.



To find out more scan the QR code or search nuffieldhealth.com/our-impact



Programmes For All

Free programmes for local communities

We run community initiatives such as blood pressure checks, education sessions and exercise classes in local communities, as well as free COVID-19, Joint Pain, and Supporting Hearts and Minds programmes at our fitness and wellbeing centres.

COVID-19 Rehabilitation Programme



This award winning* 12-week programme empowers and enables individuals with long term symptoms of COVID-19 to self-manage their condition, symptoms and improve both health and functioning.

Participant feedback

“ The COVID-19 rehab programme was really motivational, it was tailored to my needs and adapted as I improved. I found the weekly contact with the rehab specialist really helpful in terms of motivation and wellbeing support. ”

Step 1

Clinician or self-referral onto programme

Step 2

Pre-assessment questionnaire

Step 3

Video triage consultation

Step 4

12 week programme

Step 5

Final assessment and discharge

The programme delivers a blended programme using a combination of education, physical activity and psychosocial support.

During the COVID-19 Programme rehabilitation specialists support and guide participants in exercises which improve functioning, reduce symptoms, and equip them with practical knowledge, physical and psychological techniques so that they can better manage their health long term. Patients can be referred through their GP or physiotherapist or complete a self-referral.

The COVID-19 Rehab programme can be delivered completely remotely (e.g. all support by the rehabilitation specialist is delivered virtually) or a combination of remotely and face-to-face in our fitness and wellbeing centres across the UK.





Change in Quality adjusted life years (QALYs), for an average participant = 0.14**

COVID-19 Rehab Programme

Outcomes are collected before, during and after each programme cohort to monitor progress in participants mental, physical, social, work and quality of life.

The four pillars below are what we use to calculate our Social Return On Investment

(SROI). That is, the amount of money we save society by providing a certain service or form of support. This measurement helps us to evaluate the impact we have on lives of the people within the communities in which we operate.

	Measure	Observed difference before and after					Monetary value***
 Patients	EQ-5D	Average increase of: <i>(from 0.44 to 0.55)</i>	0.110	↑	Statistically significant	✓	£2,734
	 Family wellbeing	Care hours	Average decrease of: <i>(weekly care hours)</i>	1.10	↓	Statistically significant	✓
ONS Scores		Average increase of: <i>(from 5.75 to 6.21)</i>	0.46	↑	Statistically significant	✓	
 Health and social care	GP appointments	Average annual decrease of:	1.78	↓	Statistically significant	✓	£236
	Inpatients	Average annual decrease of:	0.045	↓	Statistically significant	✓	
	Outpatients	Average annual decrease of:	0.558	↓	Statistically significant	✓	
 Economy	Sick days	Average decrease of:	15.47	↓	Statistically significant	✓	£3,565
	Workforce participation	27% were not able to work		Of which 38.6% were able to return to work			

*<https://www.mrs.org.uk/pdf/MRS%20AWARDS%20BOTN%202021.pdf>
<https://www.ukactive.com/news/ukactive-awards-winners-announced-as-sector-reunites-in-celebration/>
<https://www.innovatehealthcareawards.co.uk/winners-2022>

**<http://bit.ly/3XTNPG4>

***2022 outcomes

Total benefit for average patient:

£8,996

← Final figure based on programme completers

Total benefit for a programme completer:

£11,684

Joint Pain Programme

This 12-week programme empowers and enables individuals with chronic joint pain to self-manage their condition, pain symptoms, and improve both health and functioning.



Participant feedback

“ I can honestly say it has been of great benefit to me and my mobility and dealing with the daily discomfort and pain. I've also been able to reduce the need for pain medication. Living on my own, the programme has also benefited me, to get out and meet others, improving my mental health also. ”

Step 1

Online assessment

- Self referral
- GP referral

Step 2

Onboarding process

- Triage call
- Initial Health MOT
- Welcome email
- Journal

Step 3

First 12 weeks

- Supported programme
- 2x hourly sessions per week
- Educational content
- Physical activity

Step 4

Mid point

- 12 week Health MOT

Step 5

Second 12 weeks

- Unsupported
- Full access to the gym
- Graduate classes available

Step 6

End point

- 24 week Health MOT
- Full gym membership
- Full access to the gym

Step 7

Check point

- 52 week Health MOT

The programme delivers a blended programme using a combination of education, physical activity, and psychosocial support.

During the Joint Pain Programme rehabilitation experts support and guide participants in exercises that improve functioning reduce pain and equip them with practical knowledge physical and psychological techniques so that they can better manage their pain long term.

Patients can be referred through their GP or physiotherapist or complete a self-referral. The programme is delivered face-to-face in our fitness and wellbeing centres across the UK.





Change in Quality adjusted life years (QALYs), for an average participant = 0.57*

Joint Pain Programme

Outcomes are collected before, during and after each programme cohort to monitor progress in participants mental, physical, social, work and quality of life.

The four pillars below are what we use to calculate our Social Return On Investment

(SROI). That is, the amount of money we save society by providing a certain service or form of support. This measurement helps us to evaluate the impact we have on lives of the people within the communities in which we operate.

	Measure	Observed difference before and after					Monetary value**
 Patients	EQ-5D	Average increase of: (from 0.53 to 0.65)	0.121	↑	Statistically significant	✓	£11,309
 Family wellbeing	Care hours	Average decrease of: (weekly care hours)	1.44	↓	Statistically significant	✓	£622
 Health and social care	GP appointments	Average annual decrease of:	2.28	↓	Statistically significant	✓	£195
	Inpatients	Average annual decrease of:	0.53	↓	Statistically significant	✓	
 Economy	Sick days	Average decrease of:	1.12	↓	Statistically significant	✓	£452
	Workforce participation	5% were not able to work		Of which 30% were able to return to work			

*<http://bit.ly/3XTNPG4>

**2022 outcomes

Total benefit for average patient:

£8,804

← Final figure based on programme completers

Total benefit for a programme completer:

£12,578

Supporting Hearts and Minds



Launched in 2022, this programme is designed to support people in their recovery from a cardiac condition, event or procedure.

Step 1

NHS referral onto programme

NHS refers an eligible patient by completing an online referral form.

Step 2

Pre-assessment questionnaire

Pre-assessment questionnaire completed online by the participant.

Step 3

Triage appointment

Triage call undertaken by a Nuffield Health Physiotherapist.

Step 4

Baseline assessment

Face-to-face appointment with rehabilitation specialist.
Physical measures including functional capacity test, risk stratification and exercise prescription.

Step 5

CORE programme

Participant starts the 8 week CORE programme led by rehabilitation specialists.

Step 6

Mid-way assessment

Face-to-face appointment with rehabilitation specialist.
Repeat of physical measures and review of exercise prescription.

Step 7

Maintenance programme

Participant starts the 12 week MAINTENANCE programme led by rehabilitation specialists.

Step 8

Final assessment and discharge

Face-to-face appointment with rehabilitation specialist to collect final outcomes data and consider any further support or signposting.

This programme was designed in conjunction with Patrick Doherty, Professor of Cardiovascular Health at the University of York.

The programme is delivered with the expert group and 1-to-1 guidance of a British Association of Cardiovascular Prevention and Rehabilitation (BACPR) trained rehabilitation specialists, using a combination of education and physical activity, and mental health support. This 20-week programme is unique as it covers both Core (Phase 3) and Maintenance (Phase 4) stages of cardiac rehabilitation. We are currently only accepting referrals via NHS Cardiac providers for this programme.

Outcomes will be calculated utilising the following data sets:

The programme is currently in pilot stage, and we are in the process of attaining and analysing clinical outcome data.



PROMS for Quality of life, mental health, physical, and activity outcomes



Physical activity and fitness – DASI, TAM-2, submaximal fitness capacity test



Physical measurement – BMI, waist and hip circumference, blood pressure, heart rate, HbA1c

We will also complete a health economics analysis with our external partner to ascertain the Social Return of Investment of this Supporting Hearts and Minds programme.