**Job Description**

**Prehab Exercise Specialist**

**Level: TBC**

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| **Responsible To:** | **Responsible For:** |
| Paul Shannon, Commercial and Communities Manager | NA |

**About the job:**

We are at the very beginning of our Cancer Prehab journey and are looking for an exceptional person to join us as an Exercise Specialist and help us to shift the dial on cancer outcomes.

As an Exercise Specialist you will be working on the front-line of delivering care to our patients and will play a key role in helping us grow our company, providing amazing support to our patients.

**Role:**

1. Manage and oversee delivery of the community-based Prehab programme across South Ribble and Chorley Leisure centres

2. Liaise with the hospital-based prehab team to receive participant referrals and contact them within 48 hours to book an assessment.

3. Plan, coordinate and deliver assessment clinics for participants referred into the programme

4. Plan, coordinate & deliver exercise prescriptions for cancer patients.

5. Plan and deliver virtual assessment clinics using telephone or video conferencing platforms if required.

6. Design effective, personalised home exercise programmes

7. Adapt and apply knowledge of exercise principles to cancer patients.

8. Conduct standardised and pre-defined outcome assessments for all participants at 4 key stages of the programme. This will include nutritional and health screening assessments.

9. Regularly provide the outcome assessment data to the team at LTHTR, for monitoring of the prehab service.

10. Develop and communicate prehab and rehab physical activity plans for both high-risk and low risk participants.

11. Ensure you have local knowledge to link in with and/or signpost to a range of local health and wellbeing service providers including specific professionals within secondary providers, primary care, community health teams and those within the voluntary/community sector (smoking cessation, dietetics, psychological support, oral health etc.) to ensure participants have a multimodal package of care within the programme.

12. Accurately record participant data

13. Be the main contact for issues that may arise with the participant regarding physical activity.

14. Provide an exit strategy at the relevant time for all participants.

15. To work with the Prehab Programme Manager to provide written and verbal updates as required.

16. Be aware of and committed to equal opportunities principles and practices.

17. Be aware of and adopt when required relevant Health and Safety policy and practice.

**Responsibilities:**

**Team:**

* You will work with your colleagues to prioritise team objectives over individual objectives.
* You will support and respect your colleagues at all times**.**
* You will work together to share knowledge and experiences to improve your service.
* You will participate in development activities as required.

**Corporate:**

* You will carry out your duties and responsibilities in line with the Health & Safety Policy and associated legislation.
* You will actively engage with customer care, value for money and performance management.
* Your duties will be carried out in line with our equality scheme.
* You will be compliant at all times with GDPR and data protection legislation.
* You will constructively participate in communication and promotional activities.

**Organisational:**

* You will be prepared to take on responsibilities and projects that may be outside of your normal work area but are relevant to your role.
* You will support an inclusive culture which provides opportunities for everyone to participate and progress.
* You will support effective relationships across all Directorates, with stakeholders and external partners to ensure the Council’s priorities and objectives are met.
* You will positively promote and represent the Council at all times.

**What the successful candidate will have:**

**Qualifications**

* A valid UK driving licence and ability to travel around the borough
* Physical activity, sport or health related degree or equivalent
* L4 Cancer Rehab instructor (Desirable)
* This post holder will need to have access to their own vehicle, hold business insurance for that vehicle and be willing to use their own transport for travel between leisure centres.

**Experience**

* Experience of working with patients with complex long term health conditions
* Experience of working with cancer patients in a prehab or Rehab setting (Desirable)
* Experience of performing exercise testing and applying results to prescribe exercise programmes (Desirable)
* Experience of delivering exercise classes for people with health conditions (Desirable)
* Experience of IT systems and KPI reporting (Desirable)

**Knowledge**

* Understand national policies in relation to health and physical activity and ability to apply at local level
* In-depth understanding of the National Frameworks for exercise referral schemes and latest guidelines
* Knowledge of exercise testing principles
* Understanding of heart rate monitoring and prescribing training zones

**Skills & Abilities**

* Excellent planning and organisational skills
* The ability to prioritise workloads and manage time efficiently
* Ability to develop & maintain effective administrative systems and databases
* Commitment to delivering quality services for people and the continual improvement of processes
* Ability to work co-operatively and build successful relationships with team members and stakeholders
* Excellent communication skills
* Strong motivational interviewing skills
* Able to create and design gym programmes
* Customer-centric approach with high standards and attention to detail
* Able to work with confidential and sensitive personal information and adhere to principles of GDPR and good data protection governance
* Willingness and ability to work some evenings and weekends as required to deliver the programme

**Our Values & Behaviours**

**Customer Focused** - We listen to our communities, keeping them informed about the things that matter most to them and providing a professional and responsive service.

**Forward Thinking** - We solve difficult problems by being adaptable, resilient, and innovative.

**Working Together** - We are focused on achieving our collective goals as an organisation and we support our colleagues to deliver excellent services.

**Making a Difference** - We make a positive difference for our communities by being helpful and going the extra mile.

**Delivering Quality Services** - We strive for quality in everything we do, making sure the people of Chorley and South Ribble get the best outcome.