

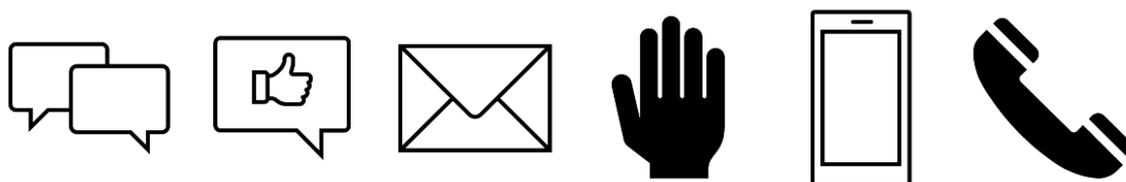
Allied health professionals are made up of 14 different professions with approximately 170,000 members. Prosthetists and Orthotists are an integral part of this healthcare workforce that can help shape the current and future health care systems. Often our patients will return to see us at different times of their lives for reassessments or repairs of their Prosthetic or Orthotic equipment. This makes us well placed as clinicians who can build clinical relationships with patients over a long period of time.

Building trusting relationships and effective communication between clinicians and patients is vital to provide holistic care, with satisfactory outcomes for both the patient and the clinician. This is important work that links in with wellbeing and EDI, whereby all patients can access the services they need and feel they are treated with respect and dignity.

## NEURODIVERSITY

By focussing on the communication needs of patients, and in particular those who may have different requirements in terms of communication style, such as patients with mental health conditions, or neurodiversity such as learning difficulties or autism, can impact upon how effectively the patient then engages with the NHS and social support systems.

Simple changes made in clinic can have a great impact on a patient's experience. Accessible information, that includes simplified language, imagery and symbols can be helpful in aiding communication. Inclusive communication means to recognise and utilise all forms of communication rather than just written and verbal, such as facial expressions, gestures, movements, signs, pictures, and objects.



Images from Icons word 365.

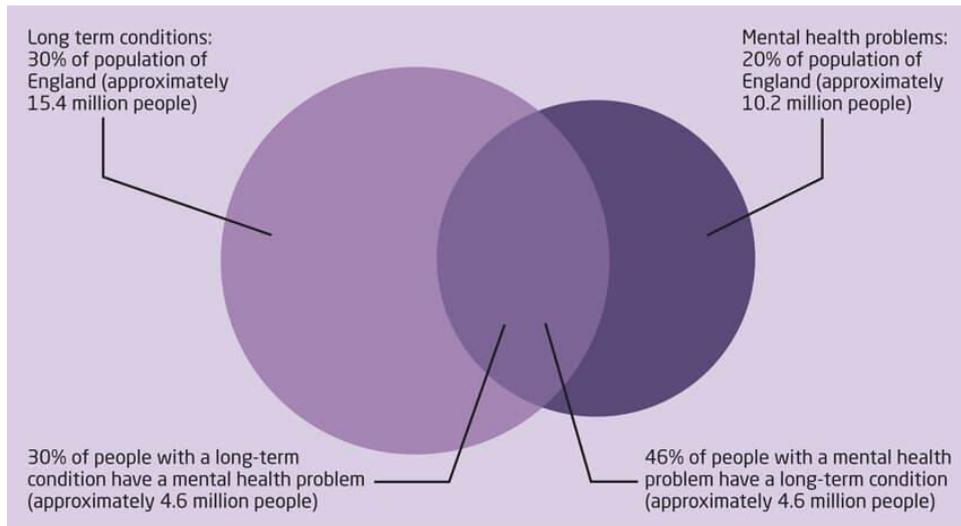
See the link below for various case studies on AHP's transforming the health, care, and wellbeing of neurodiverse patients:

[ld\\_autism\\_case\\_study\\_collection\\_finalv3.pdf \(ahpnw.nhs.uk\)](#)

## MENTAL HEALTH

Mental health can affect a person's ability to participate in healthy behaviours that impact upon physical health. This can increase the likelihood of some chronic diseases linked with physical health. Mental health can also impact a person's ability to participate in treatment and recovery.

Approximately 30% of people living with a long-term physical health condition also have a mental health issue. People who live with mental health conditions also have significantly higher rates of physical illness.



Source: Naylor C, Parsonage M, McDaid D, Knapp M, Fossey M, Galea A (2012). Report. [Long-term conditions and mental health. The cost of co-morbidities.](#) *The King's Fund and Centre for Mental Health*

See the link below for case studies of AHP's supporting patients' wellbeing and mental health recovery:

[ahp\\_mental\\_health\\_case\\_studies\\_finalv2.pdf \(ahpnw.nhs.uk\)](#)

## STAFF WELLBEING

Work-related stress is defined by the Health and Safety Executive (HSE) as 'the adverse reaction people have to excessive pressures or other types of demand placed on them'. Those in public service occupations, such as health, social care and education are more at risk of work-related stress.

The 2020 NHS annual survey results showed that 44 per cent of staff report feeling unwell as the result of work-related stress (up from 40 per cent in 2019). The NHS has been identified as having a higher-than-average level of stress-related sickness absence of all job sectors across the country.

The wellbeing of healthcare staff is vital for their own wellbeing as well as that of their patients.



Image from stock images word 365.

See the link below to see case studies on the work being done by AHP's to aid staff health and wellbeing. In addition, please see the wellbeing section of the BAPO website for wellbeing support for BAPO members.

[staff\\_hwb\\_case\\_studies.pdf \(ahpnw.nhs.uk\)](https://ahpnw.nhs.uk/staff_hwb_case_studies.pdf)