



good boost

[#MakingPoolsDoMore](#)

CASE STUDY: Castle Centre, Southwark

- ▶ A leisure centre based in Elephant & Castle, Southwark, London
- ▶ Started delivering Good Boost in October 2021
- ▶ Good Boost has been delivered in collaboration with King's College Hospital Physiotherapy Department to create supported self-management sessions in the community
- ▶ There has been highly positive feedback from participants and the King's College Team with the ambition to grow the programme in 2022



CASE STUDY: THE CASTLE CENTRE- STATS

Data over 5-months from launching Good Boost between October 2021 – April 2022

54

Total Number of
registered users

327

Total Number of
sessions delivered

40-50

Youngest
age range

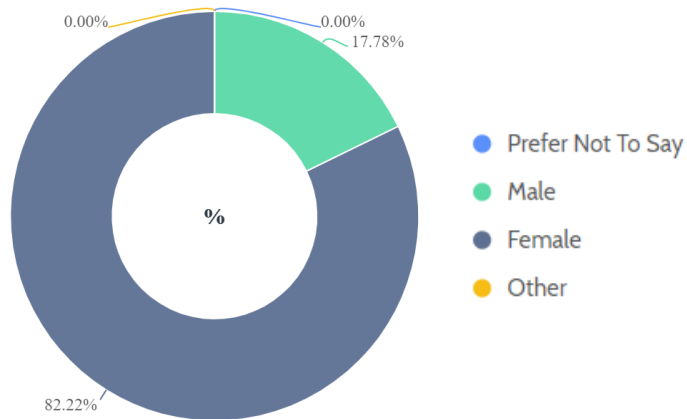
80-90

Oldest
age range

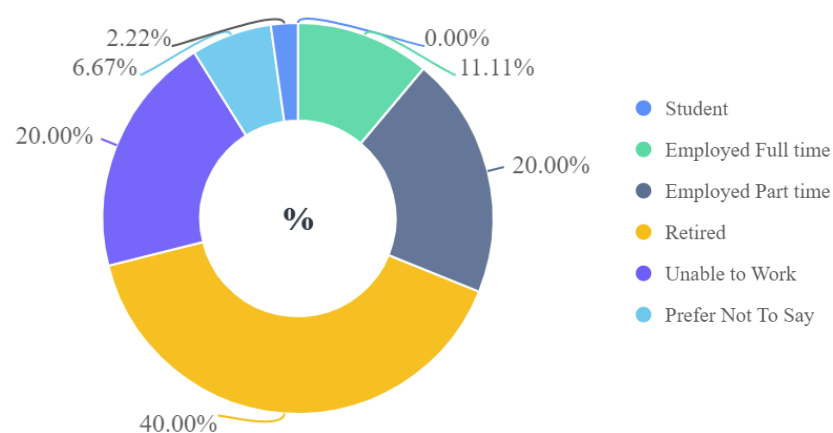
63

Average age

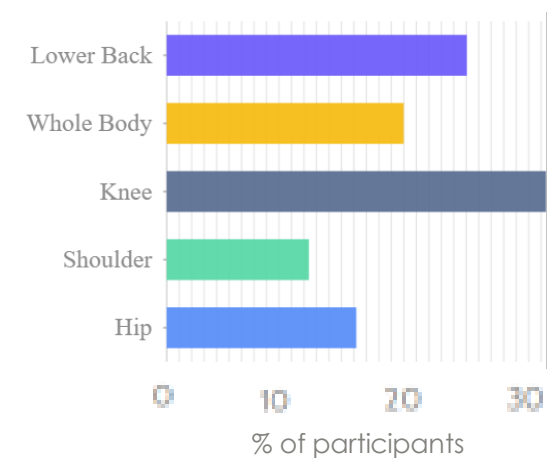
Gender Distribution



Employment Status



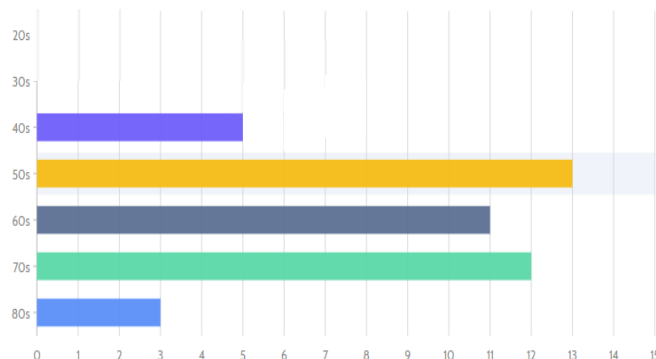
Affected Joint



CASE STUDY: THE CASTLE CENTRE- STATS

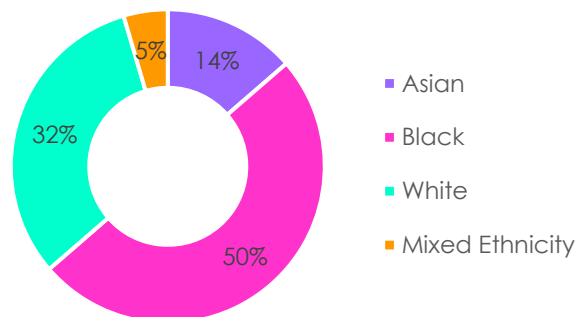
Data over 5-months from launching Good Boost between October 2021 – April 2022

Age Distribution



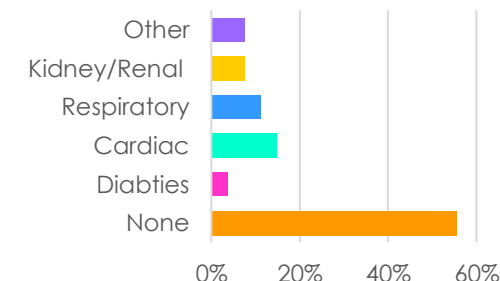
High proportion of participants aged 60-80 years old

Ethnicity



Ethnically diverse service, with majority of participants being black, Asian and mixed ethnicity

Co-morbidities



Almost 50% of participants live with another long-term health condition

Deprivation Index

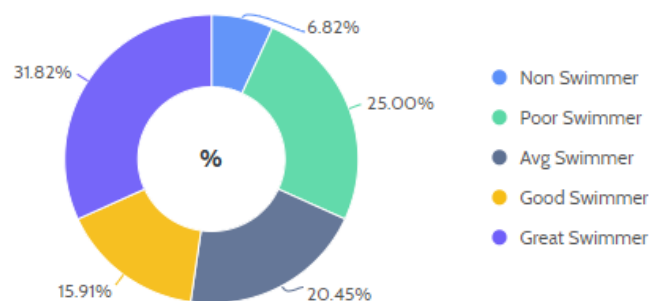
Average Index Multiple Deprivation (IMD) Score=

32.2

80.5% of all participants were in the 4th of 5th lowest income quintile

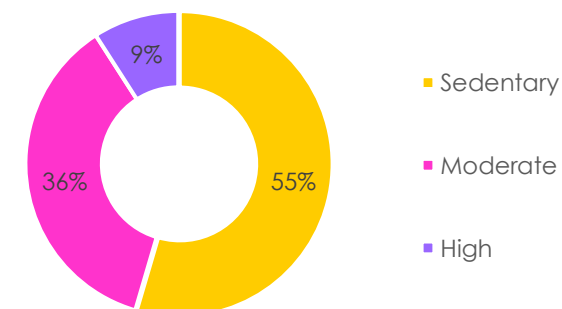
Quintile group	IMD score range
1	≤ 8.49 (<u>Least deprived</u>)
2	8.5 - 13.79
3	13.8 - 21.35
4	21.36 - 34.17
5	≥ 34.18 (<u>Most deprived</u>)

Baseline - Water Confidence



1/3rd are non-swimmer or poor-swimmer, highlighting that low water confidence is not a barrier

Baseline - Physical Activity Level

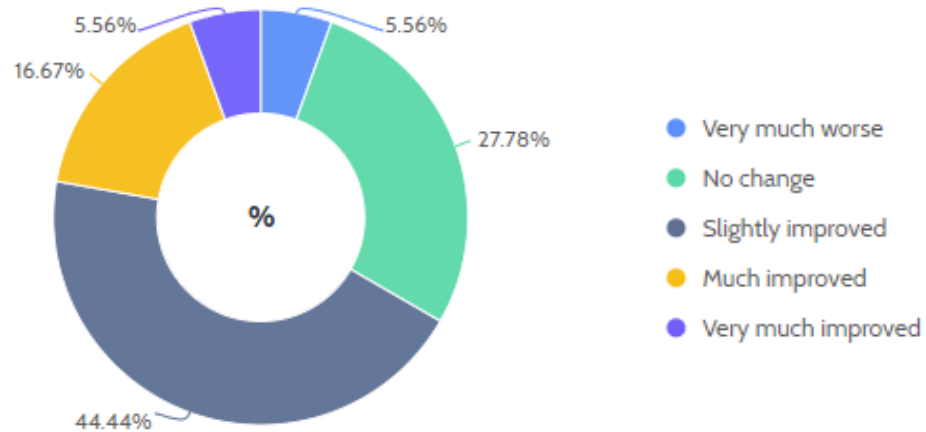


55% are inactive, highlighting that no-to-low level of exercise at baseline is not a barrier and the aquatic service is appealing to inactive populations

CASE STUDY: THE CASTLE CENTRE- CHANGE

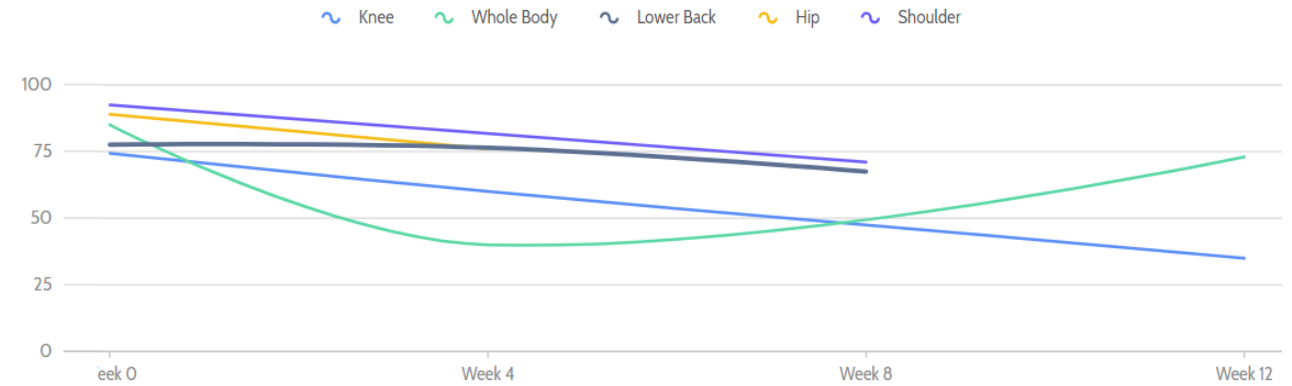
Participants outcome measure reporting at baseline (registration) and every 4-weeks

Global Rating of Change Score



66.67% report improvement in symptoms

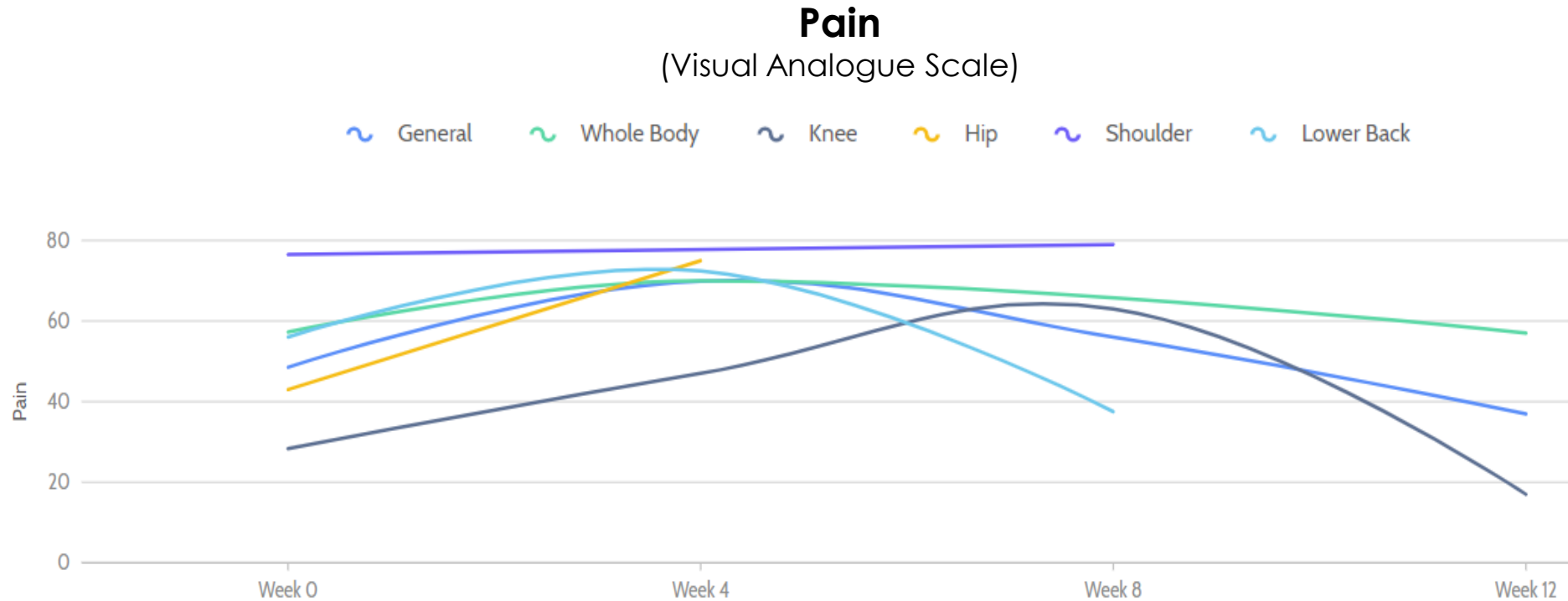
Functional Change (Patient Specific Functional Complaint)



Average of 23 % improvement in function from baseline to last measure

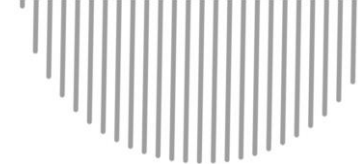
CASE STUDY: THE CASTLE CENTRE- CHANGE

Participants outcome measure reporting at baseline (registration) and every 4-weeks



Average of 22 % improvement in pain from baseline to last measure

CASE STUDY: PRE-SESSION REGISTRATION



Participants using Good Boost's waterproof tablet computers to register and sign-in prior to a session in the pool

CASE STUDY: GROUP AQUA SESSION



Participants in the pool using Good Boost tablets to follow their aqua exercise session and provide on-going feedback into the A.I. technology

CASE STUDY: TESTIMONIALS & FEEDBACK



Bibi

"Made me feel like a brand new person"

"I can walk better"

"I feel it's gonna improve my health in a huge way"



Dawn

"Most exercise like squats and lunges are not doable on dry land"

"The sessions have been really wonderful and the exercises work you out"

"The exercises matched my needs, two weeks in, my back was a lot better, and my walking was a lot better and I can sit for longer in a sitting position, where as before I had to lay flat"

"My mental state has been that I'm having less panic attacks, doing the sessions helped my mental state"

"I'm more mobile, I'm doing more at home, I'm much stronger, I'm less falling over"

"I feel [returning to independent swimming] is more possible now because of this course"

CASE STUDY: TESTIMONIALS & FEEDBACK



Flo

"I found [the sessions] absolutely brilliant, I've really, really enjoyed them"

"Exercises that I could actually do, and I've found all of them really good"

"Plus there's some really nice people in the group"

"The exercises progressed harder [over 6 weeks] which has been good, because if you can do it [it's too easy] then you lose interest"

"It's a social gathering, and it's nice to see so many people, and we've become friends, and I have improved, I really have improved [knee pain] considerably"



Angela

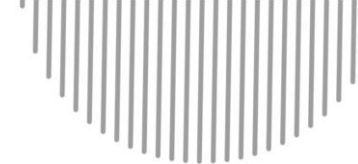
"It's been very helpful, 've had a stroke, and it's given me the confidence to build up my walking outdoors"

"It's helping with my mobility"

"When I'm in the water my balance is great"

"It's nice to come together as a group, it's nice to come together at the end of a session and socialise"

CASE STUDY: KCH CLINICIAN FEEDBACK



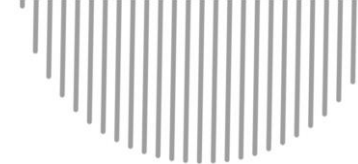
"I've been referring patients post hip and knee replacement to 'Good Boost' at The Castle since the programme started in October 2021. At the moment there is quite a delay in accessing rehabilitation for some of these patients so it's fantastic to have Good Boost available as an option. Many of the patients I see live in Southwark, so The Castle leisure centre is easily accessible to them.

Patients seem very keen to try water-based exercise, especially those who are a bit isolated, struggling with land-based exercise and who don't feel confident to go to a gym or a swimming pool independently. The programme provides a bridge between hospital-based treatment and swimming or aqua aerobics in a more public setting and having that sort of steppingstone in place has been really positive.

Feedback about the programme has been great. Patients seem to really enjoy the social setting and atmosphere and they don't seem fazed by using the technology to create their exercise programme, which I was surprised about. They feel supported and the programme gives them confidence and competence. They realise 'I've done this. I could continue doing this.'

Nicky Underdown, Clinical Specialist Physiotherapist, Department of Orthopaedics, King's College Hospital NHS Foundation Trust

CASE STUDY: KCH CLINICIAN FEEDBACK



"Having 'Good Boost' in place at The Castle offers so many opportunities for people with bone, joint and muscle conditions living in Southwark. For individuals, the programme is a tangible link from hospital-based care to long-term self-management, as it helps people to develop skills and confidence to exercise and the support networks with others to sustain regular physical activity habits. It is a great example of hospital and community sector integration.

The programme is proving to be very popular! Patients gain confidence and ability very quickly through Good Boost, and it is great fun, which I think contributes to people wanting to keep coming. It is a fantastic resource, which I hope we will be able to expand in the future."

Dr Nicky Wilson, Consultant Physiotherapist, King's College Hospital NHS Foundation Trust

CASE STUDY: BUSINESS CASE FOR THE CASTLE

The delivery of Good Boost in The Castle Centre presents a revenue and membership generation for the venue for an underutilized pool space during off-peak hours.

KCH is providing a staff member to deliver and run the Good Boost sessions at The Castle Centre, requiring no Everyone Active staff resource/time. The learner pool is not fully utilized and can be delivered

Existing: Friday's in the learner pool – 10 participants x £3.90 per session = £39.00 per session.

Planned: – 2 x 45 minute sessions (back-to-back) on a Friday = 20 participants x £3.90 = £78.00 per Fri

2022 Plan: Include a Tuesday & Wednesday session, 4 x 45 minute sessions (back-to-back) = an additional £156.00 per Tues & Weds

There is a waiting list of patient who are ready to sign up to sessions. There will be high utilisation of the Good Boost sessions and expected to be 100% full at the 6 x sessions per week.

This would generate £234.00 per week at the Castle Centre, assuming 50/52 weeks a year = **£11,700 revenue**
There is the opportunist for the Castle Pool to generate more income with the Good Boost equipment/ service through delivering additional sessions for personalised aqua rehab, aqua fitness, aqua natal or land exercise.

CASE STUDY: BUSINESS CASE FOR KCH

The delivery of Good Boost in The Castle Centre creates a community accessible services via KCH for supported self-management. This overcomes the existing waiting times and burden on MSK services, aligns for the NHS 10 Year Plan of prevention, delivering services in the community and care closer to home and promotes greater self-management, reducing reliance of formalised primary and secondary care services.

£46 per service user contact hour (Philips et al, 2012), assumed to average 30 minutes per appointment at KCH = £23 per appointment.

Castle Pool sessions = 4 x sessions per week, 10 participant per session, 50 weeks per year = 2,000 appointments per year.

2,000 x £23 = **£46,000** savings compared to 1-2-1 Physiotherapy appointments. This is expected to be an average of approximately 200 individual service users accessing an average of 10 sessions each.

Assuming 5% of participants (10) avoid entering into a course of Physiotherapy through supported self-management = **£1,150**

Assuming 1% of participants (2) avoid a hip or knee arthroplasty = further saving of **£14,600** of avoided primary and secondary care costs.

Total projected savings = **£ 61,750**

Cost per f2f appointment taken publication by Philips et al (2012). These numbers have not been adjusted based on Physiotherapist salary increase and increase in clinical delivery costs, as a result the savings are greater than the figure shown.

WE LOVE TO TALK.



Contact us on:



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