

Nuffield Health in partnership with Great Ormond Street

## Cystic Fibrosis Programme

Nuffield Health is one of the leading not-for-profit healthcare organisations in the UK and has delivered health services for over 50 years. Nuffield Health provide access to more than 10,000 health experts through 31 hospitals, 77 fitness and wellbeing gyms and 212 corporate facilities to help people get healthy, and stay healthy.

Nuffield Health also has the largest network of physiotherapists outside of the NHS with 1,900 Physiotherapy fusion clinics and 141 in-house clinics.

The Cystic Fibrosis programme is in line with Nuffield Health's objectives to 'advance, promote and maintain health and healthcare of all descriptions and to prevent, relieve and cure sickness and ill health of any kind, all for the public benefit.'

There are many aims for the programme but the main one is to improve the life expectancy and quality of life of children with Cystic Fibrosis.

The Cystic Fibrosis Programme is a partnership between Nuffield Health and Great Ormond Street Hospital (GOSH) where we offer free access to Nuffield Health Fitness and Wellbeing gyms to children referred from GOSH, along with a parent or carer.

GOSH has delivered training to our personal trainers, and we offer complementary one to one personal training to all of the children (aged 5 and above) on the programme to help to support them with their exercise plan.

To date 65 personal trainers have undergone training and more than 100 children and teenagers are signed up. 1,850 personal training sessions have also been delivered since the programme started in 2011.

### Key facts

#### Setting

Nuffield Health Fitness & Wellbeing gyms.

#### Target audience

Children referred to us from Great Ormond Street Hospital between the ages of 0-17 years.

#### Running length

From 2011 - ongoing.

#### Funding

No funding.

#### Participants per year

This varies but 102 children and teenagers have joined the programme to date.

## [7] Case studies

"The cystic fibrosis programme collaboration between Nuffield Health and Great Ormond Street Hospital is a great opportunity for us to utilise our expert personal trainers for a great cause and local organisation. We have found that many of the children on the cystic fibrosis programme are very advanced for their age in terms of exercise or sport as it has been a part of their lives from such a young age. This makes it more rewarding as we can approach their exercise programme with an intelligent approach as we would with our adult clients. It's also nice to add an element of fun to their activity as many of the kids spend a lot of their time in hospital."

Kate Selwood, Fitness Manager at Bloomsbury Nuffield Health Fitness & Wellbeing gym

### Impact

This programme has a huge impact on the families and individuals who take part. Cystic Fibrosis is a life shortening inherited disease that affects over 10,000 people in the UK and there is no cure but there are many ways of managing it including exercise.

If the children on the programme can improve their V02 Peak through their exercise then they can increase their own life expectancy. Many of the children also take advantage of using our swimming pools.

We hope that educating and inspiring young children to exercise will help to keep the children out of hospital as much as possible, will prevent deterioration in the disease and will encourage them to have a normal childhood and full participation in school and extracurricular activities.



### Key learning

We have learnt that small actions really do make a big difference. This partnership continues to work well because of the strong relationship between Nuffield Health and Great Ormond Street Hospital. We have many aims for the future of the programme.

We are currently in the process of expanding the programme to work with four more hospitals and we are also looking into our outcome data in more detail in order to prove the positive impact we are having on these children's lives and contributing to research within the field.

An abstract of the programme has been submitted and will be shown as a poster at the European Cystic Fibrosis Conference in July.

If you would like more information on the programme please email [ashleigh.ahlquist@nuffieldhealth.com](mailto:ashleigh.ahlquist@nuffieldhealth.com)