

# SPORTS AND EXERCISE TECHNICIANS

## *Patient Reported Experience Measure 2024*

During the week of the 11th November 2024 Sports and Exercise Technicians across the trust asked all patients that they had contact with to complete a profession specific experience measure. This asked patients about their understanding of the profession, their views of the profession's role in their care and recovery, the impact of this profession's interventions, what they valued about the profession and their recommendations for the profession for the future.

01.

13 patients provided their feedback about their contact with Sports and Exercise Technicians.



02.

100% of patients understood what a Sports and Exercise technician's role was.



03.

92% of patients who responded understood how a Sports and Exercise Technician could help their wellbeing and recovery.



04.

92% of patients who responded felt that the Sports and Exercise Technician had helped with their wellbeing and recovery.



05.

92% of patients who responded said that their experience of Sports and Exercise Technicians was either very good or good.



06.

Patients valued Sports and Exercise Technician input because:

It kept them fit and their minds active.  
It provides a sense of achievement.  
They thought it was more effective than any anti-psychotic.  
It provides a strong work ethic, motivation, encouragement and transferrable to other areas of life.



07.

Patients said that Sports and Exercise Technicians:

Helped them feel alive.  
Fought the side effects of low mood.  
Made them feel more confident  
Improved their self-esteem.  
Helped them achieve goals.  
Helped identify barriers and solutions



08.

Patients said that this should be recognised as a fundamental aspect of recovery.

Their only suggestions for improvement were for there to be more technicians, meaning more time with patients, and more equipment to support sessions.

