

# Exercise Therapist

**Hours:** Locum Hours **Reports to:** Clinical Team Manager **Location:** Central London **Start Date:** ASAP

## About Oviva

We believe good health starts with nutrition and lifestyle, not medication. Our mission is to help 50 million people lead healthier and happier lives by 2025 by providing the best diet and lifestyle therapy through technology.

Oviva is a technology-enabled healthcare provider founded in 2014 seeking to offer the most accessible, personalised, high-quality care possible to people with health conditions related to diet. Crucially, we embrace technology to overcome the efficiency challenges facing the NHS.

We do this by:

- Creating unique, digitally-enabled treatment programmes for patients, delivered by dietitians supported by a multi-disciplinary team of psychologists, psychological wellbeing practitioners, specialist nurses, activity experts and health coaches.
- Offering patients access to expert advice in a time and place of their choosing, via our smartphone app, online learning portal (with tailored video, audio and written learning content) or over the phone.

Our services are delivered in partnership with the NHS, supporting quality and efficiency improvements. Today we provide NHS services in 57 Clinical Commissioning Groups and were recently selected for the NHS England Digital Diabetes Prevention Programme and the NHS England Innovation Accelerator. Beyond the UK we also operate in Switzerland, Germany, and France, and are backed by Europe's leading venture funds.

We can only deliver all of this with the help of our incredible team. Having a culture that people want to work in is very important to us and we're proud to say 96% of our team would recommend working for Oviva. We do this by keeping our values at the forefront of everything we do, from patient care to internal culture:

- We put the patient first
- We measure & improve
- We tackle it together

## The Role

Oviva have been commissioned to provide the Tier 3 Specialist Weight Management service in Tower Hamlets and this bank position is for someone to work alongside the rest of the clinical team in delivering this service. The service offers a comprehensive multi-disciplinary team approach, combining consultant led care with specialist dietetics, clinical psychology, and links to local services – as well as leveraging technology to improve patient access and outcomes. The service will recruit approximately 340 new patients per year.

The exercise therapy service includes providing an exercise assessment to all patients accepted onto the tier 3 complex obesity service. As well as running these initial appointments remotely by phone and video call, the role involves delivering group sessions to participants with the goal of improving overall physical activity levels.

## Main Responsibilities

- Being an active member of the MDT when required, providing feedback for MDT meetings where needed, and liaising closely with the other members of the MDT.
- Developing, delivering and auditing group exercise sessions for patients identified as suitable within the tier 3 service.
- Working in an autonomous manner, being responsible for appropriately managing clinical risk when it arises during clinical practice, while having recourse to other professionals for guidance
- To maintain adequate CPD, receive regular clinical supervision in accordance with good practice guidelines and continue to meet REPs registration requirements.
- To maintain accurate and up-to-date clinical records
- Actively work to meet the KPIs of the Tower Hamlets contract

## Key Competancies

- Collaborative – *can do attitude, work effectively in teams,*
- Empathetic – *peer to peer support, resilient,*
- Innovative – *self starter, solution – action orientated, creative*
- Knowledgeable – *proactively upskilling, adaptable,*
- Commitment to Oviva Mission & Strategy
- [Clinical skills] – *patient relationships, adherence to IG procedure*

## The Ideal Candidate

- BSc in Sports Science, Strength & Conditioning or equivalent
- Member of REP with Level 3 qualification
- Experience working in a clinical setting desired
- Experience of Weight Management and/or bariatric experience desired
- Excellent communicator
- Proven experience in both remote care and face-to-face roles
- Willing to travel within central London to support face-to-face aspect of contract
- Flexibility and willingness to learn

## Our Offer

- The opportunity to make a meaningful impact in revolutionising healthcare in the UK
- Exciting and rewarding role in high-growth start-up environment
- Flexible working
- Competitive Salary

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To apply, please send your CV & cover letter to our Clinical Team Manager, [Nicola.bradshaw@oviva.com](mailto:Nicola.bradshaw@oviva.com), telling us why you'd love to join us at Oviva