

The Role of Physiotherapy and Occupational Therapy

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Katie Williams

Senior Children's Occupational Therapist

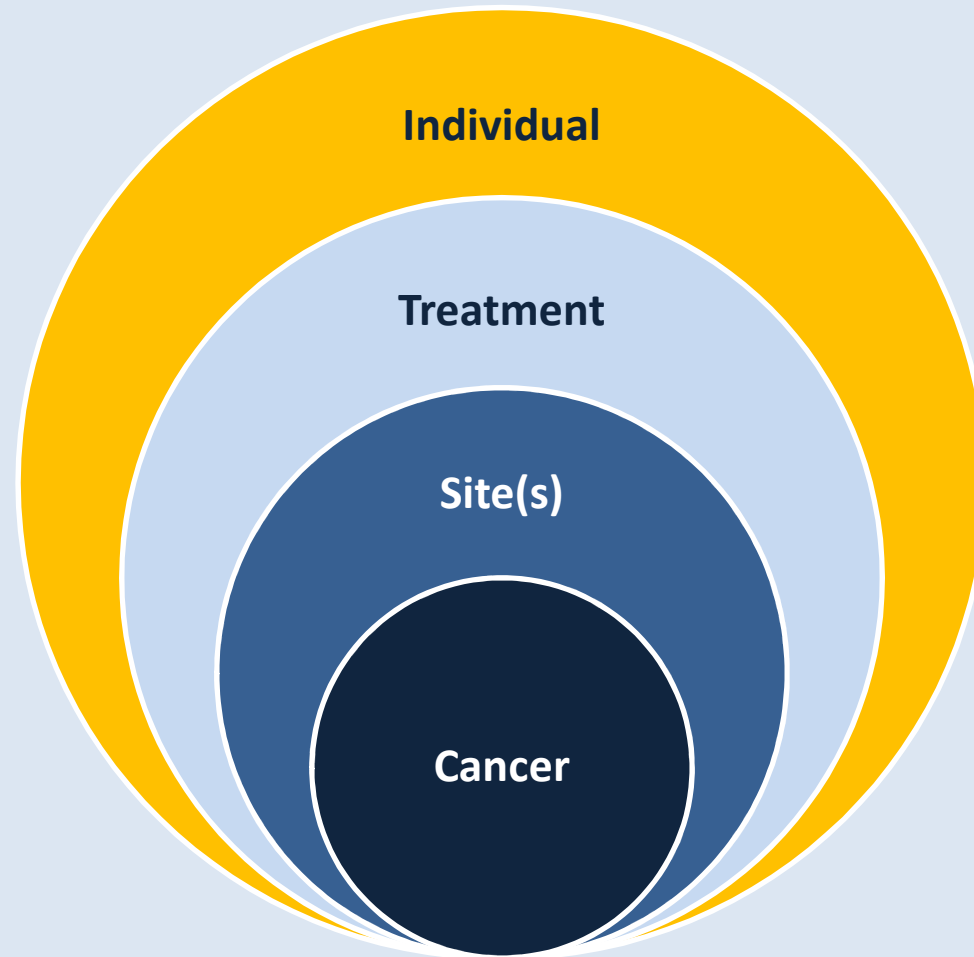
David Young

Senior Children's Physiotherapist

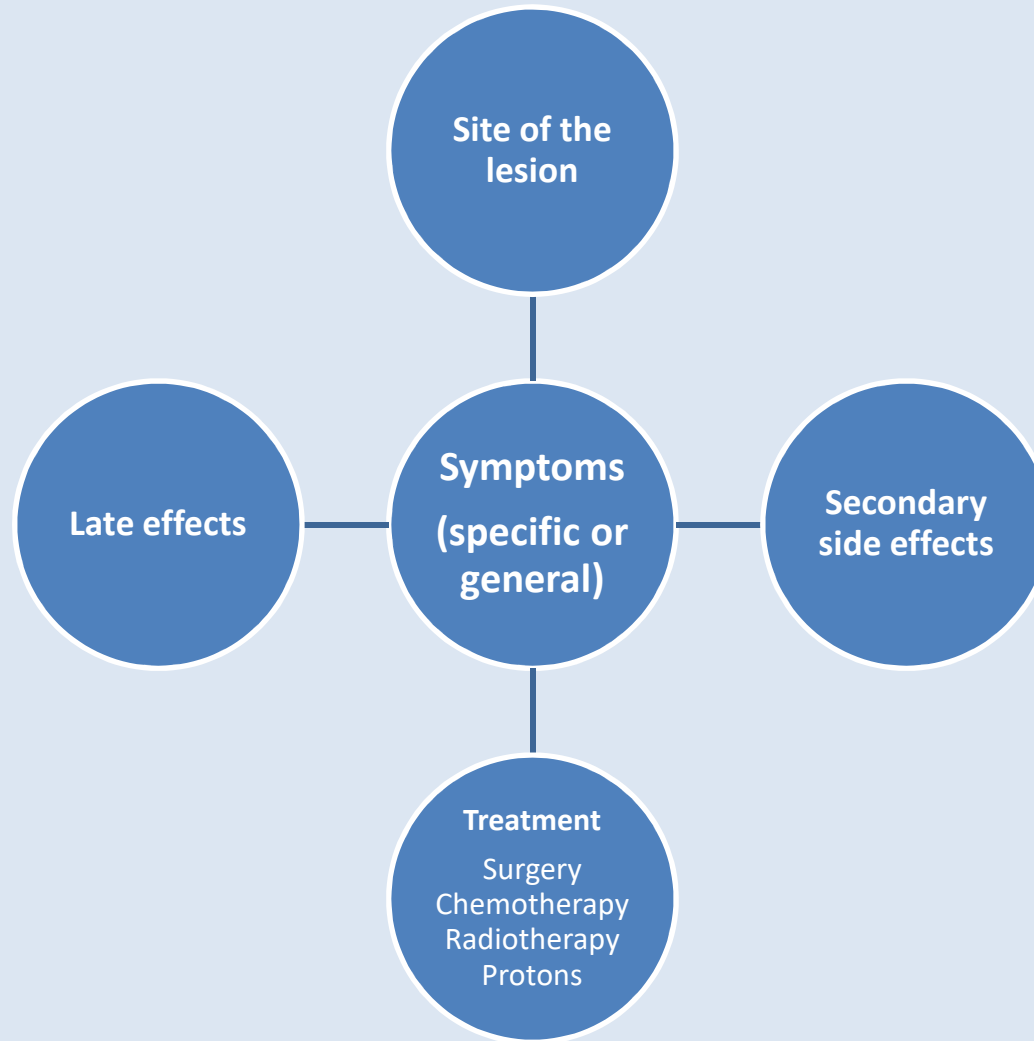
Rosie Allsop

Band 6 Physiotherapist

Considerations



Possible symptoms



Treatment: secondary effects

Surgery Chemotherapy Radiotherapy Protons

- Post-operative rehabilitation
- Peripheral neuropathy
- Steroid myopathy
- Neurological / motor skill impairment
- Deconditioning resulting from reduced activity
- Reduced exercise tolerance
- Cancer related fatigue

Late Effects



Continuity

Like a relay...

Transfers between:

- Addenbrooke's to local hospital
- Hospital to home
- Focus on social and educational re-integration



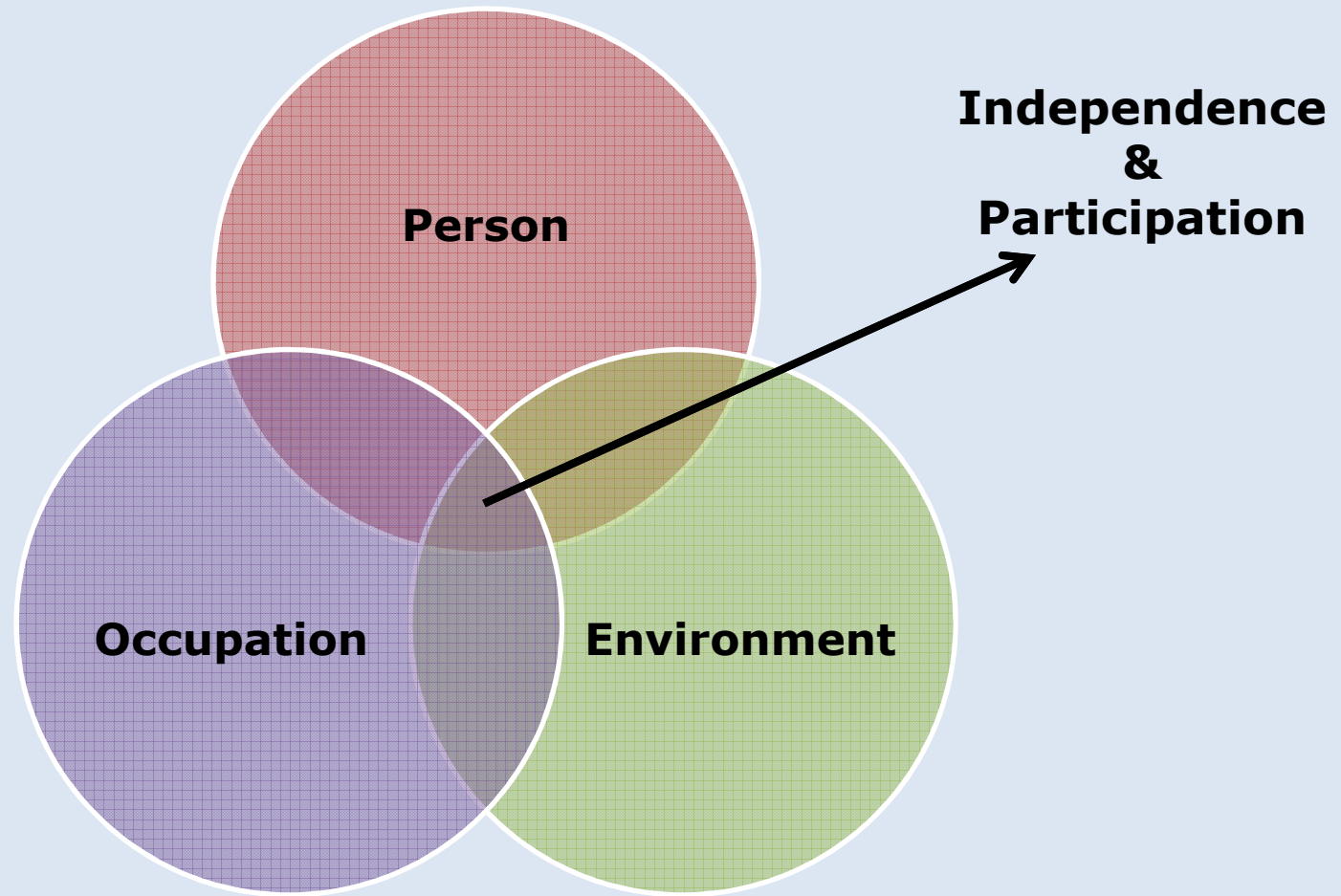
Important communications:

- Improvements & deterioration
- Changes in therapeutic needs
- Barriers to progression
- Off treatment...long term follow up

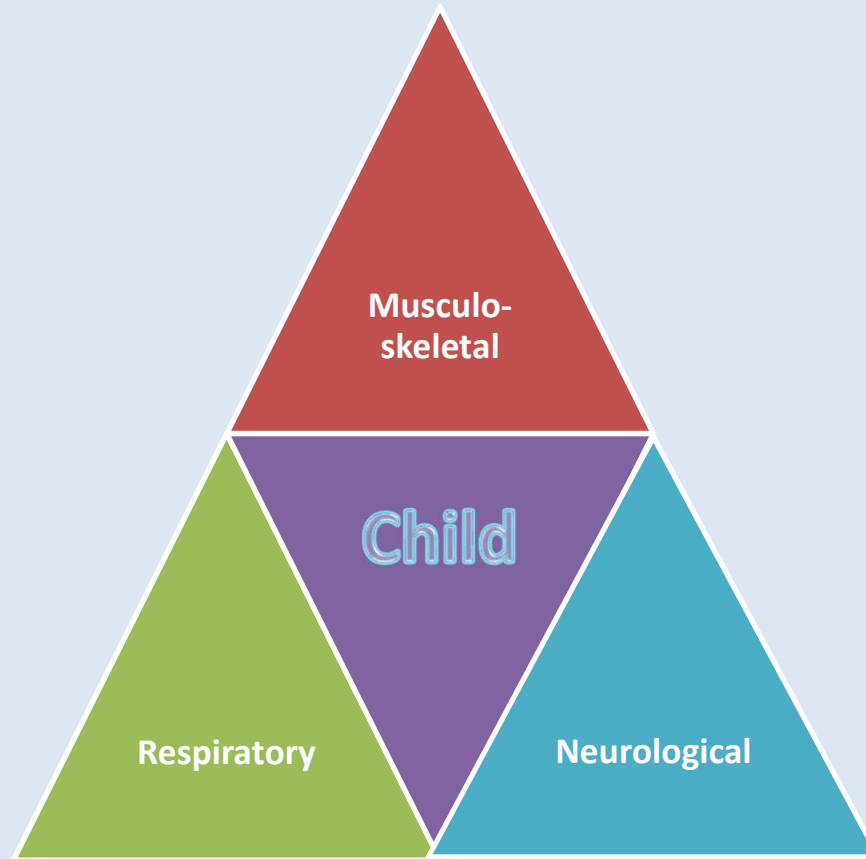


***Assessment,
treatment & management***

Therapy to maximise a child's **participation** and **independence** in school activities.



Physical considerations



Treatment & management of physical needs

Difficulty	What you might see
Shortened muscles	<ul style="list-style-type: none">• Tip-toe walking• Reduced movement/ stiffness• Discomfort and pain in muscles
Stiff joints	<ul style="list-style-type: none">• Painful to move joints• Restricted range of joints
Fatigue	<ul style="list-style-type: none">• Activity related tiredness• Difficulty concentrating
Pain on movement	<ul style="list-style-type: none">• Specific to each child
Motor skill impairment	<ul style="list-style-type: none">• Coordination difficulties / difficulties with specific motor skills
Gait disturbances	<ul style="list-style-type: none">• Atypical walking or balance difficulties• May need a walking aid or wheelchair• Difficulty to get from place to place

Interventions

- Activity ideas and exercise programmes – support for returning to PE
- Orthotics & walking aids
- Rehabilitation
- Splinting
- Hydrotherapy

- *Feedback and provide activity ideas and advice to patient, parents, school
- *Encourage a gradual reintegration back into whole class activities
- *Some children need 'adapted' exercise programmes

Thinking about Cognition....



Treatment & management of cognitive needs

Difficulty	What you might see
Processing	<ul style="list-style-type: none">• Takes time to follow instructions• Difficulty managing lots of information (e.g. for a more complex task)• Difficulty learning new life skills.
Memory	<ul style="list-style-type: none">• Difficulty remembering instructions (verbal Vs. visual).• Difficulty progressing with new skills.• Liking order/routine.• Difficulty in schoolwork (maths, written work).• Difficulty organising their things.• Difficulty recalling what they have been doing.• Little carry-over between sessions.
Executive Functioning	<ul style="list-style-type: none">• Difficulties organising belongings (e.g. getting things ready to leave the house).• Difficulty with longer pieces of written work due to the memory and higher executive demands of planning and organising ideas, reasoning, and recalling information.• Mathematics particularly affected due to need to manipulate and use complex and abstract information.

Difficulty

What you will see

Attention

- Difficulty shifting from one task to the next.
- Limited or no carry over.
- Not responding to instructions
- Moving quickly between activities.
- Easily distracted.

Other

- Difficulties with social interaction with friends, siblings, adults.
- Reduction or plateauing of educational progress.
- Behaviour and frustration.

Referral
• Via email alert



[Initial pre-operative assessment]



[Surgery]



Referral to local services



Ongoing therapy intervention



[Post-operative] MDT assessment



Outpatient follow-up

Inpatient Pathway

Referral and informal meeting with family



'Homework'



Introductory appointment



Multi-disciplinary feedback



Further assessment



Introductory appointment summary and plan



Treatment



Review

Brainbow Outpatient Pathway

One team member of many...

Therapists:

- Physiotherapists
- Occupational therapist
- Speech & Language therapist
 - Acute (Brainbow and colleagues)
 - Community



Wider team:

- Specialist teacher
- Psychological support
- Social support
- Medical team
- School
- Family



Website:

www.cuh.nhs.uk/addenbrookes-hospital/services/brainbow

Reference / Resource

- <https://www.canchild.ca/en/research-in-practice/participation-knowledge-hub>
- <https://www.canchild.ca/en/research-in-practice/physical-activity>
- <https://www.canchild.ca/en/research-in-practice/transitions>

Contact details

General Brainbow email:

brainbow@addenbrookes.nhs.uk

Brainbow Telephone: 01223 596163

Thank you for listening

Any questions?

