Profile of Learning Opportunities for Student Therapists

COMMUNITY PAEDIATRIC PLACEMENT

Completion date: October 2012
Review date: October 2013
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>Area Profile</td>
<td>4</td>
</tr>
<tr>
<td>Learning Zone</td>
<td>5</td>
</tr>
<tr>
<td>Whilst on Placement</td>
<td>6</td>
</tr>
<tr>
<td>Community Paediatric Physiotherapy:</td>
<td>7</td>
</tr>
<tr>
<td>Pre-school and Mainstream</td>
<td>8</td>
</tr>
<tr>
<td>Special Education</td>
<td>10</td>
</tr>
<tr>
<td>Placement Expectations for Physiotherapy</td>
<td>12</td>
</tr>
<tr>
<td>Additional Learning Opportunities</td>
<td>14</td>
</tr>
<tr>
<td>Timetable</td>
<td>15</td>
</tr>
<tr>
<td>Community Paediatric Occupational Therapy</td>
<td>16</td>
</tr>
<tr>
<td>Mainstream</td>
<td>17</td>
</tr>
<tr>
<td>Special Education</td>
<td>18</td>
</tr>
<tr>
<td>Equipment &amp; Adaptations</td>
<td>20</td>
</tr>
<tr>
<td>Placement Expectations for Occupational Therapy</td>
<td>21</td>
</tr>
<tr>
<td>Timetable</td>
<td>22</td>
</tr>
<tr>
<td>Recommended Reading</td>
<td>23</td>
</tr>
<tr>
<td>Appendices</td>
<td></td>
</tr>
</tbody>
</table>
Welcome to the Community Paediatric Team at the Newcastle upon Tyne Hospitals Foundation NHS Trust. We hope that you enjoy this placement and that it allows you to consolidate all the skills you have gained in your training so far, whilst offering you the opportunity to gain many more!

This pack aims to give you an introduction to our team and important information about your placement. In order to support your learning we would expect that you have completed a SWOT analysis identifying areas for development and specific placement objectives. However students are encouraged to contact the clinical co-ordinator at least two weeks prior to the start of their placement.
The Newcastle upon Tyne Hospitals Foundation NHS Trust

Paediatric Physical Therapy
Physiotherapy and Occupational Therapy

AREA PROFILE

We are a busy Community Paediatric Team providing care throughout Newcastle upon Tyne. The paediatric service treats children and young adults up to the age of 18, providing therapeutic assessments and treatment.

Paediatrics is a challenging area to work within and consideration needs to be given not only for the children and young adults you are treating, but also the parents/carers and family.

The Paediatric Team – Who’s who!

Jackie Young
Physical Therapy Manager

Sue Kelly
Clinical Specialist

Mainstream
Louise Graham, Specialist Physiotherapist
Helen Dodd, Specialist Physiotherapist
Amy Doyle, Physiotherapist
Rotational Specialist Physiotherapist

Vicki Nelson, Specialist Occupational Therapist
Chris Pike, Specialist Occupational Therapist
Specialist Occupational Therapist

Christine McGarr, Technical Instructor
David Tully, Technical Instructor

Pre-School
Mary Kay, Specialist PT
Joanne Marshall, Specialist PT
Helen Dodd, Specialist PT
Rotational Specialist PT
Susan Robson, TI
Jenny Breckill, TI

Aids and Adaptations
Keith Robertson, Specialist OT
David Tully, Technical Instructor

Northern Counties
Hilary Brewis, Specialist PT
Frances Slowie, Specialist PT
Specialist Rotational PT
Louise Morris, TI

Hadrian and Sir Charles Parsons
Christine Lynch, Specialist PT
Louise Histon, Specialist PT
Nikola Sarkar, Specialist OT

Thomas Bewick
Fiona Simpson, Specialist OT
Rachel McManus, Specialist OT
WHILST ON PLACEMENT

Here is some general information you may find useful:

Contact Address

Paediatric Physical Therapy (SEE APPENDIX FOR MAP/DIRECTIONS)
(Physiotherapy and Occupational Therapy)
Community Children’s Service
Campus for Ageing and Vitality
Level 3. Old NCCT Building
Westgate Road
Newcastle upon Tyne
NE4 6BE

Clinical Co-ordinator       Joanne Marshall, Physical Therapy, Campus for Ageing and Vitality
                            0191 282 3452   Email: joanne.marshall.nuth.nhs.uk

General Information

Working Times - 09.00am – 17.00pm
Lunchtime - 12.00pm – 12.30pm
Facilities - Microwave, fridge, hot and cold water
CAV - Food can be purchased on site or in the local vicinity
Team Meetings - 11.15am Monday or Tuesday at Campus for Ageing and Vitality
                   Specific locality training
Uniform - You are expected to maintain a smart, casual, professional appearance, adhering to DOH guidance to be ‘bare below the elbow.’
Uniform Required:
Navy trousers (Physio), Black trousers (OT)
White/navy polo shirt (Physio), White polo shirt (OT)
Plain sweatshirt/jumper/Cardigan Navy (Physio), Black (OT)
Black or navy shoes
NO Jewellery (except wedding bands)
NO visible tattoos
One pair of stud type earrings, NO other visible piercing
A swimming costume and towel may be required
Absence - It is your responsibility to ensure that you inform your Clinical Educator and the university if you are unable to attend work for any reason. Please try to do this as near to 09.00am as possible.
CRB - Please bring a copy of your certificate.
COMMUNITY PAEDIATRICS PHYSIOTHERAPY

The Physiotherapy team provide a service to the following areas:

- Pre-School
- Mainstream
- Special Education

Some of the diagnoses for children referred to Physiotherapy are listed below:

- Cerebral Palsy
- Duchenne Muscular Dystrophy
- Congenital Muscular Dystrophy
- Other neuromuscular disorders including spinal muscular atrophy
- Developmental delay
- Downs Syndrome
- Developmental co-ordination disorder
- Pneumonia/chest infection
- Acquired brain injury
- Post orthopaedic trauma
- Chronic fatigue
- Children with mental health disorders
- Arthrogryplosis
- Profound and multiple learning difficulty
Pre-School

Clinical Educator: Joanne Marshall / Helen Dodd / Mary Kay

A community city wide service for babies and young children from birth to four, offering Neurodevelopmental assessment, treatment and support to babies, children and their families and carers. This may involve visits to home, playgroup, nursery and multi disciplinary groups. The service works closely with education and other health professionals.

Mainstream Schools

Clinical Educator: Helen Dodd / Louise Graham / Amy Doyle

The mainstream physiotherapy team cover all of the mainstream schools in Newcastle, both primary and secondary. We see children with a variety of physical problems, although many have Cerebral Palsy.

Some children are seen regularly at school in order to carry out physiotherapy treatments. We also visit schools on an occasional basis to give advice and support to school staff by carrying out observations of playtime and PE etc.

We also visit children at home after school and during the holidays as and when the need arises.

Children who do not require regular physiotherapy treatment are monitored periodically via our review clinic system. We also hold fortnightly orthotic clinics and have a gait analysis outreach clinic every 2-3 months.

In addition to providing home and school physiotherapy programmes we hold weekly gym sessions for teenagers and rebound therapy for school age children. These are run by an internal referral and waiting list system.
Kingston Park Primary  
Cranleigh Avenue  
Kingston Park  
Newcastle upon Tyne  
NE3 2HB  
Tel: 0191 214 0363  
Clinical Educators: Louise Graham

Kingston Park Primary has been chosen by the local education authority to be an additionally resourced school to support children with additional physical needs. This mainstream school receives extra funding to provide twelve places for children who have physical difficulties without specific learning needs.

The school staff, children and their families are supported by a community paediatrician, children’s community nurses, physiotherapists, occupational therapists and speech and language therapists.

Areas in school have been designated for therapy and nursing intervention. Children are integrated into mainstream classes, but can access therapy and nursing services in school.

Benfield School  
Benfield Road  
Newcastle upon Tyne  
NE6 4NU  
Tel: 0191 2656091  
Clinical Educators: Amy Doyle

This school operates in much the same way as Kingston Park, but is for secondary age children.
Special Education

Northern Counties School  
Tankerville Terrace  
Jesmond  
Newcastle upon Tyne  
NE2 3BB

Tel: 0191 281 5821
Clinical Educators: Hilary Brewis and Frances Slowie

Northern Counties School is a member of the Percy Hedley Foundation. The school provides specialised environment for the assessment, education and care of children aged 4-19 with complex communication needs including sensory loss, autism and/or physical disability.

The therapy team include specialist school nursing, occupational therapy, speech and language therapy, physiotherapy and audiology.

At Northern Counties School there is a distinct population of children who have very complex needs. These children have severe physical disabilities, which affect their gross and fine motor skills and have profound and multiple learning difficulties.

An integrated approach is adopted to provide assessment and treatment for children, with support and advice to school staff and children’s families. Specialist resources include hydrotherapy, sensory room, rebound therapy and motor programmes.

Sir Charles Parsons  
Westbourne Avenue  
Walker  
Newcastle upon Tyne  
NE6 4HQ

Tel: 0191 2630261
Clinical Educator: Christine Lynch

Sir Charles Parsons provides secondary education for children aged 11-19 who have complex learning and physical needs. There are 120 children who attend the school and they are taught in small classes following an (alternative) adapted curriculum.

There are facilities available for hydrotherapy, rebound therapy and sensory programmes.
Conditions covered include:

- Cerebral Palsy
- Duchenne Muscular Dystrophy
- Developmental Delay
- Down’s Syndrome
- Various Syndromes

Hadrian School
Bertram Crescent
Benwell
Newcastle upon Tyne
NE15 6PY

Tel: 0191 2195275

Clinical Educator: Louise Histon

Hadrian School provides education for young children aged 2-11, who have a learning disability.

Many children at Hadrian School have a physical disability, some with profound and multiple learning difficulties.

There are facilities available for hydrotherapy, rebound therapy and sensory programmes.

Conditions covered include:

- Cerebral Palsy
- Duchenne Muscular Dystrophy
- Developmental Delay
- Down’s Syndrome
- Various Syndromes
Placement Expectations for Physiotherapy

Whilst on placement you will receive plenty of opportunity to develop your awareness of working with children. The placement will also give you the opportunity to consolidate theory and clinical skills gained at university.

It is an essential requirement of your undergraduate course to provide evidence to ensure that learning objectives are being met.

We expect that prior to the placement you:
- Carry out an individual SWOT analysis. This will assist you to get the most of the placement by ensuring that you are aware of your own individual needs.
- Carry out background reading.

During the placement we expect that you:
- Continue to carry on reading relevant/recommended literature.
- Ask questions.

Please refer to relevant reading list and competences / learning opportunities.

This placement is likely to be very different to those you have experienced previously. You may find that we have different priorities than you expected. We are aware that many students will not have seen children with such complex problems before. We will support you for as long as you need during this learning phase. If you are visiting a child at home you will always be accompanied.

Student Presentation

During your placement you will be asked to present a small piece of work relevant to a child or group of children that you are working with.

At the beginning of your placement this will be discussed with your clinical educator and will be relevant to your learning outcomes.

Depending on your placement year you may be set additional learning outcomes relevant to the placement.
The following are examples of additional learning you may be asked to consider:

1. **The holistic approach:**
   The child is viewed as a whole person and considered in relation to their educational, language, emotional, social and functional development. The child's needs for physiotherapy must be viewed along with their need for nurture, play and schooling. The child's culture and family lifestyle must be considered when setting physiotherapy targets.

2. **Independence:**
   The ultimate aim of Physiotherapy is to enable children to become independent adults who are able to function actively in society as much as their potential allows. Towards this aim, children, their family and their carers are encouraged from an early age to be actively involved in and to participate in their own rehabilitation. In particular they are encouraged not to be passive recipients of care.

3. **Contrasting treatment techniques and methods:**
   Paediatric Physiotherapy draws on many treatment approaches including neuro-developmental, biomechanical, orthopaedic and behavioural principles.

   Students are encouraged to observe these approaches and principles in practice and to reflect on their use.

4. **Mainstream school integration:**
   Within Newcastle children with physical disabilities have been integrated into mainstream schools. Please discuss the advantages and disadvantages of this.
Additional Learning Opportunities

- Botox clinic
- Therapy review clinics
- Team Around the Child (TAC) meetings
- Joint therapy meetings
- School review meetings
- Rebound therapy
- Hydrotherapy
- Classroom working
- Multidisciplinary working

Learning outcomes should be set with clinical educator(s) within first 1-3 days depending upon length of placement.

Half way appraisal date will be negotiated at beginning of placement.
This is an example first week timetable and may be subject to change

<table>
<thead>
<tr>
<th>Placement</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Counties (NCS)</td>
<td>NCS</td>
<td>SCP</td>
<td>SCP</td>
<td>NCS</td>
<td>NCS</td>
</tr>
<tr>
<td>Sir Charles Parsons or Hadrian School (SCP)</td>
<td>Welcome</td>
<td>SCP</td>
<td>SCP</td>
<td>NCS</td>
<td>NCS</td>
</tr>
<tr>
<td>Pre-School (PS)</td>
<td>PS</td>
<td>PS</td>
<td>MS</td>
<td>MS</td>
<td>PS</td>
</tr>
<tr>
<td>Mainstream Schools (MS)</td>
<td>Welcome</td>
<td>MS</td>
<td>PS</td>
<td>MS</td>
<td>MS</td>
</tr>
</tbody>
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COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY
The Occupational Therapy team provide a service to the following areas:

- Mainstream Education
- Special Education
- Equipment & Adaptations

Some of the diagnosis for children referred to the Occupational Therapy Service are listed below:

- Cerebral Palsy
- Developmental Coordination Disorder
- Attention Deficit Hyperactivity Disorder
- Muscular Dystrophy
- Downs Syndrome
- Acquired Brain Injury
- Fragile X Syndrome
- Autism
- Arthrogryposis
- Angelman Syndrome
- Aicardi Syndrome
- Global Development Delay

This list, however, is not exhaustive also children may be referred with a combination of diagnosis.
Mainstream Occupational Therapy

Paediatric Physical Therapy
(Physiotherapy & Occupational Therapy)
Community Children’s Service
Campus for Ageing and Vitality
Level 3. Old NCCT Building
Westgate Road
Newcastle upon Tyne
NE4 6BE
Tel: 0191 256 3452
Clinical Educators: Vicki Nelson and Chris Pike

Occupational Therapists working into mainstream schools in the Newcastle area offer assessment and therapy to children, who have been referred to the service, between the ages of 5 & 18 years with a wide variety of conditions and presentations. Their remit is variable and non-exclusive.

Referrals are only accepted from Health Professionals and identified persons from Education. They must be accompanied by a completed checklist and/or detailed letter. Once a referral is received it will be prioritised and placed on a waiting list accordingly.

The Occupational Therapists will carry out a comprehensive assessment, incorporating gross and fine motor skills, sensory processing, visual perception and handwriting; using a range of standardised assessment tools as well as clinical observations.

Once assessed and if appropriate therapy may be offered in the form of individual or group therapy sessions, either in the child’s home, school or at the therapy base. Programmes may also be provided to home and to school, where they are facilitated by Learning Support Assistants with guidance from the Occupational Therapists.

The Occupational Therapists working into mainstream school will be expected to contribute to the Education Statement of Special Needs Provision. They will also attend review meetings and contribute to Individual Education Plans (IEP’s).

For some children, the Occupational Therapist is responsible for ensuring that they are able to access the curriculum and attend to activities of daily living by providing advice and or equipment to facilitate this. The Occupational Therapist is also responsible for any minor environmental adaptations.

The Occupational Therapist may also be responsible for manufacturing and/or requisitioning hand splints.
Special Education

- **Hadrian School**
- **Sir Charles Parsons School**
- **Thomas Bewick School, (which specialises with children on the Autistic Spectrum)**

**Hadrian School** *(SEE APPENDIX FOR MAP/DIRECTIONS)*

**Bertram Crescent**

**Benwell**

**Newcastle upon Tyne**

**NE15 6PY**

**Tel:** 0191 219 5275

**Clinical Educators:**

Rachel McManus

Fiona Simpson

Nikola Sarkar

Hadrian school is a Local Education Authority (LEA) primary day school for children with severe learning difficulties and profound and multiple learning difficulties. Children attend the school from the age 3-11 years and then transfer to the LEA secondary school ‘Sir Charles Parsons’.

The Occupational Therapist who works into Hadrian School receives referrals from teaching staff for children attending the school between the ages of 4-11 years. The therapist will carry out an initial assessment and determine the most appropriate form of treatment. Treatment may be offered in the form of individual or group sessions and may be offered within the classroom, therapy room, sensory integration room or other locations around the school.

Occupational Therapy within Special Education is a relatively new service within Newcastle and continues to develop and extend upon therapy services provided within the school environment. Therapeutic treatment may include;

- Sensory Integration
- Fine Motor skills – handwriting, scissor skills, dressing skills etc
- Gross Motor skills – ball skills, balance, coordination, dressing skills etc
- Visual perception
- Positioning & Seating
- Provision of adaptations or equipment for use in school
- Manufacturing or requisitioning of splints

The Occupational Therapist will also be expected to contribute to any Educational Statement of Special Needs Provision and attend review meetings / medicals. They may also be responsible for facilitating and / or attending multi disciplinary meetings.
Sir Charles Parsons School
Westbourne Avenue
Walker
Newcastle upon Tyne
NE6 4HQ
Tel: 0191 2630261
Clinical Educators: Samantha Brown

Sir Charles Parsons School is a Local Education Authority (LEA) secondary day school for children with severe learning difficulties and profound and multiple learning difficulties. Children attend the school from the age 11-18 years.

The Occupational Therapist who works into Sir Charles Parsons School receives referrals from teaching staff for children attending the school. The therapist will carry out an initial assessment and determine the most appropriate form of treatment. Treatment may be offered in the form of individual or group sessions and may be offered within the classroom or therapy room.

Occupational Therapy within Special Education is a relatively new service within Newcastle and continues to develop and extend upon therapy services provided within the school environment. Therapeutic treatment may include:

- Sensory Integration techniques – Alert Programme
- Fine Motor skills – handwriting, scissor skills, dressing skills etc
- Gross Motor skills – ball skills, balance, coordination, dressing skills etc
- Visual perception
- Positioning & Seating
- Provision of adaptations or equipment for use in school
- Manufacturing or requisitioning of splints

The Occupational Therapist will also be expected to contribute to any Educational Statement of Special Needs Provision and attend review meetings / medicals. They may also be responsible for facilitating and / or attending multi disciplinary meetings.
Equipment & Adaptations

Paediatric Physical Therapy (Physiotherapy & Occupational Therapy)
Community Children’s Service
Campus for Ageing and Vitality
Level 3. Old NCCT Building
Westgate Road
Newcastle upon Tyne
NE4 6BE
Tel: 0191 256 3452
Clinical Educators: Keith Robertson

The equipment and adaptation service receives referrals for children with significant disability age 0-18. Referrals can be made by any involved health or social care professional and are prioritised according to agreed criteria.

Specialised Occupational Therapy Assessments are completed on behalf of Newcastle Social Services Directorate and recommendations made for major environmental adaptations to clients homes. The therapists makes recommendations, which ensure that solutions to clients difficulties are both “necessary and appropriate “ and meet the local authority’s criteria which dictate that adaptations must be the most cost effective solution which will meet clients “essential needs “.

There are two streams of funding to complete adaptations; these are the Disabled Facilities Grant available to parents who rent privately or own their own home and the Co-operate Housing Budget of the local authority for tenants of Newcastle City Council.

Therapists are responsible for specifying recommendations, with the assistance of Specialised Occupational Therapy Assessments, for major environmental adaptations to client's homes. These are completed on behalf of Newcastle Social Services Directorate, which ensure that solutions to clients difficulties are both “necessary and appropriate” and meet the local authority’s criteria, which dictate that adaptations must be the most cost effective solution and what will meet clients “essential needs “.

Therapists are also responsible for specifying recommendations with the assistance of surveyors and obtaining estimates from specialised contractors and builders. All work completed must meet with the therapists specification and they are responsible for ensuring the finished work meets their clients needs and carers /clients are proficient in the use of any specialised equipment.
The service is responsible for advising other professionals on the provision of minor adaptations e.g. hand rails and will provide assessment / consultancy for specialised items of daily living equipment, such as hoists and profiling beds.

**Placement Expectations for Occupational Therapy**

Whilst on placement you will receive plenty of opportunity to develop your awareness of working with children. The placement will also give you the opportunity to consolidate theory and clinical skills gained at university.

It is an essential requirement of your undergraduate course to provide evidence to ensure that learning objectives are being met.

We expect that prior to the placement you:
- Carry out an individual SWOT analysis. This will assist you to get the most of the placement by ensuring that you are aware of your own individual needs.
- Carry out background reading.

During the placement we expect that you:
- Continue to carry on reading relevant/recommended literature.
- Ask questions.
- Take an active role in ensuring competencies are met.

Please refer to relevant reading list. Competences / learning opportunities will be sent out on request.
# Timetable

This is an example first week timetable for placements within the mainstream team.

It may be subject to change.

## Mainstream

<table>
<thead>
<tr>
<th>Day</th>
<th>AM</th>
<th>PM</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Introductions</td>
<td>School visits (Therapy session)</td>
</tr>
<tr>
<td></td>
<td>- Team</td>
<td>Motor Co-ordination Group</td>
</tr>
<tr>
<td></td>
<td>- Building</td>
<td></td>
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<td></td>
<td>- Informal supervision</td>
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<td></td>
<td>Team Meeting / In-service</td>
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<tr>
<td>Tuesday</td>
<td>School visits x 3 (Therapy sessions with OT assistant)</td>
<td>School visit (additional resourced unit)</td>
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<tr>
<td></td>
<td>Motor Co-ordination Group</td>
<td></td>
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<tr>
<td>Wednesday</td>
<td>Initial Assessment</td>
<td>School Visit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Motor Co-ordination Group</td>
</tr>
<tr>
<td>Thursday</td>
<td>School visit (1:1 Therapy sessions)</td>
<td>Aids and adaptations visits</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Supervision</td>
</tr>
<tr>
<td>Friday</td>
<td>Initial Assessment</td>
<td>Study leave</td>
</tr>
</tbody>
</table>
PHYSIOTHERAPY STUDENTS
RECOMMENDED READING LIST

**General**


**Development**

From Birth to Five Years Sheridan M (2002).


**Neurology**


Management of Motor Disorders with Cerebral Palsy Clinics in Developmental Medicine - Scrutton D (Ed) (1990), Cambridge University Press.
OCCUPATIONAL THERAPY LEVEL 4 STUDENTS
READING LIST

Code of Ethics and Professional Conduct

HPC Guidelines – Standards of conduct, performance and ethics


Code of Ethics and Professional Conduct

HPC Guidelines.


OCCUPATIONAL THERAPY LEVEL 6 STUDENTS
READING LIST

Code of Ethics and Professional Conduct

HPC Guidelines.


Children's Act 1989

Education Act 2002

Selwyn, Goldsmith, (1997), Designing for the disabled

