

Countywide Community Children's Physiotherapy Service has two bases:

**Northampton General Hospital
Cliftonville
Northampton
NN1 5BD**

Tel: 01604 544655

**Children's Physiotherapy
Sudborough House
St Marys Hospital
London Road
Kettering
NN15 7PW**

Tel: 01536 452400

RESOURCE PACK FOR PRIMARY SCHOOLS

From the Countywide Children's Physiotherapy Service Northamptonshire

What the Service Provides:

The Countywide Children's Physiotherapy Service is based at both Sudborough House, at St Mary's Hospital, Kettering, and Northampton General Hospital, where the majority of appointments take place. However, the service can be accessed in a range of venues including educational settings, homes or place of day care as appropriate.

The Service is provided to children who require physiotherapy assessment, treatment and management for both long and short term conditions. Physiotherapy focuses on helping a child's physical development, specifically gross motor skills (such as sitting, standing and walking, jumping) as well as his/her difficulties with balance and co-ordination. The Physiotherapists also assess for specialised equipment (e.g. walking aids, standing frames) as required to assist with the child's developmental abilities.

Physiotherapists work closely with the child's parents/carers as well as health and education professionals to ensure the child's needs are met appropriately. Parents/carers and relevant professionals (e.g. school staff) are taught suitable activities and exercises, handling and positioning skills to ensure the child benefits from appropriate therapy throughout his/her day in all settings (e.g. home, nursery, school). Initially, the child may be seen more frequently by the physiotherapist to assist caregivers to become competent and confident to carry out the recommended activities at home and education setting. The Physiotherapist's role then progresses to one of monitoring the child's development and updating activities accordingly, or discharging from the service if appropriate.

Eligibility and Referral:

The Service provides paediatric physiotherapy for children from birth up to school leaving age across the north of Northamptonshire.

Referrals are accepted at the Referral Management Centre from health and educational professionals. The referral form is available here: www.nhft.nhs.uk/cyprmc

Purpose of the Pack

As part of our work within the Countywide Children's Physiotherapy Service (Northamptonshire Healthcare Foundation Trust and Northampton General Hospital NHS Trust) has developed a resource pack for those working with children in primary schools. This pack contains an exercise programme for schools to carry out with a child to aim to improve his/her gross motor skills, balance and co-ordination difficulties. The programme of 10 exercises then needs to be carried out on a daily basis at school for 15 to 20 minutes for one term (or 12 weeks). At the end of this time, the teacher needs to complete The Developmental Co-ordination Disorder Questionnaire 2007 (DCDQ'07) as well as the Checklist to obtain final details for the child. If the child scores 'No' for 4 or more items, please refer to the Children's Physiotherapy Service by sending this completed checklist, as well as the DCDQ'07 and completed RMC referral form to:

CYP Referral Mangement Centre, Castle Unit, Isebrook Hospital, Irthlingborough Road, Wellingborough, Northamptonshire, NN8 1LP. To call for referral advice please ring: 0300 1111 022 (Monday to Friday 9am to 5pm).

Please note, this pack is NOT intended for use with children with a confirmed diagnosis such as neurodisability (e.g Cerebral Palsy) or a neuromuscular condition (e.g. Muscular Dystrophy).

Please contact the physiotherapy team if you have any questions, queries or concerns.