



The British Society for Paediatric and Adolescent Rheumatology

Registered Charity # 1132967

AHP Forum
BSPAR Autumn meeting, Newcastle
15th October, 2010

Attendance (members):

Elaine Aitchison, OT, Lanarkshire: Alison Cohen, PT, Alder Hey Liverpool: Ellie Haggart, Great Ormond street London: Liz Hardy, PT, Newcastle: Helen Hartley, PT, Royal Manchester Children's Hospital: Sue Maillard, PT, Great Ormond Street London: Carolyn McTimoney, OT, Newcastle: Jan Scott, PT, Birmingham Children's Hospital: Helen Stanley, PT, Somerset PCT: Lorna Stanyer, OT, Royal Manchester Children's Hospital, (Acting BSPAR AHP Chair): Pauline Taggart, PT, Belfast

Attendance (non-members)

Suzanne Ball, OT, Birmingham Children's Hospital: Marion Berry, OT, Glasgow: Swati Bhagat, PT, Great Ormond Street London: Jill Maxwell, PT, Birmingham Children's Hospital: Julie Smith, PT, Nuffield Orthopaedic Centre, Oxford

Apologies

Sue Kemp, PT, Alder Hey Liverpool, Julie Payne, OT, Great Ormond Street London

1. Contact details for e-mail group

Contact details were requested from members in attendance and if known for members not at the meeting. It was noted that non-members could attend the meeting but would not be included on the e-mail circulation group and would need to become members to be included.

2. Current standards and guidelines documents

i. BSPAR AHP Group – Guidelines for the Therapy Management of Children and Young People with Juvenile Idiopathic Arthritis –2010

Agreed by the group that there were no further changes to this Guideline and that it should be ratified by the BSPAR executive committee

ii. BSPAR AHP Group – Standards of Care – 2010

Any further comments to reach Lorna prior to the next Executive committee for ratification

iii. BSPAR AHP Group – Hydrotherapy Standard - 2010

It was agreed that “Hydrotherapy” should be changed to the term “Aquatic Therapy” and any further comments to reach Lorna prior to the next Executive Committee for ratification. The next BSPAR Executive Committee is in January 2011.

It was agreed that once the above are ratified there should be a three-year review. It was decided by the group that a key person should be identified to represent each centre/area and liaise with members within their area and with the AHP lead person (currently Lorna Stanyer). Helen Stanley agreed to be the key person for community therapy services.

Other people identified at the meeting as key contacts were; Jan Scott, Birmingham, Swati Bhagat, GOSH (in process of becoming member), Sue Kemp, Alder Hey, Julia Smith, Oxford (confirm membership), Pauline Taggart, Belfast, Liz Hardy and Carolyn McTimoney for Cumbria and North east,

It was also discussed that consultants/medics should encourage/support their therapists to become members of BSPAR.

Lorna, to clarify the ratification process of the Guidelines with Kathy Bailey, BSPAR Executive Committee secretary.

3. Future Guidelines

Discussed proposed guidelines and identified people who will go on the website as key contacts:

- i. **BSPAR AHP Group – Guidelines for the use of Casting** – Liz Hardy and Carolyn McTimoney
- ii. **BSPAR AHP Group – Guidelines for the use of Splinting** – (to be allocated)
- iii. **BSPAR AHP Group – Guidelines for the Management of Back Pain** – Jan Scott
- iv. **BSPAR AHP Group – Guidelines for the Use of Paraffin Wax Treatment** – Julie Payne (on return from Maternity leave)
- v. **BSPAR AHP Group – Guidelines for the Therapy Management of Hypermobility** – Sue Maillard
- vi. **BSPAR AHP Group – Guidelines for the Therapy Management of Scleroderma** – Ellie Haggart
- vii. **BSPAR AHP Group – Guidelines for the Therapy Management of Lupus (JSLE)** - (to be allocated)

To start by developing Casting Guidelines, led by Liz and Carolyn at BSPAR Autumn meeting 2010. Guidelines to be patient centred.

Discussed having guidelines for community therapists that would emphasise on empowering the patient/family with more responsibility for delivering therapy programmes and outline realistic expectations on their community therapist. Helen Stanley to be key contact for community therapists. (However, some parents may not be able or choose to do take on this responsibility. This will need to be acknowledged in developing these guidelines).

4. Casting Protocols

The Group discussed whether Casting and Splinting should be covered by the same guidelines. It was felt by the people present although there are some similarities there are enough differences in practice to require separate guidelines. The following points were discussed:

i. When and why do we cast?

Serial Casting V removable Splint

- After joint injection
- Under general anaesthetic
- For fixed flexion deformity
- Degree of casting – from clinical reasoning and previous assessment on child. Rarely have the range to get too much stretch.
- Pain – managed with medication

Casting – some centres cast whilst the patient is awake some cast whilst the patient is under GA. Some bivalve cast then start rehab process after 2 weeks.

Splinting – Some centres splint overnight v casting, bandaged in place (referral pattern at centres varies enormously)

ii. What materials do we use?

- Softcast/Scotch cast re-enforcement (easy to remove by therapist)
- Some use back slab some don't

iii. How long do we cast for?

- GOSH – 4 days cast, Newcastle 7 days cast – both recast if correction has not been achieved

iv. What information do we give to families?

- No written casting information given to families
- Post joint injection written information sheet given
- If child is casted this is discussed with parents – no written information given
- Discussed in group that plaster room may have written information (general)
- Family informed verbally re: aim of cast, consent for Casting (some centres this is done by medics) information on the cast.

v. What procedure do we follow after Casting?

- After Casting intensive exercise programme to maintain range and increase strength.

Liz Hardy and Carolyn McTimoney will take the lead on this Guideline and will named on the web site as contacts for the development of the draft document. Any information and comments should be sent to them. Guideline to be in draft form by Autumn 2011.

5. Complexity Scoring

Tool discussed currently being devised by Liz Hardy and Carolyn McTimoney in response to:

- Expanding service
- To prove effectiveness of therapy service

- CHAQ scores not sensitive enough for complexity scoring

Positive response from group to developing system with suggestions for changes.

Plan to share the document with other centres to pilot. Suggested that each centre scores 2 sets of notes and return to Newcastle to add to their evidence for system. It was suggested that this could be used for annual review of patients.

6. Spring Study Day for AHP's

Discussed proposal for spring study day for AHP.

Liz Hardy and Carolyn McTimoney, Newcastle have offered to hold this event. Date to be decided.

7. Guidelines for Hypermobility therapy management

Deferred for a future meeting

7. Any other business

None discussed

Future meetings:

2011 Newcastle, Spring study event TBA

2011 Nottingham, Oct

Lorna Stanyer Acting BSPAR, AHP Representative
October 2010