ASSOCIATION OF PAEDIATRIC CHARTERED PHYSIOTHERAPISTS

INTRODUCTION TO PAEDIATRIC PHYSIOTHERAPY COURSE

WHO IS IT FOR?

This course has been designed for physiotherapists who are new to working with children and young people; and therefore could be for physiotherapists who are newly qualified, those who are currently working in another specialty, or physiotherapists who wish to return to practice and would like to pursue a career in paediatric physiotherapy.

The course may also be applicable to experienced support workers and other AHP’s who work within paediatrics. However, this will be at the discretion of their managers when considering their learning needs.

COURSE DELIVERY

The Introduction to Paediatric Physiotherapy Course will be run over 3 consecutive days and will consist of a variety of learning methods including seminars and practical workshops. Prior to participating in the course individuals will be expected to identify a mentor who is a Paediatric Physiotherapist and to complete pre-course reading to ensure they are able to recognise and discuss normal childhood development and have an awareness of common pathologies relating to children and young people.

On completion of the course it is recommended that participants complete a case study and a reflective log, which should be discussed with their mentor and any additional learning needs identified.

SUGGESTED PRE COURSE READING:

Texts
• From Birth to Five Years – Children’s Developmental Progress. Mary Sheridan
• Physiotherapy for Children, edited by Terry Pountney, published in 2007 by Elsevier
• Components of Normal Movement in the First Year of Life, University of Southampton 1977
• Motor Skills Acquisition in the First Year, Lois Bly; Therapy Skill Builders
• Guidance for Physiotherapists: Giving Advice for Children and Young People with Special Educational Needs, APCP June 2009
• The Parents perspective, Culverwell T., Proceedings of the Nutrition Society(2005)64 339-343

Websites
• www.themovepartnership.org.uk
LEARNING OUTCOMES

PRE-COURSE
- Recognise and discuss normal childhood development in particular:
  - Fine and gross motor development
  - Social and play skills

- Identify and explain the signs and symptoms related to the following conditions:
  - Cerebral Palsy
  - Muscular Dystrophy
  - Common respiratory conditions in Paediatrics
  - Juvenile Idiopathic Arthritis

BY THE END OF THE COURSE AN INDIVIDUAL WILL BE ABLE TO:

1. Demonstrate an in-depth understanding of the context within which a paediatric physiotherapist practices. This will include communication with children, young people and their families, partnership working, consent and legal issues. This will also include an understanding of paediatric specialism and parameters for support.

2. Demonstrate an understanding of the impact of diagnosis (to include differential diagnosis), adjustment and prognosis on child, family and therapist.

3. Critically analyse components of normal childhood development, which relate particularly to paediatric physiotherapy practice. This will include growth and musculoskeletal development, respiratory development, and normal variants.

4. Have an increased knowledge of appropriate assessment tools for the child’s age and condition.

5. Appraise a number of interventions to enable a practitioner to select and apply the appropriate treatment strategies for a child’s age and condition.

6. Understand and identify any precautions and contraindications to various treatment techniques.

7. Write an effective treatment plan for the child’s age and condition taking cognisance of prognosis including the selection of appropriate outcome measures.

8. Demonstrate an awareness of best practice / evidence-based practice over a wide variety of clinical areas.