

Children's Physiotherapy in North Lincolnshire and North East Lincolnshire



Children's Physiotherapy

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www.nlg.nhs.uk/services/childrens-physiotherapy

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Goole & District
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Information for patients

Who is the service for?

Our NHS service is for young people aged 0 to 19 years who have Physiotherapy needs. Children can be referred to our NHS service by GP, Consultant, School Nurse, Health Visitor or other professional. Further guidance about making a referral is available at the end of this leaflet – Appendix One.

Please note we are only commissioned to see children who are registered with a North Lincolnshire or North East Lincolnshire GP. Children who live or attend school outside of our area, but who have a North or North East Lincolnshire GP, will be offered clinic based appointments.

What to expect?

Children receive an initial assessment in clinic with a registered Physiotherapist following referral. Following that assessment we will work with you to agree a plan of care for your child. We will provide a written care plan/programme to home and school if required. Your child may be offered a block of therapy intervention or may only need to work from their programme at home/school. Your child will be discharged if they do not currently require Physiotherapy intervention, see below.

Children/young people may require Physiotherapy if:

1. They have a neurological condition or neuromuscular disorder.
2. They have gross motor development delay e.g. sitting, crawling, standing, walking later than expected norms.
3. They have a rheumatology condition.
4. They have a congenital disorder such as Talipes or Torticollis.
5. They have Orthopaedic problems such as fractures or corrective surgeries.
6. They have a syndrome which affects their gross motor development or posture.
7. They have a condition where their function or access to activity is impaired.
8. They require post operative or post illness rehabilitation.
9. They have other musculoskeletal complaints which are painful or impacting upon function.

Information for patients

You don't need to be seen by a Physiotherapist if:

1. Your child is within the expected milestones for gross motor development.
2. Your child has a normal variance of gait e.g. in-toeing/out-toeing/flat feet.
3. Your child has a diagnosed condition but there is no impact upon pain, function or participation.

What will happen next:

If Physiotherapy intervention is required, you and your child will be offered therapy sessions, either with a Physiotherapist or a Therapy Assistant. These sessions usually take place in clinic. This may involve:

- ❖ A block of therapy sessions (up to 6) working on specific Physiotherapy targets.
- ❖ An individual programme which can be completed by you outside of therapy sessions.
- ❖ Review sessions with your Therapist to update targets and programmes.

Children with an Education and Health Care Plan

If your child has specific Physiotherapy target on their Education and Health care plan we will work with the setting towards achieving this target. We provide updated information for the Local Authority as part of the Education and Health Care plan process.

For further information about Education and Health Care plans in North Lincolnshire please follow the web link.

<http://www.northlincslocaloffer.com/faqs/what-is-an-education-health-and-care-ehc-needs-assessment/>

For further information about Education and Health Care plans in North East Lincolnshire please follow the web link.

<https://www.nelincs.gov.uk/children-and-families/send-and-local-offer/education-health-care-plan/>

Information for patients

Your child will be discharged from our service when:

- ❖ Your child's gross motor skills e.g. sitting, crawling, standing, walking are following normal developmental patterns or are within the normal range for their age/developmental level.
- ❖ Your child's gross motor skills are in line with their general development and learning.
- ❖ Your child's Physiotherapy targets have been met.
- ❖ Advice and support have been given and you can continue with strategies and activities at home and/or school. We will advise you to refer your child again if they need further intervention.
- ❖ Support strategies are already in place and there is no current evidence about how this is being implemented.
- ❖ You do not bring your child for their appointments.

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats of this document are available on request at nlg-tr.interpreters@nhs.net

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Information for patients

Appendix One:

Referral guidance

A health professional (e.g. GP, Health visitor, School Nurse, Paediatrician) identifies a concern about a child's physical development. This is discussed with carer's prior to referral.

Other useful resources for Professionals:

<https://apcp.csp.org.uk/publications/tummy-time-poster>

https://www.who.int/childgrowth/standards/motor_milestones/en/

Useful resources for Parents/Carers:

<https://apcp.csp.org.uk/parent-leaflets>

Is the child is achieving age appropriate gross motor milestone (or made recent progress)

Continue to monitor progress
No referral required

If concerns relate to equipment to assist with activities of daily living or to home adaptations.

Refer directly the NHS Occupational Therapy Team using the attached link to our contact details and referral forms
<https://www.nlg.nhs.uk/services/childrens-occupational-therapy/nlincs/>

If the child is not achieving expected physical milestones or has a physical impairment which is limiting function or participation

Refer directly the NHS Physiotherapy Team using the attached link to our contact details and referral forms
<https://www.nlg.nhs.uk/services/childrens-physiotherapy/childrens-nelincs/#referrals>
<https://www.nlg.nhs.uk/services/childrens-physiotherapy/nlincs/>

Is the child/ young person awaiting discharge from hospital or there are immediate safety concerns?

Contact the Physio team directly on 01724 203755. Then complete the referral form below.
<https://www.nlg.nhs.uk/services/childrens-physiotherapy/childrens-nelincs/#referrals>