

Haringey Paediatric Occupational Therapy Team:

School and Parent Training

Paediatric Occupational Therapy Lead
Amanda Martell
March 2017



- 1 x Band 8a
- 2 x Band 7 (complex needs x 1 - vacant)
(EY/CDC/MS x 1)
- 4 x Band 6 (1 post vacant)
- 1 x PT OTA



- EY/CDC/Mainstream
- Complex Needs:
 - The Brook
 - Riverside
 - The Vale
 - Belmont
 - Lancasterian
 - Northumberland Park
 - Haringey 6th Form
 - ASD resource bases (Mulberry & Heartlands)



- Across service: 500 (approx)
- Caseload per clinician: Average = 84 (if we were at full capacity)
- COT recommended caseload: = 35
- (Currently 125 per clinician - approx)



Types of referrals we receive:

- **Sensory Processing Difficulties**
- **Concentration**
- **Focus**
- **School based tasks: Handwriting**
- **ADL's: Dressing / cutlery skills**



Who were the referrals coming from:

MDT

Community Paediatricians

Schools

GP's

Complaints: Parents



How to meet the needs of these young people and their families?.....



Evidence base:

COT Fact Sheet – Occupational Therapy with Children and Young People:

Key Benefits:

Level 1: Whole population or universal programmes:

- *“A ‘whole school’ approach to delivering OT, where therapists share professional knowledge and skills with school staff, to improve the engagement and participation of children in a range of school occupations “(Hutton 2009)*

Level 2: Targeted or selective services:

- *“OT input to support teachers in adapting classroom tasks.....”
(Missiuna et al 2012)*



Evidence base:

Cost benefit:

- **“Public health interventions are considered by the National Institute of Clinical Excellence as generally highly cost-effective and represent good value for money” (Owen et al 2011)**
- **“....Working from universal perspectives over 1 year (295 working days), OT’s benefitted over 2600 children, 185 teachers and 24 assistants. In addition, parent workshops (at schools and nurseries) built capacity in over 500 parents. This equates to an OT benefiting over 8 children per day” (CanChild Centre for Disability Research 2012, Missiuna et al 2012)**



Service Model:



Who is eligible to attend training?:

- **Everyone**
- **Schools invited via Haringey LA**
- **Parents asked to contact service to book a place**
- **Children / Young people do not need to be known to OT service**
- **Schools should attend training before they refer**



School Training:

- **Whole day workshops – 6 times throughout the year:**
 - Sensory Behaviours: impact on function
 - Gross motor skill difficulties: impact on function
 - Hand Skills for function

- **Evaluation forms**



School Training – whole day workshops :

1) Sensory behaviours - impact on function:

- ❖ 7 senses
- ❖ who has Sensory processing disorder (SPD)
- ❖ A child's view of SPD
- ❖ Over responsive / under responsive / both
- ❖ states of arousal



- ❖ impact on functional performance
- ❖ physical environment
- ❖ practical techniques / resources
- ❖ Evaluation forms



2) Gross motor skill difficulties – impact on function:

➤ What gross motor skills are important for

- Play (child's occupation)
- Dressing / toileting / feeding
- School based activities (handwriting / scissor skills / computer use)

➤ What gross motor skill deficits look like

- Stages of development
- Classroom activities
- Environmental modifications
- Resources
- Evaluation forms



3) Hand skills for function:

- **What hand skills are important for**
 - Play (child's occupation)
 - Dressing / toileting / feeding
 - School based activities (handwriting / scissor skills / computer use)
- **What hand skill deficits look like**
- **Stages of development**
- **Education role vs OT role**
- **Classroom activities**
- **Environmental modifications**
- **Resources**
- **Evaluation forms**



Markfield Parent Training – ½ day workshops – 6 x per year

Sensory Behaviours – impact on function:

Aim:

- **What are sensory behaviours**
- **Environmental impact on behaviour**
- **Possible solutions**

Overall purpose:

- **Parents interacting with each other – parent voice**
- **Sharing of case examples**
- **Video samples**
- **Feedback forms**



Feedback

Parents:

- “Things I can do at home to help our children calm.....”
- “Today was the first workshop I have done and I feel more confident with my child....”
- “given us an understanding of why they don’t sit still....”

School:

- “I am looking forward to using the small strategies suggested in the classroom...”
- “Understand our children’s behaviour more...”
- “Now will consider child more holistically eg what's impacting on their attention / behaviour...”



Forward vision.....

- Measuring the success of implementing strategies
- Expanding the parent workshops



References:

- * www.COT.org.uk – Occupational Therapy Evidence Fact Sheet (published August 2014, updated April 2015)



Amanda Martell
Paediatric Occupational Therapy Lead
St Anns Hospital
St Anns Road
London
N15 3TH

020 8702 5354
amanda.martell@nhs.net

