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Undergraduate Dissertation Title:

An exploration of paediatric physiotherapists' views on how the activity of children with cerebral palsy affects their participation

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Objective

To explore paediatric physiotherapists views about participation by children with CP

- Literature review-Look at the evidence
- Why participation is important
- Factors influencing participation
- Collect data

Literature review

ICF (WHO, 2001; ICF CY 2004)

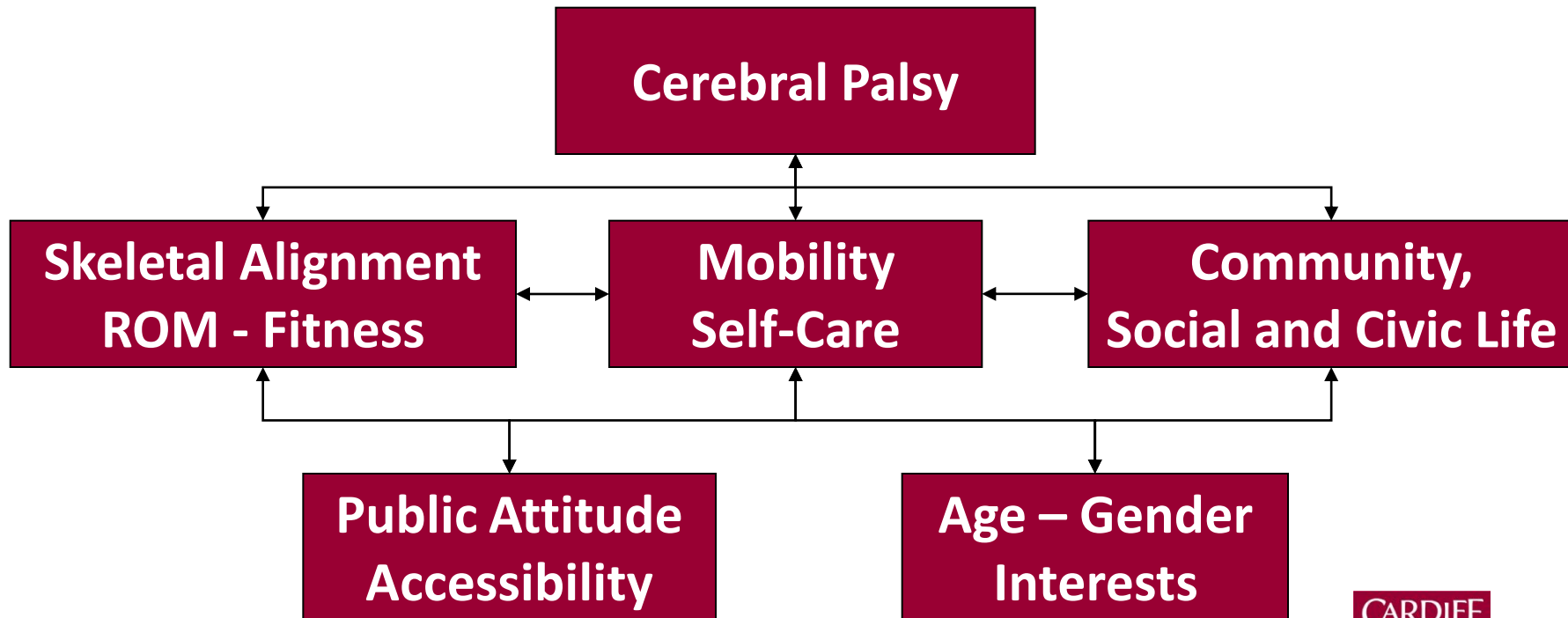
Participation in leisure activities seen as key outcome by children with cerebral palsy (Bult et al, 2011)

Participation rarely features as a physiotherapy outcome measure (Coombe et al, 2011)

SPARCLE project (Colver et al, 2010)

Welsh and English reports

ICF - Contextual Factors



(WHO, 2001,
2004)

Activity

“The execution of a task or an action by an individual”



Participation

**“Someone's involvement
in life situations”**

Play, Entertainment,

Sports, Culture,

Crafts,

Hobbies and

Social activities

including religious

expressions



Welsh and English reports

- Fair play for disabled children and young people in Wales (Bevan Foundation 2011)
- Centre of Excellence and Outcomes in Children's and Young People's Services (C4EO) (Beresford and Clark, 2009)

Bevan Foundation

Questionnaire survey, activity groups:

Ice Cool Kids(skiing), Pedal Power(adapted cycling)

Play Wales ‘.....*belief that disabled children need care rather than play...*’

Children’s commissioners report – ‘...*disabled children want to do things without their parents or carers...*’

Centre of Excellence and Outcomes in Children's and Young People's Services (C4EO)

- **What do disabled children want from play and leisure services?**

To see their existing friends and make new ones

More choice as to where and how they spend their free time

To be able to access the support they need to pursue their own leisure interests.

C4EO - Findings

- Some families need active support to identify and join positive activities

Participation

Link between the amount of participation :

- Severity of disability
- Number of limbs affected
- Degree of spasticity (Kerr et al, 2007)
- Participation in leisure activities is an important outcome for children with disabilities (Majnemer et al, 2008)

Physiotherapy Interventions

Limited evidence supporting one intervention over another (Barber, 2008; Levitt, 2010)

Outcome measures linked to body function (Coombe et al, 2011)

Not conclusive that strength training improves ability to participate (Scianni et al, 2009)

Research Method

- Qualitative 3 Semi Structured Interviews with paediatric physiotherapists exploring:

Are there preferred treatment approaches to achieve participation?

What do physiotherapists do to foster participation?

Thematic analysis

- **4 themes emerged :**
 - Treatments
 - Activity
 - Participation
 - Barriers and Facilitators

Treatments

- Influence of physiotherapists wider than purely physical treatment

Education

- Parents
- Carers
- Teachers

Activity and Participation

Limited attention was given directly to participation
Enhancing movement and activity was expected to
translate into increased participation

The measure of success appeared to be the
participation rather than any resultant and
measurable improvement in quality of life.

Barriers: Attitudes

*“...the activity level of the child isn’t the limiting factor in participation...to participate in something is much **more involved** than just what that child can do physically...”*

Opportunities to succeed

“...we need to assess whether it’s possible to accommodate that child, before we just drop the child into a situation where they will possibly fail and where they will not have a positive experience...”

Facilitators

- *“....I think activity is a prerequisite of participation. I think a lot of children can't participate because they haven't got enough levels of activity. So, you've got to **adapt** the activity to a level so that the child can succeed, and whatever that level is it doesn't matter because they can improve....”*

Discussion

- There are few targeted interventions to improve participation
- Physiotherapists spend most time on body functions and structure, some on activity
- There are many factors that influence participation including people's attitudes

Summary

- Participation is influenced by many factors and receives limited specific attention by physiotherapists
- Interventions and measurement focus on body functions and structure, and activity
- Physiotherapists - pivotal role in educating and providing support to foster participation

Future suggestions

- Physiotherapists should consider measuring participation as an outcome as this is important to children and young people with CP
- Creating opportunities for participation requires active effort in partnership with the 3rd sector

***“A disability isn’t always a
disability.***

***It’s only a disability if it makes that
child not participate.”***

Questions?

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References

- **See separate word document**