



Posture Clinic

Introduction

This multi-professional service is for children and young adults who require a postural management assessment and have complex disability.

What is Postural Management?

The term postural management is used to describe everything that has an impact on an individual's postural ability including:

- Positioning and mobility equipment
- Individual therapy sessions
- Active exercise
- Orthoses

About the clinic

Who can attend this clinic?

Children and young adults under the age of 19 at the time of referral. For adults over the age of 19 funding will need to be agreed..

Why choose to come to a Posture Clinic?

- You may want to work through posture management issues with a team who specialise in posture management.
- You might need personalised equipment if commercially available equipment doesn't work.
- Sometimes looking at all three areas of posture together (lying, standing, seating) helps to work out problems that exist in individual areas.
- You may wish to discuss different interventions and how they work together or alternatives to options you have currently considered.
- We can investigate and explore with you and your local team to provide solutions.

Who can refer me to the clinic?

You will need to be referred by a healthcare professional. All referrals for seating require agreement from your local wheelchair service if they are required to provide funding. A referral form must be completed by your local therapist before a referral can be considered.

Urgent Referral

If the referrer thinks that you need to be seen urgently, this must be clearly stated on a covering letter including the reasons why.

Urgent clinic slots are available each month. Examples of where this might be considered necessary would be:

- pain
- rapid change/deterioration of posture
- tissue trauma
- post operative needs

How often is the clinic?

Posture clinics are held each week on Monday and Tuesday mornings.

About the appointment

How long is the appointment?

The clinics last approximately 3 hours (9.30 to 12.30). More or less time may be required to ensure a full assessment of your needs is completed.



Posture Clinic

Who will I meet?

You'll meet the following:

- Consultant Paediatrician
- Occupational Therapist.
- Physiotherapist.
- Rehabilitation Engineer

A representative from your local wheelchair service will be invited to attend the assessment. Your appointment letter will give more details about how to let us know who is going to attend.

What will I need to bring to the clinic?

It's important that you bring in any equipment that you use related to seating, lying or standing e.g. a wheelchair, spinal brace or currently used seating, depending on the reason for referral.

Any recent relevant reports would also be useful to refer to if you have them to hand.

The clinic will be structured to meet your needs so you can of course ask for a break at any point. It's also advisable to bring with you any drink or food that you may need during that period of time if you have specific requirements.

What will happen in the clinic?

The clinic starts with introductions to the team and an opportunity to discuss what you are hoping for from the clinic and any on-going concerns you may have regarding posture and mobility. Do feel free to ask as many questions as you wish throughout the assessment.

With your agreement the team will take photos of you using your equipment as a record. These photos are kept in the clinical notes and used for reference only.

The equipment that you currently use will then be reviewed and you'll be encouraged to describe any problems or difficulties as well as benefits. It's also important for the team to know where this equipment is used and for how long.

You will be assessed in different positions, lying, sitting and standing in order to identify your physical ability and any risk of deformity. As clothing is not usually removed for this assessment it would be helpful if you could wear loose and comfortable clothing but not too baggy or thick. You will also need to have shoes and socks.

At the end of the assessment we will discuss with you our findings and recommendations. This may include commercially available equipment or custom made equipment. If we recommend changes to, or supply of equipment and you agree, the engineers will be able to give you an idea of timescales and whenever possible, arrange an appointment for you to return for fitting and supply.

In general, funding for equipment comes from various agencies and will differ dependent on a number of factors such as type, where it will be used and whether it is bespoke or commercially available.

What happens after the clinic?

A clinic report will be sent to you, your GP, your referrer and anyone else that you may wish to receive a copy approximately four weeks after the clinic. The report provides a record of the assessment and recommendations that have been made.

If we have agreed to provide the equipment, details will be sent to you regarding further fitting sessions that may be required.

We'll review equipment 6 months after provision, via a postal questionnaire. If, however, you encounter any problems before this please contact your local therapist for advice who will contact us if necessary.

Once equipment is provided it is the responsibility of the local team to review and ensure that the equipment remains appropriate for your needs.

A new referral will be required if you need a clinic again.

We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the clinic secretary on:

 **Phone:**
01825 722112

 **Fax:**
01825 724719

 **Email:** sc-tr.enquirieschcs@nhs.net

Or visit our website:
www.sussexcommunity.nhs.uk/chailey