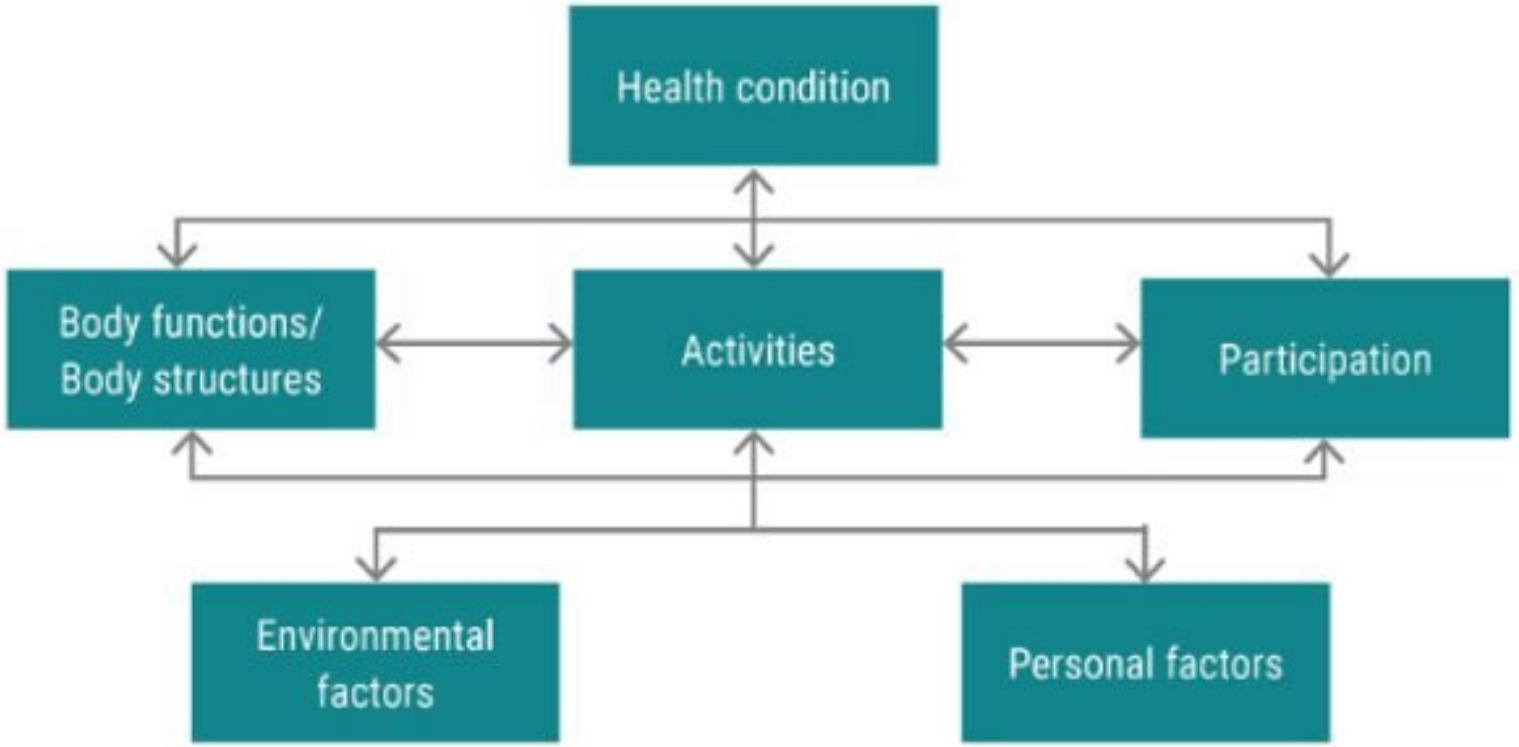
Exploring Sleep Positioning Systems together

Presenters: Dana Walsh & Jane Hamer

May 2024

International Classification of Functioning, Disability & Health (ICF) framework



World Health Organization. (2001). *International classification of functioning, disability and health: ICF*. https://www.who.int/standards/classifications/international-classification-of-functioning-disability-and-health

Enable NEW ZEALAND

Evidence informed practice

Utilise:

- Best available research evidence & literature
- Clinical experience of self and peers
- Client values and preferences
- Data from measuring outcomes of our interventions with individual clients

Tomlin, G & Dougherty, D. Decision-Making and Sources of Evidence in Occupational Therapy and Other Health Professions. Evidence Informed Practice. *International Journal of Health Professionals* 2014. *International Journal of Health Professions.* 2014; (1), 13-19

Enable NEW ZEALAND

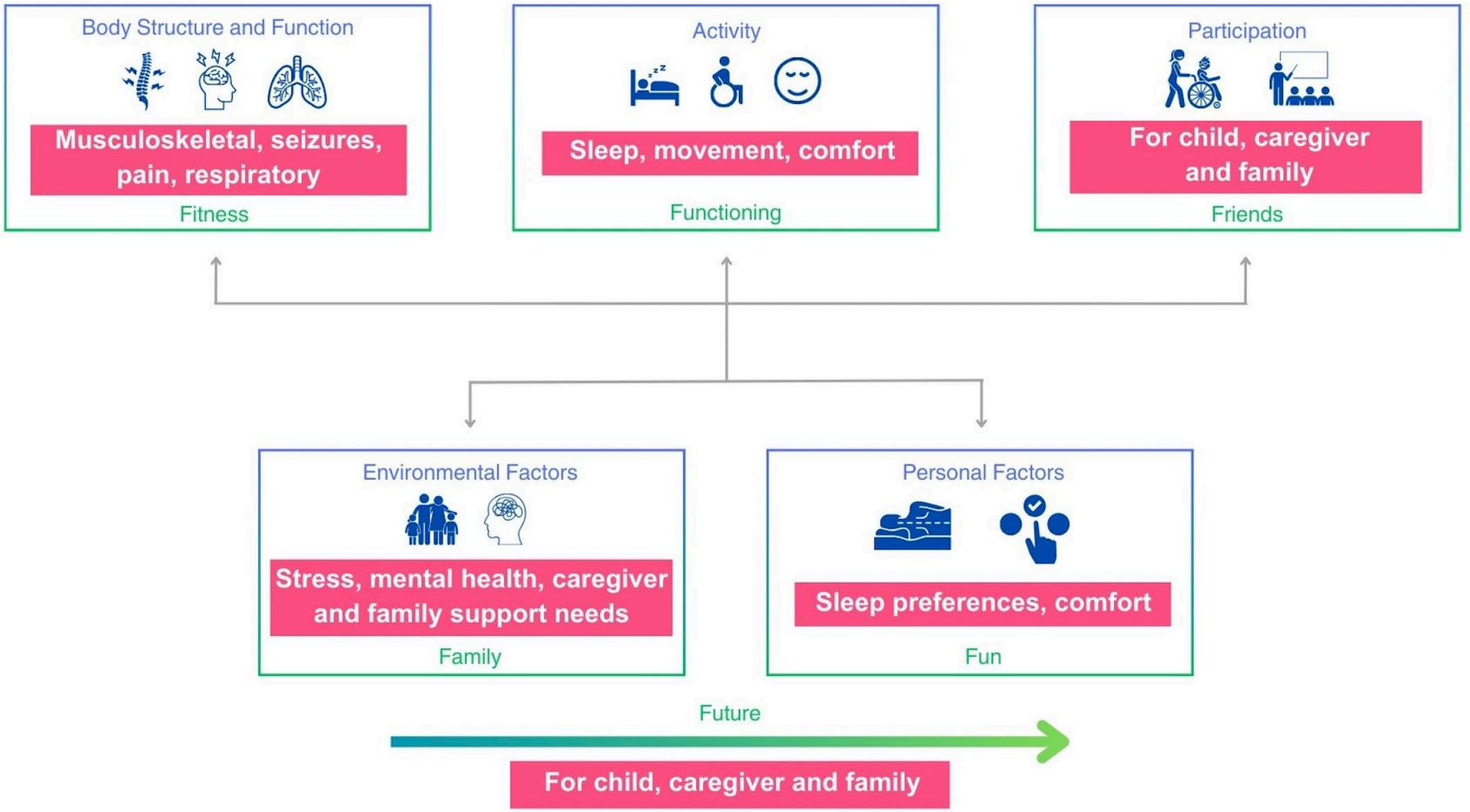
Why are we talking about lying?

TIME – in lying

- People with disabilities spend more time in lying than non-disabled.
- Children with CP GMFCS Level IV & V can spend up to 70% of their day in lying.
- Growing evidence that positioning in lying has a direct relationship on the success of postural alignment in sitting (Polak et al 2009, Osborne et al 2023).

Enable NEW ZEALAND

Positive Impacts - ICF



Indicators

- Habitual postures of asymmetry with immobility in lying
- Frequent re-positioning due to pain
- Pressure concerns
- Safety e.g. breathing & swallowing

Other Guidelines for this work

- International MacKeith Consensus Statement for Postural Management for children with CP'

Gericke, T. (2006). Postural management for children with cerebral palsy: consensus statement. Developmental Medicine and Child Neurology, 48 (4):244

- Consensus Statement on hip Surveillance for Children with Cerebral Palsy: Australian Standards of Care'

Wynter, M., Gibson, N., Kentish, M., Love, S., Thomason, P., & Graham, H.K. (2011). The Consensus Statement on Hip Surveillance for children with cerebral palsy: Australian Standards of Care. Journal of Pediatric Rehabilitation Medicine, 4, 183

- 'NICE Guidelines for Spasticity in under 19s'

(retrieved from (www.nice.org.guidance/cg145/resources/spasticity-in-under-19s-management-35109572514757)

- Mansfield Checklist. The Mansfield Project: Postural Care at Night within a Community Setting: A Feedback Study

Goldsmith, S. (2000) Physiotherapy, 86 (10):528-534

Enable NEW ZEALAND

Theme 1: It’s a complex night

- Night-time is complex
- Health needs trump sleep systems
- Sleep needs trump sleep systems
- Understand my night-time

Dilemma: Managing health complexity

Theme 2: This is what I know

What I know about my child

- Influence of time
- Learning style
- FUTURE

Sleep systems – a necessary evil

- Protection/ keep straight
- Freedom to move versus restrict movement

Enable NEW ZEALAND

Theme 3: Support me to support my child

- Timely support
- Respect knowledge
- Coaching approach
- Communication: listen, respect, trust
- Encouragement and hope

Co-create a plan

- Caregivers as EXPERTS
- Build partnership
- Determine priorities (goals) together
- Determine outcomes of “success” (or change)
- Co-create a PLAN

Key points

- Broaden approach to consider all aspects of ICF
- Increase knowledge of sleep, pain, resp and seizures and night-time complexity of person and caregivers
- Family and person-centred care approach
- Identify caregiver priorities and goals (address these)
- Reframe messaging – language matters
- **JUGGLING COMPLEXITY IS A TEAM EFFORT**

References:

- Blake, S. F., Logan, S., Humphreys, G., Matthews, J., Rogers, M., Thompson-Coon, J., Wyatt, K., & Morris, C. (2015). Sleep positioning systems for children with cerebral palsy. *Cochrane Database of Systematic Reviews, 2015*(11), CD009257. https://doi.org/10.1002/14651858.CD009257.pub2

- Goldsmith S (2000) The Mansfield Project: Postural Care at Night within a Community Setting: A Feedback Study. Physiotherapy, Volume 86, Issue 10, October 2000, Pages 528-534

- Hamer, J. E. (2022). Caregivers' experiences of Implementing Sleep Positioning Systems for Children with Complex Neurodisability. An Interpretative Descriptive Qualitative Study Using Semi-Structured Interviews (Thesis, Master of Health Sciences). University of Otago. Retrieved from http://hdl.handle.net/10523/13716

- Humphreys, G., King, T., Jex, J., et al. (2019). Sleep positioning systems for children and adults with a neurodisability: A systematic review. *British Journal of Occupational Therapy, 82*(1), 5-14. https://doi.org/10.1177/0308022618778254

- Osborne, L., Gowran, R., Casey, J. (2023) Evidence for 24-hour posture management: A scoping review British Journal of Occupational Therapy. 86(3) 176–187

- Stinson, M., Crawford, S., & Madden, E. (2021). Current clinical practice in 24-hour postural management and the impact on carers and service users with severe neurodisability. British Journal of Occupational Therapy, 84(6), 355-365. https://doi.org/10.1177/0308022620944739

- Tomlin, G & Dougherty, D. Decision-Making and Sources of Evidence in Occupational Therapy and Other Health Professions. Evidence Informed Practice. International Journal of Health Professionals 2014. International Journal of Health Professions. 2014; (1), 13-19

- World Health Organization. (2024). *International Classification of Functioning, Disability, and Health (ICF).* Retrieved March 21, 2023 from: https://www.who.int/standards/classifications/international-classification-of-functioning-disability-and-health

Enable NEW ZEALAND