

NHS Therapy Provision at Sherwood Park

Here at Sherwood Park School we aim to provide an integrated therapy service, in partnership with parents, teachers, school staff and education therapists to help our children and young people achieve their full potential.

Our transdisciplinary team consists of Speech and Language Therapists, Physiotherapists, Occupational Therapists and multi-therapy assistants. The Sherwood Park NHS therapists are commissioned by the Sutton CCG and provided by Sutton Health and Care to meet the health and therapy needs of the children and young people as outlined in their EHCP.

Therapy in the school is based upon an integrated and holistic approach. Therapy is fully embedded into all areas of the curriculum using a trans-disciplinary approach between other therapists, teaching staff and parents to meet the EHCP outcomes.

Therapy provision may take on the form of both direct and indirect support. Indirect support would involve liaising with other professionals, attending annual reviews, EHCP report writing, joint outcomes setting and providing therapy programmes.

We support our children and young people in the following ways depending on their need:

- Working directly with children and young people in 1:1, paired or group sessions
- Working indirectly to support therapy assistants and class staff to carry out therapy programs
- Providing training and support to educational staff and families
- Providing focused group support to children and young people with similar needs
- Provide home support to our children, young people and their families

Each child or young persons therapeutic needs will change over time, and as a result the type of support and intensity of therapy input will also change. However, any changes that occur are agreed in consultation with parents through the annual review process.

Therapy sessions occur within a variety of settings, depending on the child or young persons need and their current goals. Therapy can be carried out in the classroom, therapy room or sensory room.

Our Therapy team has strong links with other agencies including social care, community teams and other specialist services. We jointly work with these services such as wheelchair services, specialist seating and specialist hand therapists. The school therapists also meet regularly with the Sutton Social Services Occupational Therapists to provide a joined up service and ensure our children and young people's equipment needs are met at home and school.

NHS Physiotherapy at Sherwood Park School

Our physiotherapy team comprises of highly skilled physiotherapists and therapy assistants who have many years experience working with children with complex needs. We are based on site daily during term time at the Sherwood Park Campus. During the school holidays we are able to provide home visits where appropriate to support physiotherapy programmes and to review any specialist physiotherapy equipment.

An initial physiotherapy baseline neurodevelopmental assessment is completed and if required a physiotherapy programme is devised and outcomes set in conjunction with the EHCP. The child / young person may be offered individual or group sessions tailored to their needs.

Physiotherapy is fully embedded into all areas of the school day using a transdisciplinary approach between other therapists, teaching staff and parents to meet the EHCP outcomes.

Physiotherapy intervention may include:

- Neurodevelopmental approach to promote gross motor skills, independence and learning
- 24 hour postural management and provision of specialist equipment to allow access the curriculum with changes of positions throughout the day to maximise function and help protect against contractures and deformities.
- Training and supporting all those involved in the child/young persons care to be able to incorporate daily therapy and to use the specialist physiotherapy equipment.



In addition, we offer the following

- Attendance at joint clinics based at St Helier Hospital, including:
 - Motor Disorder Clinics with the Orthopaedic consultant
 - Clinics with the paediatrician
 - Orthotics clinics (foot splints, orthopaedic footwear etc)

- Attend joint clinics held at Sherwood Park Campus with the wheelchair and seating therapists from Queen Marys Hospital, Roehampton.
- Targeted blocks of therapy for children/young people following surgery or other medical interventions such as Botox, orthopaedic or spinal surgery.
- Hip surveillance for cerebral palsy (Cerebral Palsy Integrated Pathway—CPIPs assessments)
- Joint working/home visits with the social services OT
- Training sessions for parents

Therapy sessions are likely to occur within the classrooms as these are the most important environments for enhancing the child/young person's learning.



NHS Occupational Therapy at Sherwood Park School

Our NHS Occupational Therapy team consists of specialist Occupational Therapists and highly skilled Therapy Assistants who are based on site at Sherwood Park School.

Occupational Therapy intervention may include:

- Assessment of postural needs and any subsequent assessment and provision of specialist seating for use in the classroom to meet postural needs
- Upper limb assessment and management, including splinting and upper limb stretching and class upper limb programmes/therapy
- Eating and Drinking with regards to positioning and assessment of small pieces of equipment
- Assessment/advice for toileting equipment to support postural needs and independence skills



The NHS Occupational Therapy service is commissioned to provide intervention within the specialist school setting in a variety of ways, as deemed appropriate by the therapy team, to meet the pupil's health needs.

Examples are:

- Individual assessments
- Individual or group therapy sessions and if necessary home visits
- Devising OT programmes to be implemented within the classroom setting
- Assessment and review of specialist seating for postural management that is required for use in school for a pupil to access education
- Assessment and review of upper limbs and hand splinting needs
- Splinting clinic for upper limb assessment and management. This is facilitated by Occupational Therapy and an external Occupational Therapist who is a specialist in hand therapy. Pupils are assessed, provided with upper limb splints and reviewed in this clinic as well as being monitored throughout the year by the onsite Occupational Therapists.

- Advice and recommendations (including recommending equipment) regarding activities of daily living e.g. eating and drinking, toileting
- Liaison with other professionals, providing reports as required (including input into EHCP/annual review reports) and attending relevant meetings.

Educational needs which have been identified on the pupil's EHCP's are met by the education Occupational Therapists. Examples of educational needs are sensory difficulties and specific fine motor difficulties. We are based in an office with the education therapy team and work closely with them to meet children's goals.

Our input may involve both direct and indirect support. Direct support may include group or 1:1 interventions. This may be with a therapy assistant or a joint session with Physiotherapy or Speech and Language Therapy.

Indirect support would involve consultation with other professionals working with the children such as providing advice or providing therapy programmes to be completed throughout the school day.



NHS Speech and Language Therapy Provision at Sherwood Park

Sutton Health and Care provide Speech and Language Therapy support for children with difficulties with eating, drinking and swallowing (also known as Dysphagia).

Symptoms of Dysphagia include:

- coughing during or immediately after drinking and/or eating
- choking
- wet vocalisations after drinking
- change of skin colour
- watering eyes
- refusal of food before or during meal
- increased anxiety at drink/meal times
- chest infections
- signs of malnutrition – such as weight loss, skin breakdown, hair loss
- signs of dehydration – constipation, strong urine, urinary tract infections, dry skin

The Speech and Language Therapist:

- Plays a key role in the diagnosis of dysphagia
- Writes eating and drinking passports for the children with identified needs to reduce risk.
- Promotes patient safety through modifying the texture of food and fluids and reducing the risk of malnutrition, dehydration and choking
- Promotes quality of life, taking into account an individual's and their families' preferences and beliefs, and helping them adjust to living with swallowing difficulties
- Works with other healthcare staff, particularly Dietitians and school nursing, to optimise nutrition and hydration
- Educates and trains others in identifying, assessing and managing dysphagia, including families and the wider health and care workforce
- Will complete onward referrals to more specialist services e.g. requesting video fluoroscopy

NHS Children's Dietitian

Sutton Heath and Care provides Dietetic support to children and young people at Sherwood Park school until they reach the age of 18years.

The Dietitian supports children with

1. Nutritional support to ensure that they are happy with their eating and drinking
2. To grow well
3. Specialist diets
4. Restrictive/avoidance eaters
5. Better bowel movements

There are also times when children may need further support with nutritional supplements and tube feeding.

The Dietitian works closely with the parents/carers, school, the nurses and school therapists.

The dietitian is not based at the school, however there are monthly clinics and the service is easy to access by phone 02082 96 4140 and email esth.sutton-childrendiet@nhs.net or via the school nurses.