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FEBRUARY 1983 NEWSLETTER NUMBER 26.

'INFLATABLE' THERAPY

The use of inflatables in hospitals for the mentally handicapped is not new. Usually they are plain square airbeds for residents to jump or lie on. Their use was first introduced to me as a physiotherapist by a group of actors and artists who brought along a small airbed to use on a ward for profoundly handicapped people as part of a project. The physical handicaps of the patients were great - bilateral dislocated hips, gross scoliosis, kyphosis and quadriplegic spastic cerebral palsy. I noticed how much they enjoyed the movements of the bed especially when the air pressure was reduced thus making the bed 'wobbly'.

A major drawback, however, was the physical danger of the patients actually rolling off the bed which precluded leaving them unattended. On discussion with the artists following their session I expressed my interest in the many therapeutic benefits an inflatable could offer to profoundly handicapped people, providing it was designed with their needs in mind.

The artists, who are now known as "Artists Collective" invited me to design an inflatable which they would construct for me, providing of course the necessary funds could be raised.

The ensuing design is as is shown in Diagram 1. The bed is approximately 20 feet square and is inflated via tube (a) with the ward hoover (the hoover used must be able to both suck and blow). The bed takes 8 minutes to fully inflate and when deflated is neatly rolled and transported via a small trolley.

The most important design feature is the walls (b) and (b2) which enclose an L-shaped portion of the air bed. They efficiently contain the users giving a security to both staff and patients alike, and also providing a back support in sitting.

The triangular portion of the air bed (c) serves as a getting on and off point and also as a small treatment area for the physio who can keep her feet on firm ground. I use this portion for teaching rolling and for sitting balance exercises.

The internal walls (b2) are rounded and make excellent physiotherapy rolls to aid the development of crawling and kneeling and are also a useful tipping frame which I use for postural drainage.

The L-shaped portion of the bed (d) is the main treatment area of the inflatable and forms an excellent "trampoline-type" base for the more active patient or with the air pressure reduced, the base becomes more "wobbly" and allows the severely physically handicapped patient to feel passive type movements in all joints.

The inflated "tent like" structure (e) was designed to add a fun element to the inflatable. It can be pulled down and allowed to pop up again; it can be covered with a sheet to make a hidey-hole, or it can be held on to by someone with poor standing balance.

As a single handed physiotherapist I find that I can carry out multiple treatments on patients with various degrees of handicaps within the inflatable. A typical session could be as follows:-

A half hour session with Angela on a one to one basis. She is a complex personality very slow and graceful, with a moderate degree of mental handicap. She presents as an elective mute, following verbal orders to exercise but very rarely taking the initiative to move. She is having regular sessions with a dance therapist which are entirely non-verbal. My sessions however are rough and boisterous, aimed at bombarding Angela with fast, coordinated movements. She is quickly learning from these sessions and is now starting to initiate movements and can perform simple trampoline routines. An interesting point which emerged from the sessions was that Angela giggled and laughed continually, a normal healthy sound, which gives hope that she may eventually vocalise.

The next half hour is with profoundly handicapped children who are all non-ambulant. John who is microcephalic, blind and has severe mental retardation; Dianne who has cerebral palsy with paraplegia; David who is hydrocephalic and has a left hemiplegia and Robin who has mixed cerebral palsy and severe epilepsy.

John is completely immobile, the only voluntary movement is to turn his head to the side. Involuntary movements are infrequent and restricted to his legs. John's therapy relies on good positioning and passive movements. Within the inflatable he is literally bounced and rolled around trying to give him some idea of free movements.

Dianne has congenitally short hamstrings and a gross talipes equinus deformity which is unable to be corrected surgically. She will therefore have to rely on crawling for her mobility. She learnt her sitting balance in the corner of the inflatable and was soon taught to crawl using the internal walls as one would a conventional physiotherapy roll. She too loves the rough and tumble of the bed and quickly regains her balance and her composure.

David and Robin who are also completely immobile and severely mentally handicapped, just enjoy the rolling sensations of the bed and can be safely left to sit in a good position in the corner. An additional bonus for Robin is a quick postural drain over the internal wall after a bouncing session.

The next half hour is taken by the hyperactive boys and girls who literally somersault, trampoline, push and pull each other, jump over the small internal walls and generally exhaust themselves. The safety aspect of their activities is not at all worrying although six hyperactive children at any one time is enough.

The last session of the day is with a group of profoundly handicapped adults, none of whom are ambulant and all of whom are severely mentally disabled. Formal exerci

therapy on these patients proves difficult because of fixed deformities and sheer weight. The benefit to me here is that by using the inflatable at reduced air pressure thus making the bed become wobbly, I can get the patients to experience rolling actions by simply walking around them. The wobbly bed causes the immobile body to suddenly become more mobile. It gives the effect and feel of floating without any cumbersome flotation aids.

I also find that when working with patients and staff in the inflatable it actually provides a means of communication, as very quickly the formal patient/staff relationship breaks down and becomes no longer a barrier. Close body contact within the inflatable comes naturally and does not seem threatening for the nursing staff. If the sessions are properly structured they should, and can easily contain the elements of both active and passive movement, provide proprioceptive stimulation, balance education, one to one contact and sensory stimulation.

The inflatable is used daily by all disciplines within the hospital and for different reasons; the ward sisters for changing the ward environment and position of their patients, the recreation officers use it for fun and play activities, and I use it for therapy along side conventional therapy techniques. To the handicapped it is the sea, a boat, the moon or whatever the imagination allows.

Susan M. NYE.
Senior Physiotherapist,
St. Josephs Hospital.
Rosewell. Mid-Lothian.

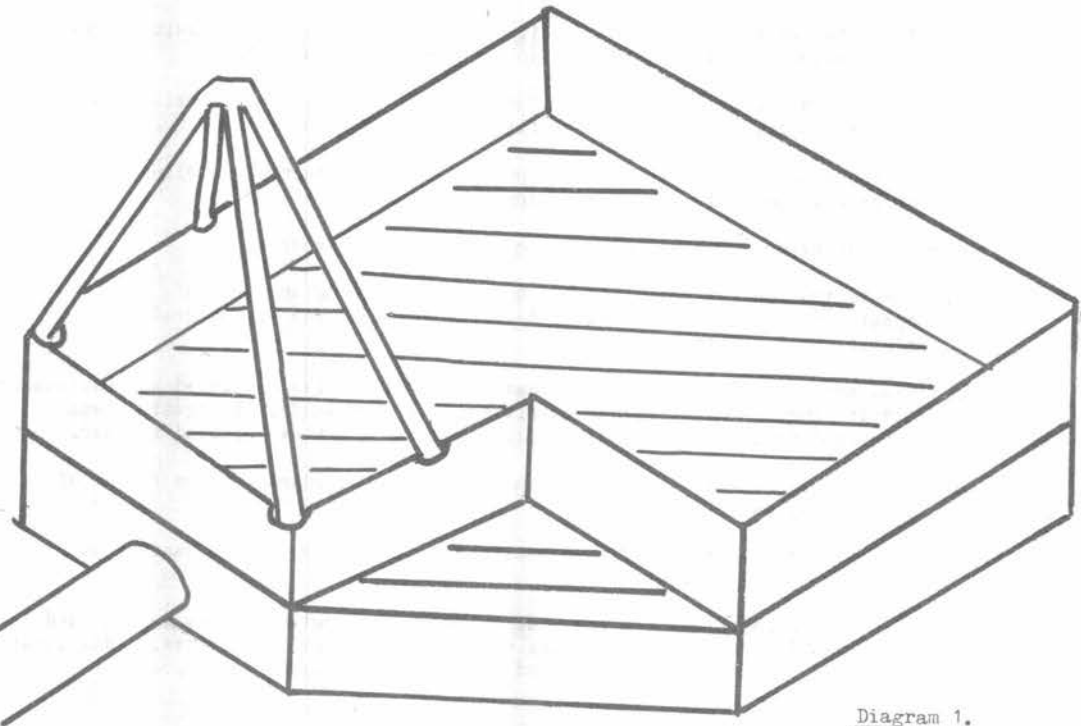


Diagram 1.

OMISSION.

The article by Di Coggings on "Scoliosis in Children" - November Newsletter 1982 - No. 26, had a line omitted for which we apologise. The final paragraph on Page 4 should read - "A posterior fusion alone is often done when no kyphos. is present, e.g. Harrington Rods, Lucey Wires and an anterior release/fusion if a kyphos is present e.g. Dwyer".

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PAEDIATRIC SPECIAL INTEREST GROUP

Canadian Physiotherapy Association.

The Paediatric Division is one of seven divisions of the Canadian Physiotherapy Association (CPA). Any CPA member is eligible to join the division.

A new constitution, approved by the membership at the last annual general meeting, provides the organisational framework. A chairman-elect is elected at the annual general meeting one year prior to the resignation of the chairman. The chairman usually appoints the executive; which consists of vice-chairman, treasurer, secretary and newsletter editor from the membership in her geographical area. Although a system has been set up for the division to have provincial and local components, it has not yet been utilised. At present, area representatives and the newsletter are the main methods of communicating to the membership.

The objectives of the division are:

1. to unite for their mutual benefit, members of the Canadian Physiotherapy Association, who are interested in all aspects of paediatrics;
2. to acquire and make available information and educational materials as related to physiotherapy in the field of paediatrics;
3. to encourage the development and publication of research and clinical studies in paediatric physiotherapy in Canada.

The present executive has been working on the following areas:

1. Specialisation: A committee has been investigating the area of specialisation with the view of establishing a system of postgraduate educational credits.
2. Paediatric Caseload Standards: Paediatric facilities completed a questionnaire identifying the need for paediatric caseload standards. Information was forwarded to the CPA Head Office, and this area will be studied further.
3. Audiovisual Rentals: A new system has been established for the rental of audiovisual material.
4. Congress Programs: Half-day paediatric programs have been organised at CPA annual congress.
5. Information Pamphlets: a pamphlet is being prepared to inform medical and paramedical personnel of the role of paediatric physiotherapists. Additional pamphlets on motor dysfunction and stimulation of motor development are being planned.

OTHER PAEDIATRIC GROUPS

Irish Paediatric Chartered Physiotherapy Group.

Recent lectures include Paediatric Orthopaedics and Orthotics, Paediatric Seating and Equipment and Adolescent Spina Bifida.

New Zealand.

A local group of Paediatric Physiotherapists centred on Auckland are taking on the job of contacting colleagues on a National basis to form a Specific Interest Group which will be independent of the New Zealand Society of Physiotherapy. It is hoped to produce a Newsletter soon.

PUBLICATIONS.

Lets Play Leaflets.

The National Association for Hospital Play Staff have two illustrated leaflets available, each including a short booklist.

No. 1. Babies in Hospital. No. 2 Toddlers in Hospital.

From the Association's headquarters at Thomas Coram Foundation for Children, 40 Brunswick Square, London. WC1.

Booklets Useful for those working in the Third World.

1. Toys you can make for the Under Twos.
2. Toys you can make for children Under Four.

They are written by Sally Grantham McGregor of the Mental Developmental Project of the Tropical Metabolism Research Unit of the West Indies, Mona, Jamaica.

From: T.A.L.C. (Teaching at Low Cost), P.O.Box 49, St. Albans, Herts. AL1 4AX. Tel. 0727 - 53869

"Positions for Play" - Toy Libraries Association. Alison Wisbeach

Alison Wisbeach is an occupational therapist and a member of the Toy Libraries Association's Advisory Panel. The booklet aims to help parents and toy library workers to position children safely and comfortably in order to enable them to make full use of play material. Examples of desirable and undesirable posture are given.

A variety of pieces of equipment are illustrated for positioning in lying, sitting and standing. Advice on where to buy the equipment or how to make items at home and a general reading list on play is included.

Parents will find the section on "where to find your therapist" very useful if they are not in regular contact already. The booklet is yet another helpful addition to the list of Ark Publications for all workers with children with special needs. Further titles in preparation are:-

"Choosing Toys and Activities for Children with Special Needs".

"Play, Toys and Toy Libraries in Mental Handicap Hospitals"

"Toy Libraries in the Community".

"Care and Repair of Toys".

"Look and Touch". Play for Visually Impaired Children.

Details and prices from TLA at Seabrook House, Darkes Lane, Potters Bar, EN6 2HL
Tel. 0707-44571

Winners All. Cooperative Games for all ages. Pax Christi, Blackfriars Hall, Southampton Road, London, NW5. 60p. The book contains 54 games which encourage physical contact, cooperation and enjoyment through not being 'left out'. The slow, clumsy or handicapped child is considered.

"The Camphill Movement"

A description of the work and aims of the movement - £1.50.
Also available, "The Handicapped Child: Letters to Parents". 60p.
From Elizabeth Bamford, Gean, Botton Village, Danby, Whitby, North Yorkshire YO21 2NJ

"When a Young Person has Arthritis". A guide for teachers

Available from the Arthritis & Rheumatism Council, 41 Eagle Street, London, WC1R 4AR
Tel. 01-405-8572. 8 pages.

Looking at Handicap: Information about ten medical conditions. £2.30. inc. p & p.
From British Agencies for Adoption and Fostering, 11 Southwark Street, London SE1 1RQ. Includes asthma, cerebral palsy, cystic fibrosis, Down's syndrome, epilepsy, thalassaemia, spina bifida.

HEALTH EDUCATION

"Drinking and Your Child. Some sobering thoughts for Parents". Issued by the Scottish Health Education Group, Woodburn House, Canaan Lane, Edinburgh, EH 10.

"Safety in the Home". The Health Education Council. 78, New Oxford Street, London, WC1A 1AH.

REMAP Year Book 1982

The book contains local addresses of the Rehabilitation Engineering Movement Advisory Panels and also examples of problems that have been solved for disabled people. REMAP exists to bring together voluntary expertise to tackle individual problems of daily living. Engineers, craftsmen, remedial therapists, social services staff and physicians are involved. £1.00 from REMAP, Thames House North, Millbank, London, SW1P 4QG

Pool Exercises. Elizabeth Bolton and Diana Goodwin. 4th Ed. £1.30 + 20p. p. & p. 1974. Churchill Livingstone. Pool therapy for physiotherapists and pool planning.

Alternative Medicine - A Guide to Natural Therapies. Andrew Stanway. £2.25. 1982 Pelican Books. Summary of thirty two therapies including reflexology, osteopathy and yoga. List of further reading.

"The Foetal Alcohol Syndrome".

A review of research concerning the possible dangers to the unborn child of drinking by the mother during pregnancy. National Council of Women. 1980 £1.25 + 20p. p & p.

The British Way of Birth. Catherine Boyd and Lea Sellers. £1.50. + 25p. p. & p. Pan. 1982. From Spastics Society, 12 Park Crescent, London. W1N 4EQ. Responses from 6,000 mothers to BBC T.V's "That's Life" survey. Royalties to the Save-a-Baby campaign.

Getting Through to Your Handicapped Child. Elizabeth Newson, Tony Hipgrave. £3.95. + 35p. p. & p. 1982. Cambridge University Press. For parents, teachers and carers on the behavioural approach towards communication. Useful summaries and charts are provided.

Superbaby. J. Koch. £5.95. Orbis. 1982

The author is a Czech Psychologist, at the Prague Institute for Care of Mother and Child, who believes that infants have hidden potential which if untapped, will be lost at an early age. After receiving special stimulation, the experimental group of babies were advanced in comparison with controls. How long does this last. This question is unanswered. There are useful ideas on stimulation of particular interest to workers with the handicapped child.

"Can I Get There ?" Spastics Society, North West Region. 1982. Price £2.50 + 40p. p
The final report to the working party on transport for the disabled in Greater Manchester. From Spastics Society, 12 Park Crescent, London W1N 4EQ

"I Use a Wheelchair". By Althea. Dinosaur Publications. 95p (+ 20p. p & p. if obtained through the Spastics Society). This booklet written for children, explains that the feelings of a handicapped child are much the same as those of other children.

"Feeding can be Fun". Mary Cordle (nee Ryan) LCST. 50p.+ 15p. p. & p.

Arevised edition of this useful illustrated booklet on feeding problems of the Cerebral palsied child.

"Teaching a Handicapped Child to Feed". Carolyn Harkness and Holly Sandys. 15p. + 15p. p. & p. Spastics Society, address as above. Friends of the Cheyne Centre for Spastic Children.

National Deaf Children's Society Publications.

1. "What do you know about deaf Children?". Revised 1981. 5p.
2. "Guidelines to Parents: Educational Assessment and Placement of Deaf Children". 1981. 10p. Information on the procedures of assessment and placement.
3. "Help for Parents of Deaf Children". Irene Butler, Harry Clayton and Gene Teo. 1982. 35p. Help, services and personnel from diagnosis to school leaving.
4. "Hearing Aids". Nolan, Tucker, McArthur and Fulbeck. 1981. 30p. Includes a glossary of terms.
5. "Testing the Hearing of Young Children". Nolan, Tucker, McArthur and Fulbeck. 1981. 20p. Uses of different types of hearing test.
6. "Some of the problems encountered by Parents of Hearing Impaired Children". Nolan, Tucker, McArthur and Fulbeck. 1981. 30p.
7. "A Parents Guide to Developmental Sequences and Suitable Play Activities for Hearing Impaired Children between the ages of six months and five years". Barry McCormick. 1979. 20p.
8. "Glue Ear". N. Shah. FRCS., DLO. Information for Parents. 1973. Free

The above prices do not include postage and packing.

From: The Information Officer, National Deaf Children's Society, 45 Hereford Road, London. W 2 5AH. Tel. 01-229-2272/3/4.

British Association for Early Childhood Education

From the large range of leaflets available, the following may be useful to the paediatric physiotherapist.

1. Wheels for Toys (55) BAECE 3½p.
2. Improvised Toys (57) BAECE 10p.
3. Making Musical Apparatus and Instruments (71). Kathleen M. Blockside,
LRAM. ARCM. 20p.
4. Playthings at home for the under fives. (3). B.N. Furneaux., OBE., and
K.M. Hefford. 4p.
5. Jealousy and the New Baby. (8). Ann Mullins. 4p.
6. Songs and Sounds. (14) Margaret Shephard. 5p.

A full list can be obtained from BAECE at Montgomery Hall, Kennington Oval,
London. SE11 5SW. Tel. 01-582-8744

National Bureau for Handicapped Students

Information sheets in a new series -

1. Applying to University or Polytechnic. Some notes for Disabled Students,
their parents and advisers.
2. Meeting the Personal Care Needs of Severely Physically Handicapped Students
at College.

Free to students. Small charge for organisations. From: National Bureau for
Handicapped Students, 40 Brunswick Square, London, WC1N 1AZ. Tel. 01-278-3459

"Sexuality and The Physically Disabled. An Introduction for Counsellors." 1982.

Price on application. Information on various disabilities and implication for
personal relationships. Published by SPOD, The Diorama, 14 Peto Place., London NW1 4D

Sex Education for Mentally Handicapped People.

A teaching aid for parents and teachers. 1982. Price on application.
Published by SPOD as above.

BOOKS.

Games, Songs with Professor Dogg. Inter-action. London. £11.

Accompanying tape of the singing troupe which visits schools. Contains good ideas
for using music in the sense of "organised sound" at a basic level.

The Management and Treatment of Pressure Sores. Anthony and Mary Barton
Faber & Faber. £2.75. Incidence, detection and new ideas on treatment.

Childhood Asthma. Dr. John Warner and Dr. Sheila Goldsworthy.

Keymer Pharmaceuticals, Schering Chemicals Ltd., The Brow, Burgess Hill, Sussex.
Contains information of interest to physiotherapists on patient education and
attack management.

Parents and the Handicapped Child. Margaret Marshall 1982. Julia MacRae Books,
8 Cork Street, London. W1X 2HA. £6.95.

Practical advice for the family including list of organisations, books and toy
suggestions.

Can't Your Child Hear? A guide for those who care about deaf children.

R.D.Freeman, C.F.Carbin and R.J. Boese. 1981. Useful for all those involved in
care. Croom Helm Ltd., 2/10 St. John's Road, London. SW11 2QZ. £9.95.

Toys and Play for the Handicapped Child. Barbara Riddick. 1982
Shows how play can aid development and includes an observation chart to enable people to analyse different types of play. Croom Helm Ltd., as above.
£9.95 inc. p & p.

Children in European Societies in the 1980s from birth to eight.
Council of Europe. NFER/Nelson. £9.95. In December 1979 a major international conference - "From Birth to Eight" - was organised by the Council of Europe in Strasbourg. This book is a compilation of all the papers presented and is useful for all those working with young children, especially those concerned with forward planning.

Child Development 0 - 5. Margaret Roberts and Joan Tamburrini.
Holmes McDougall Seminars. £9.95. A series of seminar topics with a programme of activities and discussions on techniques of observation of children aged 0 - 5 years.

Music with Mum. Margaret Shepherd Unwin Paperbacks. £1.95.

Private Worlds of Dying Children. M. Bluebond-Langner. 1978.
Princeton University Press. N.J. The author, who is an anthropologist, based this book on her doctoral dissertation and deals with children aged 3 - 9 years who were observed over a nine month period in the paediatric department of a large hospital. The book analyses what terminally ill children know about their world and the processes of knowing and concealing.

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Catford J., Bennet G., Wilkinson J. CDH seems to be increasing - suggestions for dealing with the problem. *Brit. Med J.* Vol. 285. p.1527-9

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Health Visitor. Nov. 1982. Vol. 55 p.590-600

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Atkinson L. DHSS Wheelchair Selection training package. *Br. J. Occup. Ther.* 1982
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Karabus C.D. The Child with Haemophilia. South African J. of Physiotherapy 1981. 37, 3, 67-70

Scholes P., Quinn T. Intervertebral Discitis in children and adolescents. Clin. Orthop. No. 162. Jan-Feb 1982 31-36

Hyde S.A. Quantitation of muscle function in children: a prospective study in Duchenne Muscular Dystrophy. Muscle and Nerve. April 5, 1982. 291-30

FILMS.

It Hurts Us Too - Children with Arthritis

A film showing children coping with their arthritis. 16 mm. colour. 15 minutes Available on free loan from Guild Sound & Vision Ltd., Woodston House, Oundle Road, Peterborough.

Communication Systems. Clare Latham. Graves Medical Audiovisual Library.

Tape-slide programme and booklet, useful for all therapists and parents involved in caring for the disabled. Technicalities are reduced to a minimum. For details of this and other programmes for remedial therapists write for a free list of titles to:- Graves Medical Audiovisual Library, Holly House, 220 New London Road, Chelmsford. CM2 9BJ. Tel. 0234-83351

EQUIPMENT.

1. Britax Car Seats

The "Peggy Seat". Approved to the latest European ECE44 standard for a child weighing between 8 - 16 kgs. Secured to the rear seat of a car by fastening an adult lap belt over the table shield. Age range 6 months to 4 years approx.

Handicapped Child Seat. Type 2 version. This meets the European and U.S. standards and is secured in the vehicle using an adult lap belt and a simply attached top fixing strap. Weight 9 kg to 45 kg. Age range 6 months to 10 years. A specialist version for use in buses and coaches operated by schools etc., is available and meets the requirements of the Inner London Education Authority. The upper age limit is approximately 8 years (35 kgs.)

Handicapped Child Restraint. 18 months to 11 years. 12 kg - 45 kg. Body worn harness clips on to the seat straps. British Standard specifications have not yet been established for the use of restraints in buses and coaches but this restraint meets the standard for private cars. Further details from Britax, Chertsey Road, Byfleet, Surrey KT14 7AW. Byfleet 41121

2. The Munster Horse.

A highly adjustable sit- astride wooden horse on wheels which is capable of giving specific degrees of abduction where there is spasticity of hip adductors. Everest & Jennings, Princewood Road, Corby, Northants.

3. Potty Chairs - Chailey Design

Moulded in A.B.S. Plastic with a high back, pommel and harness, the seat fits over the normal toilet or it can be used, with a wheeled stand, as a shower chair. Small size for hip width up to 10". Large size - 13". Available from R. Taylor & Son (Orthopaedic) Ltd., 49, Woodwards Road, Pleck, Walsall. WS2 9RN. Tel. 0922-27601

4. Potty Chairs - Rifton

Two sizes of potty chair with a tilt feature to allow the angle of the back to control hip flexion, which helps to inhibit extensor spasm, and increase abdominal pressure. The seat depth can also be altered.

Rifton Equipment for the Handicapped, Robertsbridge, East Sussex. TN32 5DR

5. Potty Chairs - Everest & Jennings.

Made from brightly coloured moulded plastic to fit 3 - 12 year olds, both sizes of chair fit over a standard toilet and include adjustable foot rests, velcro straps, adjustable height back and a tray for toys should distraction be required.

From: Everest & Jennings - address as before.

6. Huntercraft Toys - Sherbourne, Dorset, England. DT9 3BU. (093531) 2283.

A new range of toys for the handicapped child which will withstand very rough treatment are available, graded into three levels of difficulty. Group A are to catch the attention, Group B are for fine and gross motor control, and Group C are for colour and visual activities.

Plastic Do-it-Yourself Wheelchair

The Spinal Research Unit of Royal North Shore Hospital, Australia, has designed and developed a wheelchair, for those requiring low cost mobility, that is built from plastic pipe and fittings, two bicycle wheels and two adapted front wheels. The seat and footrest are made of soft plastic lacing. A do-it-yourself booklet with instructions for the handyman is supplied. Further details from:- The Spinal Research Unit, Royal North Shore Hospital, St. Leonards, 2065 New South Wales, Australia.

DID YOU KNOW

INTEGRATION IN EDUCATION

The Spastics Society is compiling a register of schemes in operation for the integration of children with special needs into ordinary schools in the light of the Education Act 1981.

APMH

There are only eight physiotherapists who are full members of the Association of Professions for the Mentally Handicapped. If you want to improve the statistics by joining, contact The Secretary, APMH, Head Office, 126 Albert Street, London MW1 7NF. Tel. 01-267-6111. Subscription £5.00

PERTUSSIS

The DHSS has set up a 'phone-in' service for parents as part of its vaccination campaign, which explains, in a two minute recorded message, about the risks of catching the disease, and the possibility of permanent damage to the lungs or brain as a result. Vaccination is recommended for all children under six for whom there are no contra-indications. The number to ring is 01-735-3315.

The risk of an unvaccinated child contracting whooping cough is between 1 in 6 and 1 in 30 and the risk of death is 1 in 3,000. In comparison, the risk of irreversible brain damage due to vaccination is approximately 1 in 100,000 immunised. Physiotherapists can help by urging parents to consult their G.P. or local clinic to discuss the issue.

PORTAGE-TYPE HOME TEACHING

The Health Care Evaluation Research Team is undertaking a national survey of Portage-type home based programmes for the mentally handicapped with DHSS funding. All current and discontinued services need to be included. Further information regarding the research is available from:- Sue Bendall, HCERT, Dawn House, Sleepers Hill, Winchester. SO22 4NG

TOF GROUP

TOF stands for Tracheo-oesophageal Fistula and is the name of a new parents support group which covers this condition.

Mrs. L. Morris, 95, Brooklyn Drive, Chesterfield, Derbyshire.

SOCIETY FOR MUCOPOLYSACCHARIDE DISEASES.

New support group - Catherine Grant, Hon. Treasurer, 30 Westwood Drive, Little Chalfont, Bucks.

RECTAL ATRESIA SUPPORT GROUP

Mrs. Jean Fogg, 61 Uplands Way, Grange Park, London, N21 1DU

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COURSES DIARY

DISABLED LIVING FOUNDATION

12th or 13th May 1983 Personal Toilet and the Problems of Incontinence

14th or 15th July 1983 Children's Equipment.

10 a.m. to 4.30 p.m. £17.00 per day
Contact the Course Secretary, Aids Centre, The Disabled Living Foundation, 346 Kensington High Street, London W14 8NS.
Tel. 01-602-2491. Ext. 28. Send S.A.E.

BRITISH INSTITUTE OF MENTAL HANDICAP

29th April and 29th July 1983. Introduction to Video.
Lea Castle Hospital, Wolverley, Nr. Kidderminster, Worcs.

17th - 18th May 1983 A Behavioural Approach in working with mentally handicapped people - introduction.
Avoncroft College, Bromsgrove, Worcs.

25th March 1983 Educational rhythmic.
Lea Castle Hospital, Wolverley, Nr. Kidderminster, Worcs.

29th and 30th June 1983 Sesame - movement and drama in therapy.
Lea Castle Hospital as above.

15th June 1983 Self Injurious Behaviour.
Borocourt Hospital, Wyford, Reading, Berks.

Summer 1983 Community Mental Handicap team skills workshop.
Applications are invited from Community Mental Handicap teams.
Further details on request.

Interdisciplinary Courses in mental handicap are being arranged in several venues

March - May 1983 Postgraduate Centre, Mornston Hospital, Nr Swansea,
West Glamorgan

April - May 1983 York District Hospital.

October - December 1983 Priory Special School, Hexham, Northumberland.

Contact: The Course Organiser, British Institute of Mental Handicap,
Wolverhampton Road, Kidderminster, Worcs. DY10 3PP

SHEFFIELD CITY POLYTECHNIC

- 11th - 15th April 1983 Counselling in Health Care: A practical approach to counselling skills. Full time - 15 days. Fee: £60.
- 4th - 8th July 1983 as above
- 26th - 30th Sept. 1983 as above.

Details from Head of Dept. of Health Studies,
Sheffield City Polytechnic, 36 Collegiate Crescent, Sheffield.

CHARING CROSS HOSPITAL.

- 7th - 10th May 1983 Postgraduate Course in Paediatrics for Physiotherapists. Postgraduate Centre, Charing Cross Hospital.
Applications to Miss Nancie Finnie, Course Organiser, Physiotherapy Dept., Charing Cross Hospital Fulham Palace Road, London, W6 8RF. Please enclose S.A.E.

INTERNATIONAL FEDERATION OF ADAPTED PHYSICAL ACTIVITY.

- 30th Aug. to 2nd Sept. 1983 Physical Education and Recreation of Disabled Children and Adults. West London Institute of Higher Education, London.
Contact: Mr. J. Biddle, West London Institute of Higher Education, Borough Road, Isleworth, Middlesex TW7 5DV
Tel. 01-568-8741

ROYAL ASSOCIATION FOR DISABILITY AND REHABILITATION.

- 24th February 1983. Self Care Training for Physically Handicapped Children
Baden Powell House, Queen's Gate, London, SW7. £12.00
Contact: The Conference Officer, RADAR, 25 Mortimer Street, London, W1N 8AB

ASSOCIATION FOR SPINA BIFIDA AND HYDROCEPHALUS

- 8 - 10th April 1983 ASBAH Spring Conference
Goldsmith's College, South London.
Topics - Accommodation, independent living, sheltered industrial groups, Mobility (driving especially).
Enquiries to ASBAH, Tavistock House North, Tavistock Square, London WC1H OHJ. Tel. 01-388-1382/5

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A. P. C. P. NEWS

SUBSCRIPTION RENEWAL

If you have not received a renewal form with the November or the February issue of the Newsletter, please contact either the National Treasurer or your Regional Rep. Return the completed form to the National Treasurer enclosing remittance for

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| £5. 00 |
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 Five Pounds.

Proceedings of the National Committee Meeting. Great Ormond Street Hospital.
22nd January 1983

The Hon. Secretary, Mrs. P. Nicholls has resigned due to pressure of family commitments. Miss. P. Charon has kindly agreed to become Acting Secretary until the A.G.M. in April.

Conferences.

The arrangements for the Lancaster Conference were reported on. For programme, see below. The provisional dates for the 1984 Conference, to be held at Cyncoed College of Further Education, Cardiff, are 27th, 28th and 29th April. The Scottish Region will be hosts for the 1985 Conference.

Car Stickers.

Members should note that car stickers for use when home visiting are NOT available from the C.S.P. but from the Organisation of Chartered Physiotherapists in Private Practice at 50p. each.

A.P.C.P. Study Days.

A full copy of each programme should be sent to the P.R.O. who will forward them to Miss L.Dyer at the D.H.S.S. for information.

Correspondence.

The Health Visitor Association was interested in surveying the screening practices for children's hips. Mrs. Whyte drew attention to a letter in the British Medical Journal of 14th January 1983 concerning the dangers for the inexperienced of testing infant's hips in the first two days of life. It was felt that as physiotherapists, we would only become involved if children already in our care had abnormalities of gait.

Nominations.

Nominations for the National Committee should be sent to the Acting Secretary one month before the A.G.M. in April. Mr. J. Harris, Chairman of the Publications Committee, Miss R. Dawson Chairman, and Miss E. Carrington, Hon. P.R.O. are all due to retire.

Mobility Allowance.

A new definition of mobility has been issued by the Appeals Board. Mrs. Whyte will circulate Committee members with details.

Treasurer's Report.

This quarter we broke even. Few people have increased their membership from £3.00 to £5.00

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| PLEASE NOTE THE NEW SUBSCRIPTION RATE FOR 1983 is £5.00 |
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Mrs. Holt asked Regional Reps to encourage members to fill in the questionnaire on the back of the membership renewal form regarding special expertise, interest and experience. In future this sheet will be separate and the renewal forms will be redesigned. In order to claim tax relief on subscriptions, the inland revenue must be able to inspect our constitution. (See below).

Constitution.

The amended draft will be presented at the A.G.M. for approval.

Effects of Reorganisation

Feedback from members was requested regarding the effects of unit management policies on the organisation of children's services. In some districts, mental handicap, community and paediatrics have been split in three where previously there was one service. Paediatric establishments in some cases, were being adversely affected. Comments welcome.

Maclaren Porta Buggy System.

Four regions have received a seating system for trial. Comments will be passed on to the firm in the next few weeks.

Seat Belts and the Law.

It was noted that children in the front seat of a car should use a booster seat to enable the adult seat belt to fit properly. Concern was expressed regarding transportation of handicapped children in school taxis or in the private cars of physiotherapy staff. Mrs. Soper will write to the D.H.S.S. and make further enquiries.

A.P.C.P. Booklet

An update is required. Miss Dawson offered to find someone to do the job.

Post Registration Education

1. Post Graduate Diploma Course for physiotherapists. This course for all interested physiotherapists, will include a paediatric module. Work on designing this continues and discussions with the C.S.P. are in progress.
2. Introductory Course in Paediatrics. Both the timetable and curriculum have been designed for this Course aimed at basic grade and Senior II staff. Discussions are progressing with the staff of the N.E. London Polytechnic.

Journal Feasibility Group.

Mrs. Whyte, Miss Riley and Miss James met to discuss the question of upgrading the present Newsletter. Advice was sought from Mrs. J. Whitehouse, Editor of Physiotherapy, and various other journals were scrutinised. The main issue is one of cost. It was suggested that A4 size paper would be preferable and that we should continue with four issues per year; the circulation should be centrally organised and that we should print 1,000 copies.

The national committee agreed with these suggestions and it was proposed that the feasibility group become a working party. Mr. Harris and Miss Carrington were also asked to serve. Mrs. Holt felt that A.P.C.P. could afford to carry a new style Journal for a trial year. The present Newsletter costs 33p. per issue including p. & p. and £1,384 per year

Conference Programme.

ANNUAL CONFERENCE - ST. MARTIN'S COLLEGE, LANCASTER

8th - 10th April 1983

"Use your Head". Management of the Child with Sensory Damage.

Friday 8th April 1983

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| 1.30 p.m. | Registration |
| 2.15 p.m. | Welcome and opening of Conference by Miss R. Dawson, M.C.S.P., Chairman of A.P.C.P. |

- 2.30 p.m. First Session. Chairman Dr. I. McKinlay, M.B., Ch.B., B.Sc.,
Dr. W.M.L. Turner, M.D., F.R.C.P., D.C.H., D.L.C.G.,
M.R.C.P.
Adverse Factors in Brain Development.
- 3.15 p.m. Tea
- 3.45 p.m. Dr. J. Sills, M.B., B.Chir., M.R.C.P., D.C.H.,
Non Accidental Head Injuries.
- 4.45 p.m. Mr. R. Bates - Computers for Communication.
- 7.00 p.m. Dinner

Saturday 9th April 1983

- 9.00 a.m. Registration
- 9.30 a.m. Second Session. Chairman Dr. J.V. Dyer., M.B., B.S.,
L.R.C.P., M.R.C.S., F.F.C.M., D.P.H.
Dr. K.P. Murphy, M.A., P.D.H. on Audiology.
- 10.45 a.m. Coffee and Exhibitions.
- 11.15 a.m. Miss M. Howard M.Ed., M.B.A.O.T., Visual Perception.
in Children with Developmental Problems.
- 12.15 p.m. - Lunch and Exhibitions
- 1.45 p.m.
- 2.00 p.m. Third Session - Chairman Miss A. Grimley, M.C.S.P.,
Dr. K.P. Mogford, L.C.S.T., B.Sc., The effect of
"Being Handicapped" on developing communication
- 3.00 p.m. Tea
- 3.30 p.m. Mrs. Sherwood-Jones, S.R.N., - Family Counselling
- 7.00 p.m. Sherry Reception
- 7.30 p.m. Conference Dinner
- 9.00 p.m. Evening Entertainment - The Kingston Marionettes.

Sunday 10th April 1983

- 9.30 a.m. Discussion for A.P.C.P. members only
- 10.15 a.m. Fourth Session - Chairman Miss R. Dawson, M.C.S.P.,
Miss C. Mason, M.C.S.P., M.S.R.G., A.R.C.M.,
"Heads for Rhythm"
- 11.45 a.m. Close of Conference
- 12.00 noon Lunch if required

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REGIONAL REPORTS

SCOTLAND. Reg. Rep. Miss M. Booth, 210 Union Grove, Aberdeen AB1 6SS

June 9th & 10th. Paediatric Intensive Care for Physiotherapists
Royal Hospital for Sick Children, Edinburgh.

Contact Miss M.B. Grant, Supt. Physiotherapist, Hospital
for Sick Children, Sciennes Road, Edinburgh.

Fee: Members £22.50. Non-members £25.00.

Closing date May 20th

NORTH EAST. Reg. Rep. Mrs. M. Soper, 29 Garth Terrace, Clifton, York

The day course with Sophie Levitt entitled "The Assessment of Cerebral Palsied Children", previously advertised for Saturday 12th March will now be held on 9th April 1983. We realise that this date clashes with the A.P.C.P. National Conference in Lancaster and this is regretted. The change was unavoidable as Miss Levitt now has commitments abroad in March.

9th April 1983. "Assessment of the Cerebral Palsied Child"
Sophie Levitt.

Applications to Mrs. B. Pickard, 73 Moseley Wood Gardens,
Leeds, LS16 7HX., as soon as possible.

If there are members who are interested but unable to attend because of the Lancaster Conference would they please contact the Reg. Rep. Mrs. Soper, so that the feasibility of running another course with Sophie Levitt can be assessed.

NORTH WEST. Reg. Rep. Mrs. M. Down, 62 Swann Lane, Cheadle Hulme, Stockport
Cheshire, SK8 7HU

Feb. 5th 1983. Talipes Equino-varus a.m.
North West A.G.M. p.m.
Whiston Hospital, Near Liverpool.
Contact Reg. Rep. for details.

WALES. Reg. Rep. Mrs. W. Williams, 12 Gellogaer Gardens, Cathays, Cardiff

At the December meeting there was a discussion on "Bobath Treatment of a Child - a specific case study", and in addition, plans for the 1984 Wales Conference have been discussed.

MIDLANDS & TRENT. Reg. Rep. Miss R. Dawson, 19 Main Street, East Bridgford,
Nottingham. NG13 8PA

LONDON. Reg. Rep. Miss G. Riley, Supt. Physiotherapist, Belgrave Hospital for
Children, London, SW 9.

March 5th 1983. "Sensory Deficit", Nevin Lecture Theatre,
St. Thomas' Hospital, London, SE1.
Fee: £8. (inc. lunch). Members. Non-members £10. Students £2.

PROGRAMME

- 9.00 a.m. Registration
9.30 Sensory Influence on Motor Development and Performance.
Dr. John Rothwell, M.A., Ph.D., Research Worker, Institute
of Psychiatry, Maudesley Hospital.
11.00 Vibration - a useful tool for treatment.
Miss E. Carrington, MCSP., Supt. Paed. Physiotherapist,
York District Hospital.
12.00 Annual General Meeting of London Region APCP (Members only)
12.30 Lunch (in Postgraduate Centre)
2.00 Helping Early Motor Development in Visually Impaired Children.
Sophie Levitt, B.Sc. (Physio) Ass. Member C.S.P.
3.00 Sensory Integration as a Precursor of Movement.
Mrs. M. Hendley, M.C.S.P., Supt. Physiotherapist,
Margaret Barclay School, Moberly, Cheshire.
4.00 Close of Meeting .

Applications to Mrs. M. Gilbert, 105 Swinderby Road, Wembley, Middx, by
26th February 1983. Enquiries to Miss Riley. Tel. 01-274-6222. Ext. 725/6

EAST ANGLIA. Reg. Rep. Mrs. P. White, 24 Maltings Drive, Wheathampstead, Herts.

March 15th 1983 "Early Treatment of Scoliosis". Speaker
Miss M.H.Mehta, F.R.C.S., Senior Lecturer and
Consultant, Scoliosis Unit, Royal National Orthopaedic
Hospital, Stanmore.

To be held at Harper House Children's Unit, Harper Lane,
Shenley, Radlett, Herts., at 7.00 p.m. prompt
Members £1.00. Non-members £1.50

Because accommodation is limited, please let Reg. Rep. know
as soon as possible if you can attend; also if you need further
details. If there is a good response, it is hoped to follow
this talk later in the year with one on "Treatment after
surgery for scoliosis".

SOUTH EAST. Ref. Rep. Mrs. S. Raymond, 58 Gates Green Road, West Wickham, Kent.

Feb. 26th 1983 "The Clumsy Child"
Royal Alexandra Hospital, Brighton.
Speakers: Lorraine Burr, Northwick Park Hospital.
Mary Nash-Wortham, Eastbourne.

Future plans - October - Thomas de la Rue School, Tonbridge.
Dr. Martin will demonstrate Halliwick Swimming.

Next year it is hoped to arrange study days on play therapy
and Portage in February, and Hearing and Sight in October..

SOUTH WEST. Reg. Rep. Miss T. James, 14 Frome Terrace, Dorchester, Dorset DT1 1JQ

The Study Day on Paediatric Spinal Problems held in Bristol was
well supported. More weekday events are therefore being considered.

Study day on Children's Hips and Feet in Poole is being arranged
for early July. Details to be announced later.

Suggestions from the members for future study days will be welcomed.

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AIDS IDEAS

Rita Cullen, Senior Physiotherapist, Child Development Unit, Damers Road
Dorchester.

It has been found that children whose head control is improved by extending their
shoulders may benefit from a thick padded strap around the chest when in a wheelchair.
If the child is in an Ortho-kinetic chair try strapping the head rest over the chest
and under the arms. We have found that this enabled some children to keep their
head up when previously they couldn't.



OLYMPICS FOR THE DISABLED

The Seventh Olympics will be divided between two locations. The 1984 Paralympic Games will be held between 19th June-4th July, 1984 at the University of Illinois Campus, Urbana, Champaign, United States of America. These games are expected to involve approximately 80 Nations and a total of 2,500 athletes. In addition there will be 400 coaches and trainers, 400 officials in the various sports and 400 or more administrative personnel.

The ten days competition will feature 256 events in a total of ten sports.

The British Paraplegic Sports Society hopes to take a Great Britain team of approximately 100-150 competitors plus escorts to the Paralympics. The selection games will be held on Saturday and Sunday 24-25th September, 1983.

The cost per competitor could well be in the region of £1,000. As a charity organisation the British Paraplegic Sports Society will obviously be looking to large organisations and the public for as much support as possible. Any publicity that can be given to the fund raising would be appreciated. For further information please contact:- Christine Edwards, Press Officer, 3 Robin Close, Stoke Mandeville, Aylesbury, Bucks, HP22 5XF

Major Sporting Events for the Disabled - 1983. To be held at the Ludwig Guttmann Sports Centre for the Disabled - Stoke Mandeville, Harvey Road, Aylesbury, Bucks.

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| 19-20th March | British Sports Association for the Disabled - Junior Swimming Gala - 10 - 16+ years |
| 7th May | British Sports Association for the Disabled - National Mini Games - 8 - 12 years old |
| 2nd-3rd July | British Sports Association for the Disabled - Junior National Games - 12 - 16+ years |
| 4th - 6th Oct | British Paraplegic Sports Society Junior National Paraplegic Games. |

REMAP - Engineering Help for Disabled People

Increasing awareness by industry of the problems of disabled people has led to an ever-increasing range of standard equipment to help them to overcome their handicaps. But in general, manufacturers are reluctant to make "one-off" items, or to modify standard designs to suit individual requirements. In consequence, there are many instances of need which cannot be met because suitable equipment is unobtainable. It is these gaps in the supply pattern which we in REMAP seek to fill, by designing and making special items of equipment to meet the needs of particular individuals.

REMAP is part of The Royal Association for Disability and Rehabilitation, and is a voluntary movement of engineers, doctors, remedial therapists and social workers organised into small groups (called panels) throughout the country. We pride ourselves on keeping paperwork to a minimum, and so enable the maximum effort to be applied to the problems of the disabled. To this end, the local panels are autonomous, making their own rules, and raising locally the small sums of money required to support their activities. The small central organisation confines itself to the task of setting up new panels and supporting the existing ones with advice and information.

Cases are referred to panels by individuals, by one or other of the many disability societies, but mostly by the Local Authorities, with whom panels work very closely.

In fact the representatives of these two latter bodies are usually members of the panels. All members of a panel are normally involved in the design phase of a project, but thereafter the actual construction is handled by the engineers.

REMAP has no workshops of its own, and relies upon the goodwill of others to build the equipment designed by its members. Much of this work is done in the homes of members, but where more extensive facilities are required, assistance is freely given by industrial training establishments, schools polytechnics and universities, etc. All work is voluntary, and no charge is made for design skills or labour, but occasionally materials have to be purchased. In these cases the panel may have to charge modest out-of-pocket expenses, but only with the prior consent of the individual or authority concerned.

The range of jobs is wide and caters for all types of disability in all age groups. In an average year REMAP as a whole receives and most times finds a satisfactory solution to more than 1000 different cases. They are all "one-off" problems. The variety is immense. Some examples are:-

1. Special tricycle for hipless boy.
2. Pedal box extensions to enable blind disabled person to play the piano, also the organ.
3. Communication aid for blind and speechless person.
4. Adaptation to standard electric sewing machine controller to enable lady with no leg movement and weak hands to use her machine.

The movement is growing. 86 panels are now in existence and we are continually seeking to set up new panels wherever it is felt that there is a need. We are not appealing for funds; from the foregoing it will be clear that money is a secondary consideration to REMAP. We need engineers, technicians, doctors, occupational therapists and physiotherapists.

For further details write or telephone the National Organiser,
Martin J. Marshall, CMG, at 25 Mortimer Stret, London W1N 8AB. Tel. 01-637-5400