



APCP Working Weekend – April 2024

The Regional, Specialist and National committee members collaborate once a year to discuss the APCP strategy and planning for the upcoming year, along with networking opportunities with other committee members. This year was held at the Ambassador, Bloomsbury London. We had a full agenda over 2 x days, with various discussions surrounding a wide range of topics from education terminologies and courses to specialist / regional video sessions.

Translation of APCP Leaflets:

One exciting project that was discussed at the weekend, was the successful application of the Chartered Society of Physiotherapy (CSP) Professional Network Funding Grant, where 10K was awarded to APCP to enable us to translate a number of APCP parents' / carers leaflets into different languages.

Therefore, APCP are thrilled to confirm that we are now in the process of translating 10 of our commonly used paediatric physiotherapy leaflets into 10 different languages.

This initiative has been possible due to the project leadership from Rachel Knight-Lozano (APCP Publications Officer) and Ally Bacon (APCP Admin).

This project is consistent with our efforts to increase the accessibility of paediatric physiotherapy information - let's not keep our knowledge locked behind closed doors. Our profession is built upon movement, let's move our knowledge in a way that makes essential childhood movement information accessible for all.

Rachel and Ally are leading a core steering group - the Language Translation Steering Group (LTSG). The group meets regularly to support the projects' development. If you would be interested in linking in with these project developments, please reach out to ally@apcp.org.uk Once these leaflets have been translated and published, we'll reach out and share the good news with you all!

APCP Bursaries:

2024 saw a bumper year for APCP bursary applications for both education and research funding and we were delighted to see so many impressive applications for the APCP 50th Research Birthday Year Award too. We have supported and given out over £30,000 bursary awards to our members this year – congratulations to everyone who was successful.

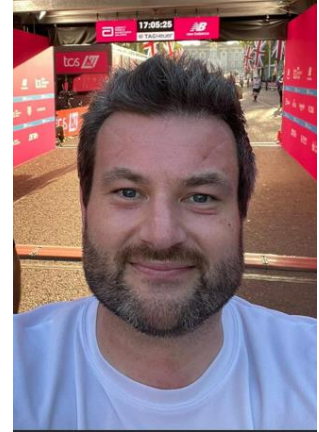
For the conference this year, APCP will be partnering with the CSP to attend their October conference in Manchester. There will be lectures and courses about Pediatrics with a focus on transitioning care. The APCP will be delivering their own two day Conference in 2025 – the location is yet to be decided but we are very excited to start the planning process for this.

The website is undergoing further changes and has recently had a software upgrade, with a live roadmap calendar with yearly courses coming out soon. The specialist committee representatives were working on a timetable to plan a good spread of courses at various different levels of experience.





Alan Macdonald – ACP Outgoing Chair - Interview



Having spent over 12 years being involved with the Association of Paediatric Chartered Physiotherapists, I feel a deep sense of privilege when I reflect on the fantastic opportunities that my time has offered to me. The systems and people that I have networked with and the projects that I have worked on have all had one common goal – to ultimately improve the lives of the children, young people and adolescents that our members serve.

I started with ACP as a North East committee member and quickly found myself in the role of the Chair of the North East Regional committee. I still remember attending my very first working weekend thinking that I was ready for a new challenge and to meet similar minded people. I arrived nervous and to be in a room with so many amazing professionals who seemed to have such a great wealth of knowledge in fields that I was passionate and inquisitive about.

I was surprised at how a meeting could be so friendly and relaxed, yet so productive in planning the key deliverables for the profession in the coming 12 months. I was sold the concept and realised straight away that I wanted to be a part of the ACP National committee and be part of the buzz in the room. I left the meeting with two projects and a working party to be part of and remembered thinking “*I hope that I can deliver*”.

I think in all my time with the ACP, this has never left me and is the feeling that has brought me back year after year with the mindset and passion for the professional network.

In the past two and half years serving as chair of the ACP, has been an amazing experience; I have met some of the most dedicated paediatric physiotherapists and support staff, who are continually advancing their knowledge and improving the offers that we provide for patients, families, staff and supporting services.

The role of chair has brought me many varied responsibilities. For me personally, the networking with ACP members, ACP committees, national advisory committees, other paediatric therapy professional networks and health ministers has provided me with opportunities to raise the profile of the profession and to harness new innovative ways to practice. I am proud of the progress that has been with the Bursary applications that our members have applied for, to enhance practice and conduct research and education. We have seen the value of awards double to £20,000 and have consequently seen applications rise and output be of extremely high quality. This year we also our £10,000 Birthday project award and a further £10,000 award. We have seen our CSP raise winning funding for the professional network-funding grant. I am immensely proud of the successful projects that have been supported from the ACP funds over the last 3 years and often have emails and comments about the volume and quality of the work that we are delivering.

I am so proud of the continued growth of the education offer that ACP provides through the various webinars, courses and conferences that we deliver. It has been commented on from many international Paediatric Networks, on how amazed they are at our membership numbers and the output that we deliver.

Being chair is a fantastic honour and I would encourage people to be brave and consider the possibility for the future. The role has offered me many more opportunities than I thought possible and has been a highlight of my career to date.

To my incoming chair Anna Hebda-Boon, I would like to say welcome to the role, be your most authentic self and ensure that you provide the voice for our amazing professional network that gets us heard. Listen to your

membership and drive the progression of the APCP in the direction that the membership tells you; we need to travel as they are the experts that know what our profession, our children, young people, adolescents and families need.

Praise to the dedication of the wonderful admin support team and all the National Committee members, regional and specialist committee members, who commit their time for the shared common purpose to provide the highest quality of paediatric physiotherapy possible. I know that APCP is in excellent hands, having had the privilege to work with Anna over the years. I am very excited to see it grow from strength to strength from her leadership and the new exec team that supports her.

I would encourage the membership to shadow regional and specialist committees and to put your hat in the ring for future roles. Sometimes we have to be brave and put ourselves forward and to reap the rewards. APCP provides you with great opportunities personally and professionally and enables you to meet amazing staff from all areas of the country and from all areas of our diverse profession. Each has unique skill sets but all with a united goal. Reach out, ask questions and know that we need your expertise, qualified and support staff to successfully deliver our mandate.

I would like members to promote our resources to the families that they work with, the students that they teach and their workplace.

Thank you to all APCP members for supporting my time as chair and for your continual support. Thank you to past chairs and to exec and national committee members who have walked these steps with me.

Most of all thank you to the children, young people, adolescents and families who allow us to bring our best self to work every single day and have the best possible job. There are few professions with so many staff who genuinely love their job and feel a real privilege to be allowed to be an integral part of their patient's journey.

These things together have made being chair a very easy and worthwhile task.

Alan Macdonald
Chair APCP 2024





Strategy!

How much do you know about APCP's five-year strategy?

It's now a year on from the launch of APCP's updated 5-year strategy. I'm sure you all know it like the back of your hand, but for those that don't we've got a short summary of what you need to know. It's as easy as ABC...D.

- **Aspire**
- **Belong**
- **Collaborate**
- **Develop**

See what we did? Conceptually, there's something about the sequence of the letters that's associated with child development and learning, reflecting our paediatric speciality. The ABCDs of APCP. The ABCD values that underpin our APCP strategic framework. Let's review the four values, and what they mean for our APCP community.

- **Aspire**
Reach for the stars *
By promoting quality and innovation, we will positively push the future of paediatric physiotherapy and raise our profile.
- **Belong**
Your voice, your story, they matter - and we're listening.
APCP offers a network to swap stories, share insights, and lift each other up. Let's make sure everyone feels at home in APCP, and let's work together as a paediatric physiotherapy workforce to tackle health inequalities.
- **Collaborate**
Why don't physiotherapists ever give up?
Because they are determined to find a "joint" solution!
By fostering collaboration and co-production with children and families, we can create more effective and impactful interventions. Nurturing networks within and beyond APCP improves the standards of paediatric physiotherapy and elevates broader child health efforts.
- **Develop**
Paediatric physiotherapists...we're all about healthy movement and development.
Whether you're thinking of embarking on a career in paediatric physiotherapy, or whether you're struggling to count your clinical mileage – we've got something for you. See what courses and events we've got planned. Contribute to new professional and/or public guidance. Influence practice and policy.

Of course, the strategic summary above is a light-hearted one, we strongly recommend looking at our APCP Strategy document here: [APCP Vision, Mission Statement and Strategy | Association of Paediatric Chartered Physiotherapists \(csp.org.uk\)](https://www.csp.org.uk). Within the 12-page document you'll find deeper descriptions of the themes, how we'll achieve the objectives and how we'll evidence them. Please do look and get in touch with any comments. Can you share a paediatric physiotherapy example showcasing our values of Aspiring, Belonging, Collaborating, Developing? I'm sure you can.... Our newsletter is our forum for us to communicate paediatric physiotherapy news and strengthen our paediatric physiotherapy community. Please keep contributing, we know there's great work going on, we know it's extra effort to write the newsletter contribution to the great work on the ground – but we can only share what you send to us. Help us help you, send us something you're doing, and we'll help amplify your work via our communication channels.

Jemma Bell, Advanced Community Paediatric Physiotherapist. Newcastle upon Tyne Hospitals NHS Foundation Trust and APCP Public Relations Officer.





Respiratory Committee (publication links below):

Congratulations must go to the APCP Respiratory Committee for their continual efforts, in particular with their recent two publications – well done from all the execs!

- **Supporting Children’s Community Respiratory Physiotherapy Services**

This guide has been developed by the Association of Paediatric Chartered Physiotherapists (APCP) Respiratory Committee to support members to develop and evaluate community paediatric respiratory physiotherapy posts.

The guide gives some brief information on the causes of respiratory morbidity in children and young people with profound neurodisability. A summary of evidence supporting prevention and treatment and some data from UK community paediatric respiratory services. It then goes on to give suggestions of key metrics to collect to demonstrate the need for services and to audit proposed or existing services. Examples of successful services are provided. Users are free to use the information included in this guide to support local business cases or service improvement projects provided that the source is referenced.

An APCP risk identification matrix which aims to help identify children who have or are at risk of respiratory morbidity is due for publication in 2024 and will be a useful resource to use alongside this guide.

This document has been developed to be used in conjunction with the CSP information paper: [Making the business case: It’s your business](#), July 2012. There are also further business case tools available on the CSP website. Click on the link for further information:

<https://apcp.csp.org.uk/content/respiratory-committee>

- **Respiratory Risk Identification Matrix for Children and Young People with Neurological Impairment.**

This risk identification matrix is intended to aid health professionals to identify people at risk of respiratory compromise and to guide actions to prevent or reduce this.

It may be used in a variety of settings, for example; during a routine therapy review, alongside Cerebral Palsy Integrated Pathway (CPIP) assessment, following a hospital admission.

The items have been selected based upon risks identified in the two key documents referenced below: Gibson et al. 2021 (Items 1,2,4,5,8,9,10,12,13), Legg et al. 2023 (Items 11,14,16,17) and on those used by existing community respiratory physiotherapy services (Items 3,6,7,15).

It is primarily designed for use with children and young people aged 0-25 but users may choose to adapt for use with older people. It has not been validated. The identification matrix may be adapted for local use, and in particular the 'actions' column may need amendment depending upon your setting and services.

We acknowledge the Glasgow Paediatric Respiratory Team, Zoe Johnstone and Lesley Harper (NHS Lothian) who kindly shared their matrix which we adapted with their permission. . Click on the link for further information: <https://apcp.csp.org.uk/content/respiratory-committee>

