

# APCP NEWSLETTER September 2024

APCP Strategy -  
Aspire, Belong, Collaborate,  
Develop

Actively Promoting Children's Physiotherapy

## APCP Flagship ITPP Course

Enormous thanks to all those specialist committee members for their invaluable time - greatly appreciated

Overview & update



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## Editor's Comments

As we look forward to the start of a new school year, it is hard to believe the summer is coming to an end. I do hope all our members have enjoyed the sunshine and are ready for a packed program of courses over the next few months.

This month's newsletter is full of exciting events and articles, from a successful bursary research application from Dr Dawn Pickering, looking into the benefits of the Innowalk, to confirmation of the APCP 'in-demand' flagship ITPP course and APCP Conference 2025. We also have a brilliant update on the long-awaited project from the APCP (LTSG), who have been diligently working on, translating parent and carer leaflets into different languages to aid inclusivity of service user information to non-English reading and speaking families we serve, shortly to be available ...

I do hope all of our members are able to enjoy lots of the benefits the APCP has to offer in this term as we turn towards the Autumn. Please do get in contact if you have any articles you would like to see in the next edition of our Newsletter.

Madelaine Rapier  
Newsletter Editor

<https://apcp.csp.org.uk/content/your-apcp-newsletter>





## APCP Strategy

**ASPIRE • BELONG • COLLABORATE • DEVELOP**

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### ASPIRE - APCP Flagship ITPP Course

APCP Introduction to Paediatric Physiotherapy (ITPP) – An informative and comprehensive programme, for physiotherapists who wish to specialise in Paediatric Physiotherapy; we are delighted to announce, that the ITPP course will be officially launched on the **30<sup>th</sup> of September**. Thanks must go to all those specialist committee members who have worked tirelessly in uploading and re-recording their presentations – **greatly appreciated!**

This is a 12month online rolling programme from the 30th of Sept 2024 (allowing access by delegates at any time during that period) up to 30th Sept 2025. The ITPP programme is equivalent to 3 x full days of F2F learning. 9 x Modules, with pre-recorded audio PowerPoint presentations, to access. Each module of the ITPP course will also have a workbook of questions following each presentation to complete and return, which will mark. Once all modules and workbooks are complete, APCP will provide those delegates with their certification of the ITPP Programme 2024/2025.

The programme is security protected and only those registered will have access to the modules. Modules are open for learning however; downloads are not permitted or transferable. Only workbooks are accessible to download and complete. 3 x live webinars (awaiting on NM date). With APCP specialist committee members with examples of case studies and Q&A. However, these webinars will be recorded at the time and then uploaded into your secured access learning folder to view at delegates’ convenience. Please feel free to share with colleagues who would be interested; for further information please click on the link: [ITPP](#)

## ITPP Programme Schedule Order of Specialist Committees

- MODULE 1 – Introduction
- MODULE 2 – Policy and Legislation
- MODULE 3 – Neurology and Neurodisability
- MODULE 4 – CPIP – Cerebral Palsy
- MODULE 5 – Musculoskeletal (MSK)
- MODULE 6 – Paediatric Physiotherapy in Private Sector (PPIPS)
- MODULE 7 – Respiratory
- MODULE 8 – Neonatal (Early Years)
- MODULE 9 – Neuromuscular
- Workbooks

Live Webinar Presentations

Time / duration	Date	Specialist Committee
12:30 – 13:30	Tuesday 3 <sup>rd</sup> December '24	Neurodisability and CPIP
12:30 – 13:30	Tuesday 11 <sup>th</sup> March '25	MSK and PPIPS
12:30 – 13:30	Tuesday 3 <sup>rd</sup> June '25	Respiratory and NN





## **ASPIRE - ACP Conference 2025**

The executive committee and the Professional Development Group are delighted to announce that the **ACPC Conference 2025, will be held in London on Friday 3<sup>rd</sup> and Saturday 4<sup>th</sup> October 2025.**



Please note, the ACP Conference was previously held in 2018 and 2023 in Manchester and London, was due to be the next location, scheduled for 2020 and sadly due to Covid, that was postponed.

The PDG will be meeting this month to discuss the scoop of the programme and content for the two-day conference and reaching out to the various committee members in the London region for their support.

However, what we can share is that we will have an extremely comprehensive and informative schedule, where discussions of the content of the conference, will include and are not exhaustive to the following:

- keynote speakers
- scientific presentations
- abstract submissions
- collaborative working themes
- symposiums
- seminars and potential workshops.
- Exhibitor and poster hall
- Gala dinner/dance on the Friday evening, with presentation awards ceremony – celebrating excellence, cabaret and much more

We are currently confirming the venue to ensure it's the right fit for us and those details and costs will be released in the not-too-distant future. Keep the dates in your diary!

(NB: The CSP Annual Conference for 2025 will be over the 20<sup>th</sup> – 22<sup>nd</sup> November, however, student day has not yet been confirmed).

**Other dates for committee member diaries – working weekend 4<sup>th</sup> / 5<sup>th</sup> April 2025**

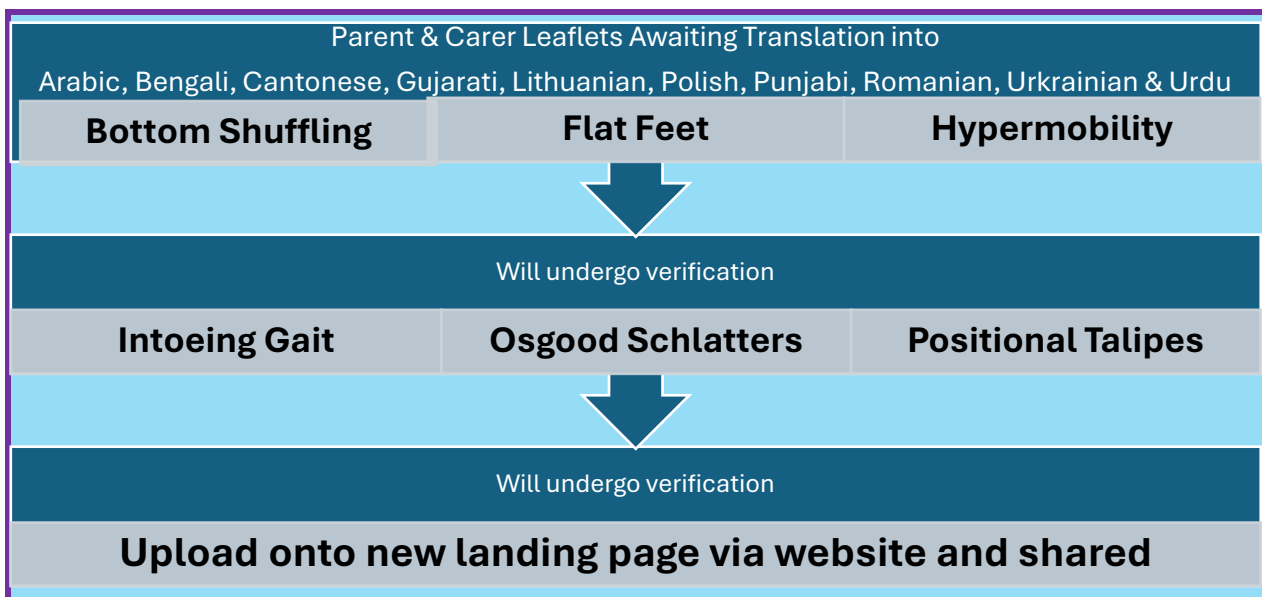
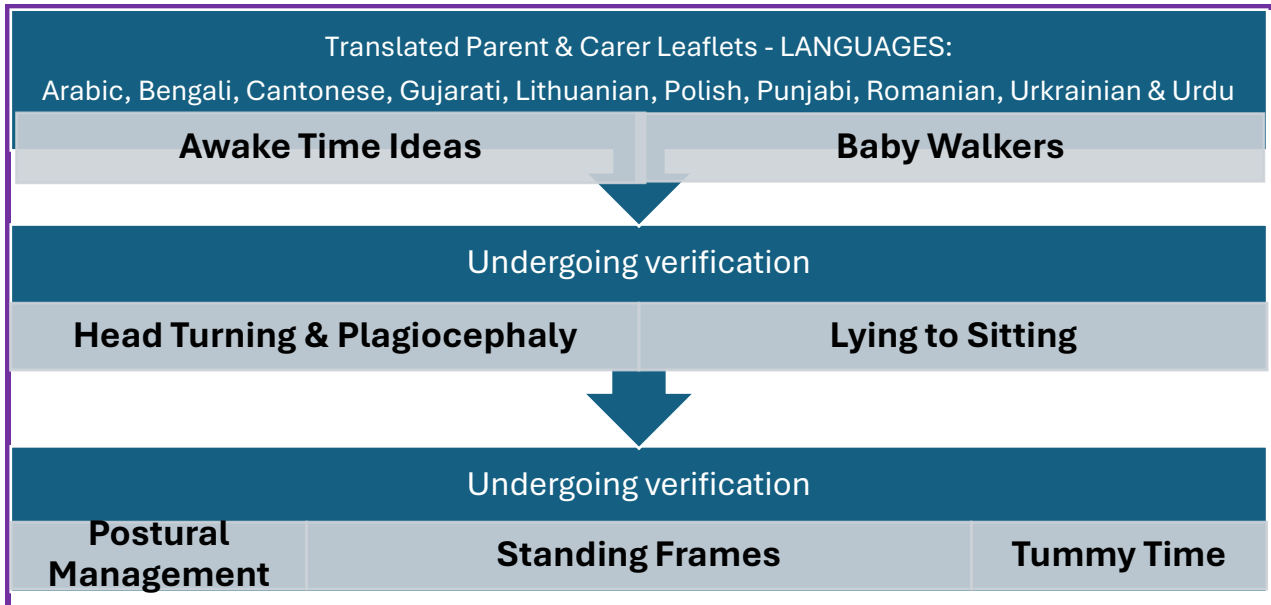


## **BELONG - ACP Parent & Carer Translated leaflets**

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As per the newsletter in June, and the success of securing the CSP Professional Networking Grant, we can now announce that we have translated 7 parent & carer leaflets into 10 languages (please see below), with a further 6 to be processed. Once these have all been translated and verified by the appropriate language audience, we will then upload onto a new landing page within the **'Information for Parents & Carers'** drop-down section on the website, we will forward that link on to our members shortly:



Rachel and Ally are leading the core group - the Language Translation Steering Group (LTSG), where this initiative has also been made possible, by the enormous help and support from the other committees, including MSK, Neonatal, CIPPS; where thanks and acknowledgement must go to - Jemma Bell, Georgie Ashdown, Christine Douglas, Clare Maclennan, Fiona McKeown, Philippa Burgess and Anna Jones. Along with all those members who were actively involved with the original survey responses for both languages and parent and carer leaflets.

This project is consistent with our efforts to increase the accessibility of paediatric physiotherapy information and ACP, actively promotes movement with children's physiotherapy. Please see the mock up below:



# BELONG - APCA Parent & Carer Translated Leaflets - Website mock-up

All parent and carer leaflets will be located together on one landing page:

The Association of Paediatric Chartered Physiotherapists

Search Association of  YOUR ACCOUNT

APCP Membership About us Information for Professionals Information for Parents & Carers Contact us

Section index *Parent and Carer Leaflets (Translated)* has been updated.

VIEW EDIT DELETE REVISIONS

## Parent and Carer Leaflets (Translated)

Inclusive Information for all Children, families and carers...

APCP Language Translation Steering Group (LTSG) have developed a number of translated parent and carer leaflets to support the understanding and inclusivity of service user information for non-English reading and speaking families and service providers. We believe this will lead to an increase in the accessibility of paediatric physiotherapy information - making essential childhood movement information accessible for all.

SHARE

English Language	Arabic Language	Bengali Language	Cantonese Language
APCP Gujarati Language	Lithuanian Language	Polish Language	Punjabi Language
			Additional Language
Romanian Language	Ukrainian Language	Urdu Language	

APCP is a recognised Professional Network of the Chartered Society of Physiotherapy (CSP), which provides this website. The CSP is the professional, educational and trade union body for the UK's 65,000 chartered physiotherapists, physiotherapy students and support workers.

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[https://apcp.csp.org.uk/international-leaflets-for-parents-carers/?td\\_1=Guarati](https://apcp.csp.org.uk/international-leaflets-for-parents-carers/?td_1=Guarati)

Site by CTT Digital



**COLLABORATE – Chesti-Study**

Funded by

**NIHR** | National Institute  
for Health Research

Rachel Knight Lozano  
rachel.knightlozano@plymouth.ac.uk



## CHESTI-Conversations

We want to find the best ways to measure chest health in children with cerebral palsy



### What is the problem?

Chest health refers to how well a person can breathe, cough, and clear their lungs. Children with cerebral palsy may experience chest health problems, like noisy breathing, a rattly chest, a weak cough, or trouble clearing phlegm. These problems often lead to frequent chest infections and is the main reason they need antibiotics and hospital stays.

Measuring chest health can help us check for changes early, make quick treatment decisions, and decide which approaches work best. This can help prevent illnesses and hospital stays. Yet, measures such as “breathing out quickly through a tube”, can be uncomfortable, intrusive, or not possible for many children and young people with cerebral palsy. So, it’s unclear how to best measure their chest health.

### What is the aim?

The study will find out what is important to measure when considering chest health. The views of children and young people with cerebral palsy, their parents, and professionals will help us to better understand this.

### How will we do this?

We will invite children and young people with cerebral palsy, parents, and professionals to join us in an online conversation.

We would like to hear about their experiences of chest health. This will take between 30-45 minutes.

### What will we do with this information?

Conversation responses will be recorded and analysed by the research team. Findings will be anonymised before shared in reports, presentations and a publication.

Findings will help us define chest health better, and gather a list of important chest health outcomes for children and young people with cerebral palsy. It will also help us understand why they are important to measure, from the viewpoint of children and young people with cerebral palsy, and those caring for them.



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INSTITUTE OF CHILD HEALTH



**UNIVERSITY OF  
PLYMOUTH**



**University of Exeter**  
Medical School



## **COLLABORATE - ARTHRITIS - How c10,000 Children & Young People are affected in the UK**



Around 10,000 children in the UK live with arthritis. Arthritis in children and young people has a considerable impact on their school life, development and also affects the whole family.

Versus Arthritis have recently launched their brand newly updated paediatric clinical assessment guide for healthcare professionals and would really appreciate if you are able to share this with your network...

The resource, focusing on the pGALS and pREMS assessments aims to support healthcare professionals to be competent and confident in their assessment of children and young people with MSK presentations. Early accurate diagnosis and access to right care makes a big difference to the lives of children and young people with arthritis - the risk of disability can be prevented or at least mitigated. The guide was originally created in 2022 and has recently been reviewed and updated by clinical paediatric experts including Paediatric Rheumatology Consultants, Consultant Rheumatology Registrar, a Professor of Paediatric Rheumatology and a GP. The resource includes:

- The musculoskeletal history
- Musculoskeletal assessment: pGALS questions and examinations
- Detailed musculoskeletal examination: pREMS assessment
- Common scenarios: Q&A
- Core messages

The guide can be viewed online by Donna Andrew – Flipsnack here: [Musculoskeletal-assessment-guide handbook](#)

Or free printed copies can be ordered from the Versus Arthritis online shop - Guide to Clinical Assessment of Children and Young People – Versus Arthritis: [Click here ...](#)

We hope that these will be very useful for healthcare professionals involved in the diagnosis and ongoing management of children and young people with musculoskeletal conditions. If anyone has any feedback about the resource, we would welcome any feedback at: [professionalengagement@versusarthritis.org](mailto:professionalengagement@versusarthritis.org)

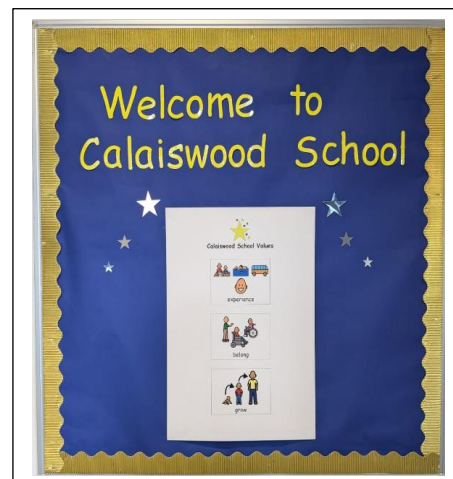
Versus Arthritis have a professional network that is free for healthcare professionals to sign up to and gives them discount to our training courses as well as clinical updates about arthritis, and updates from the charity.

Check out the Versus Arthritis website [Arthritis website](#)

For more information and resources to help you and your patients. You can also sign up to their professional network here: [Click here ...](#) to receive discount on training courses and to be kept up to date with the latest news, educational resources and developments in MSK care.



## DEVELOP - Hydro News – APCP Scottish Committee



Earlier this year, the Scottish APCP committee hosted the ATACP's Foundation Aquatic Physiotherapy course at Calaiswood School in Fife. The accredited syllabus aimed to expand physiotherapists' knowledge of aquatic therapy and to improve their practical skills in this field. These two days of practical and theory sessions were undertaken by fifteen candidates. Nearly all Scottish boards were represented and there were delegates from the North of England and private sector too.

Tutor, Susan Harrison from ATACP held the sessions over the 9th and 10th of May and the feedback was overwhelmingly positive. Susan's years of experience working at Alder Hay hospital in Liverpool ensured all theory learning was applied into the clinical setting.

A big thank you to **Calaiswood pupils and staff** for their amazing hospitality and the use of their facilities. Susan described their pool as one of the best she has ever taught in. Since May we hope, all candidates have enjoyed implementing their learning into clinical areas. We hope to see you on future courses and look forward to hearing of some successful accreditations. (Provided by Ashely Farquhar).







**DEVELOP** - APCP – Successful Bursary Application 2022, leading to a Funded Research Study by our member – Dr Dawn Pickering

# My Adventures in the Innowalk

©Made for Movement



Author Dr Dawn  
Pickering

Illustrator Alison Howard



This storybook “My adventures in the Innowalk” is aimed as an accessible research output for the participants and their families. It aims to give ‘voice’ to those whose voices are often overlooked. Their own words are placed in “italics”. This is the talking storybook version.

This storybook came about from data that was collected during a research study funded by the Association of Paediatric Chartered Physiotherapists in 2022. This study observed ten children and young people using the Innowalk, at a special school in 2022-23. The three observations of each participant were mapped onto a new well-being scale and were supported by interviews and a diary, written by them or their parents. Their stories are presented from the youngest to the eldest to describe and promote their well-being experiences of the Innowalk.

The funding for this story book came from the Baily Thomas Charitable Trust, who awarded a small grant in 2023. This enabled a graphic illustrator to be employed and Alison Howard was recruited for this task. Alison and I have worked in tandem to develop each illustration, based on the data, and some additional photographs, that parents provided, to authenticate the illustrations. It has been a joy to work on this book, as an accessible research output. This contribution to knowledge about disabled children’s well-being is unique and forms part of disabled children’s social justice, as their voices deserve to be heard.

Dr Dawn Pickering, Reader in Childhood Disability, copyright of Cardiff University, July 2024.

[For access to the 12 - minute audio slides, click here ...](#)

Please note, it is the policy of the Association of Paediatric Chartered Physiotherapists, that we do not endorse any specific brands of equipment and any references which are made are for informational purposes only.