

SESSION AGENDA

Postural Care during Lying

- Share a little about ourselves and why we're here (all)
- Provide a brief overview of 24-hour postural care and postural care for rest and sleep (Jenny)
- Brainstorm who, what, when, where, why considerations (small groups)
- Describe resources that can be used for those wanting to develop intervention programs (Jenny)
- Explore existing resources in order to begin developing your own postural care program (small groups)
- Wrap up



OBJECTIVES

Postural Care during Lying

- Consider who, what, when, where, why and how
- Recognize key service delivery steps (virtual and in-person)
- Know where and how to access freely available information
- Identify supports and barriers for initiating postural care intervention programs



WHY WE ARE HERE

About Me

- Roles: Occupational Therapy teacher, Sleep care positioning educator/consultant, history of 20+ years providing seating and positioning for wheeled mobility services
- Settings: University, primarily outpatient clinics working primarily with children with cerebral palsy or other childhood onset disabilities, Twin cities
- Spent the last 7+ years learning about postural care for lying / nighttime postural care, collaborating with others to develop and share service delivery processes and resources
- Passion and purpose: Facilitate health-related changes especially as it relates to sleep



WHY WE ARE HERE

About You

- Current role, setting?
- Interested in sleep and sleep-positioning, thinking about starting a postural care program, wanting to refine an existing program, other?
- Passion and purpose?



24 HOUR POSTURAL CARE

Around the clock whole-body positioning meant to gently support person in lying, sitting and standing



POSTURAL CARE DURING SLEEP AND REST

An intervention that/thats:

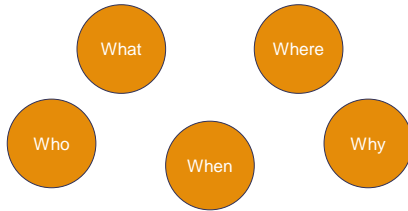
- Intended for individuals with limited independent movement
- Incorporates sleep systems for whole-body positioning which is new to the U.S. and commonly practiced within the U.K.
- Aimed to promote health and decrease need for more invasive interventions by preventing or reducing body shape distortions which are associated with pain and correspondingly relate to disrupted sleep
- Involves a team approach and series of service delivery steps: training, referral, evaluation, trial, funding, ordering, fit and follow-up

(Public Health England, 2018)



CONSIDERATIONS: POSTURAL CARE SLEEP AND REST

Group Discussion



GATHERING RESOURCES

Service delivery models and other resources

- Tool kit for developing an intervention @ <https://clb.ku.edu/en/developing-intervention>
- Sample service delivery process "sleep care positioning flow chart" (Hutson et al., 2022)
- 24-7 Posture Care Management (24-7 PCM) Bibliography with hyperlinks to relevant articles, videos and websites covering topics relevant to postural care for lying like: assessments, outcomes, service delivery, training, secondary complications common for those who are candidates for the intervention (Toole P. et al., 2021)



CREATING POSTURAL CARE INTERVENTION PROGRAM

Group Activity

- Scenario: You are developing a postural care intervention program that involves sleep-positioning with a goal of increasing _____
- Who should be involved? (identify target population and your wish list of team members)
 - What are the target population's goals?
 - What do you need to learn? Identify 3 things you want to learn and three sources/resources from the shared bibliography that will help you gain that knowledge
 - How will the intervention be delivered? From training to follow-up, consider who might be involved at each step and which aspects should/could be virtual and which in-person
 - What challenges do you anticipate? Identify 1-2 hurdles or barriers you expect to encounter when developing the program
 - How will you succeed? Identify key resources (people, S, articles, videos, websites, etc.) that will make it possible for you to develop the program.

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WRAP UP

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REFERENCES

- Public Health England (May 8, 2018). Guidance Postural care and people with learning disabilities. Retrieved from <https://www.gov.uk/government/publications/postural-care-services-making-reasonable-adjustments/postural-care-and-people-with-learning-disabilities>
- Toole, P.; Hutson, J.A.; Hoffman, L.A.; and Reed, K. (2021). 24-7 Posture Care Management (24-7 PCM): What is the body of evidence? What questions remain? [pdf]

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