

Paediatric Physiotherapy on the Neonatal Unit – Patient Information

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Why are we involved?

Your baby has been referred to the Paediatric Physiotherapist for assessment and ongoing input. This may be due to their prematurity (i.e. less than 30 weeks gestation as recommended in NICE guidelines for neonatal follow up 2017) or that the medical team feel our input would be beneficial at this stage.

What will we do?

A Paediatric Physiotherapist will visit the Neonatal Unit (NNU) if possible, and be updated by the nursing staff about your baby, on their current state, any issues/problems and any concerns about positioning and movements. If appropriate we will assess your baby in their cot/incubator and advise on any changes in positioning or handling that may benefit your baby at this stage.

What happens next?

If your baby requires ongoing Physiotherapy input (i.e. <30/40 gestation) then you will be sent an appointment to attend Newberry Child Development Centre within 6 weeks after discharge from the NNU. Your baby's development will be monitored and advice given at every stage on activities to work on to help with their development.

Advice and information

EiSmart play idea leaflets are useful – www.eismart.co.uk
<http://www.eismart.co.uk/ei-smart-developmental-play-leaflets/english/>

The **APCP Tummy Time leaflet** gives ideas on how to safely practise tummy time/prone from Newborn onwards.

https://apcp.csp.org.uk/system/files/publication_files/Tummy%20Time%20Leaflet.pdf

APCP – Awake time ideas. https://apcp.csp.org.uk/system/files/awake_time_ideas_2015.pdf

Physio Tools – you may be given a home exercise program from your Physiotherapist which will have useful positions and activities to help with baby's development i.e. side lying, prone, rolling etc.

If you have any further questions please call the Paediatric Physiotherapy Team at Newberry Child Development Centre, Gorleston 01493 661424/442322

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

TRUST VALUES: We CARE for...
our patients... each other... ourselves

BEHAVIOURS:

Courtesy and respect
Attentively kind and helpful
Responsive communication
Effective and professional

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 The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240