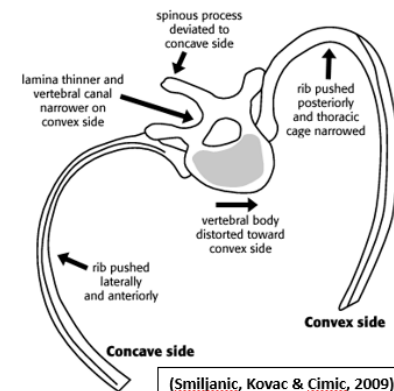
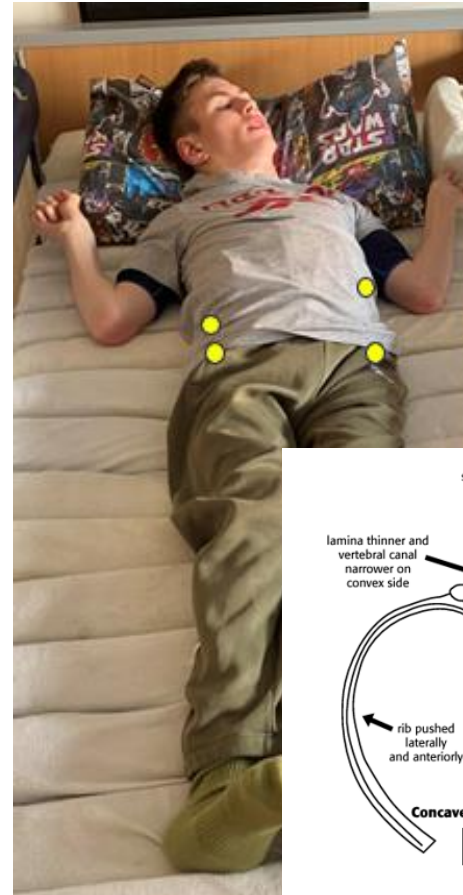
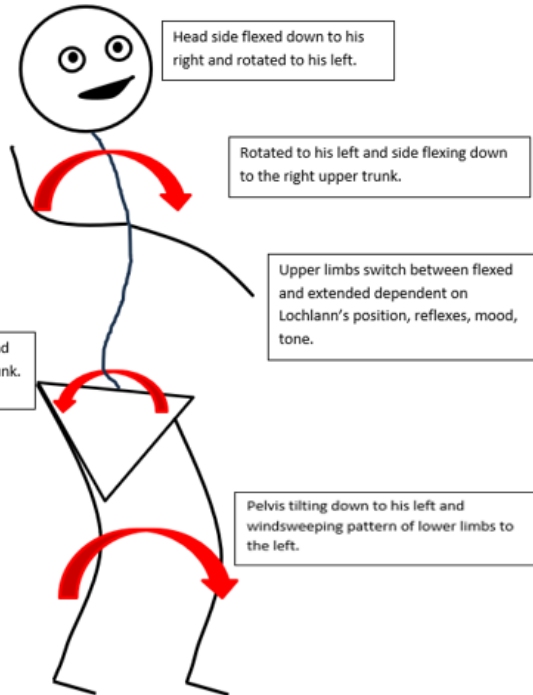


Your turn – Case Study Lochlann Postural Analysis

Lochlann's typical lying posture



(Smiljanic, Kovac & Cimic, 2009)

How would you support
Lochlann's posture overnight?

Supporting Lochlann's Posture – Success?



Have we considered the child and family's story?



It's a marathon not a sprint: Lochlann's story



17 years Old
Born @ 26 weeks
Cerebral Palsy – GMFCS level V
Dysphagia
Epilepsy
Severe reflux

Severe cognitive and communicative difficulties
Strong extensor tone, Startle Reflex and ATNR

Very proactive and supportive family
Comprehensive MDT support

Loves being with his friends at school
Loves music (ACDC in particular) and being read to
Loves being outside no matter the weather! -
cycling, running.

Lying support implemented early and night time
positioning strategies discussed and trialled 'On
Time'

However.....



It's a marathon not a sprint: Lochlann's story



- Severe separation anxiety from parents – particularly overnight
- Severe aspiration risk – more so in early life
- Sensory needs – Lochlann loved to be cuddled by Parents when younger, calmer and reduced tone with compression – wears compression garments through the day
- Spent majority of first 10/11 years co-sleeping with mum or dad cuddled behind him left side lying – despite implementation of postural supports
- **Does not find supine lying conducive to sleep even though he lies like this through the day**
- Took this time to build confidence and independence for sleeping
- Once independently sleeping – left side lying/semi side lying was preferred option – but would regularly roll out of position and awake and become distressed
- Worsening sleep over time – awoke between 12-14 times per night
- Positioning strategies and use of sleep system accessories had become lost between ages 11-15 due to a variety of reasons – change of therapists, inexperience, overwhelming burden of care, behavioural change difficulties etc
- Therapists/medical team noticing worsening head control, increased scoliosis and rotation of chest, increased agitation through day, more frequent respiratory issues

It's a marathon not a sprint: Lochlann's story



- Severe separation anxiety from parents – particularly overnight
- Severe aspiration risk – more so in early life
- Sensory needs – Lochlann loved to be cuddled by Parents when younger, calmer and reduced tone with compression – wears compression garments through the day
- Spent majority of first 10/11 years co-sleeping with mum or dad cuddled behind him left side lying – despite implementation of postural supports
- **Does not find supine lying conducive to sleep even though he lies like this through the day**
- Took this time to build confidence and independence for sleeping
- Once independently sleeping – left side lying/semi side lying was preferred option – but would regularly roll out of position and awake and become distressed
- Worsening sleep over time – awoke between 12-14 times per night
- Positioning strategies and use of sleep system accessories had become lost between ages 11-15 due to a variety of reasons – change of therapists, inexperience, overwhelming burden of care, behavioural change difficulties etc
- Therapists/medical team noticing worsening head control, increased scoliosis and rotation of chest, increased agitation through day, more frequent respiratory issues

Now you know Lochlann's story, what support would you now consider for Lochlann's posture overnight?

Success!



- Re-collaboration with family and MDT
- Considering sensory needs
- Re-create established postures and habits with better support
- Establish new routines
- Alternate side lying and semi side lying through the night
- Gradually incorporating semi side lying and supine positioning - starting with daytime positioning
- More structured reviews
- Now less distressed wake ups – from 12-14 per night to 'only' 4
- Less soiling on bed -? Related to reduction in extraneous movements – reduced care burden
- Nil deterioration in chest shape or scoliotic posture despite further growth
- Improved head control noted by therapists

