

PCSP (UK) Ltd

Protecting Body Shape



Postural Care Awareness Package

Postural Care is gentle, respectful, consistent and effective to protect and restore body shape, muscle tone and quality of life for people with a movement difficulty. If we can raise awareness of this issue within organisations we can improve the care we give, improve our own professional development, but most importantly, we can improve the quality of life for the individuals we work with.

Why Postural Care?

Protection of body shape is currently something for which no one within services is accountable. Body shape distortion, which can contribute to respiratory failure, digestive failure, scoliosis and ultimately premature death, has become synonymous with individuals who have movement difficulties.

It is important to recognise that the patterns of body shape distortion are predictable, not only for children with the most complicated of needs but for other groups of individuals such as those with physical difficulties, trauma victims, those who have had strokes, those with dementia and so on. Body shape distortion can be prevented but it does involve investment in families, Personal Assistants and timely equipment provision.

As with all preventative measures, the earlier individuals and their families are made aware of the principles and consequences the better the outcome. This has implications for all professionals working with children and we must bear in mind the growing awareness amongst family leadership groups which, in time, will lead to litigation.

Provision of therapeutic positioning, particularly at night, can be shown using objective outcome measures available since 1992 to be effective both in preventing further distortion and also, for some individuals, in restoring body shape. Postural care is cost effective, reducing the need for risky surgery and more complicated equipment.

Existing provision is currently within a traditional medical model - which has not been shown in the past to be effective. Many professionals contact us for support and often complain that within the current system they are merely 'firefighting', with inappropriate resources and management criteria to support families to self manage.

The Awareness Package

The course is designed to be completed in two days and it will cover all of the major issues surrounding Postural Care and protection of body shape such as...

- How and why the body distorts and how to protect it
- Pain and Consent - including saying 'no' to abusive practice which causes pain in any form
- Non - invasive, non-medicinal approaches which have been proven to reduce high muscle tone
- Behavioural complexities, physical dangers and disturbances of sleep in those with movement impairment
- Thermal comfort
- Acquisition and use of equipment

The Postural Care Team will travel to your organisation to deliver the training and can accredit the work which will be completed to NOCN Level 2. This qualification can also be built on with further work completed with PCSP (UK) should you wish.

How much does the course cost?

2 day course for up to 10 students - £360.00 per student
Optional accreditation from the National Open College Network - £150.00
per student
For more than 10 students we will offer a reduction of £60.00 per student

How do I go about booking training?

In order to check availability please make contact with the office. As a rule of thumb we are usually booked up 3-4 months in advance so please do book early to avoid disappointment.

How do I get more information?

Should you require more information or wish to apply for a place on our train the trainer course please contact the team.

Email: info@posturalcareskills.com

Telephone: 01827 304 938

Anna Goldsmith - Course Manager: 07812 749 892