SLEEP POSITIONING SYSTEMS FOR CHILDREN AND ADULTS WITH A NEURODISABILITY: A SYSTEMIC REVIEW

FLORAIDA BAUTISTA

PHYSIOTHERAPIST

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A 24 hour postural management is an integral part for management of children and adults with neuro disability. Working on a slow stream rehabilitation for complex neurological conditions, our emphasis is maximising individual abilities, comfort and quality of life.

Having been able to attend the PMG Conference 2018 at Manchester was a great priviledge, inspiring and empowering. Having been able to listen and meet professionals with years of experience and expertise, I don’t think I remember blinking at all! It was worth listening to all the speakers and being able to meet them in person and asked questions I have been dying to ask for years. I also find the Pitch Your Poster very exciting, having a preview of what’s to come!

I was one of the first seated waiting at the Speed Networking, and met people with the same interests , exchange of ideas continued to the Gala Dinner, of which I kept contact after the conference. Not a single moment wasted as I visited all the stalls of exhibiting companies as well, which I invited for demonstration at our workplace after. One of the numerous topics that I was looking forward to go to was the Postural Support in Lying

This survey is about the development of a Practice Guide for clinicians and families on the use of sleep positioning system funded through PMG Research Fund.

National Institute for Health and Care Excellence (NICE 2012) recommend the consideration of the use of postural support at night but lacks robust evidence of effectiveness provided. A recent review searching for evidence of effectiveness of postural management for people with intellectual disabilities and impaired motor function reported that the distinct lack of evidence for efficacy of sleep positioning system should be or urgent concern (Robertson et al 2016)

These lead to the systemic review of the benefits of sleep positioning guideline, its risks, user’s adherence to prescribed therapeutic regime and the need for training.

During the PMG Conference, a consensus survey was done as a way forward to strengthen the evidence and potential benefits and risks associated in the use of Sleep Positioning Systems for children and adults with neuro disability. Out of 2324 studies screened, a total of 14 studies were eligible for inclusion and was concluded that the body of evidence supporting the practice remains small and mostly of low quality, therapist should be cautious when presenting the benefits to the families. It was concluded that future research is necessary, a proposal of seeking a consensus of expert opinion is the way forward, a Delphi survey of experts who have significant experience of prescribing and using sleep positioning system. Using multiple rounds to obtain consensus would enable the writing of a practice considerations paper which would be an important clinical guide for therapists working in the field of the postural care.

With this in mind, and the rests of the things I have learned and seen, I have never been so motivated and confident going back to my team and shared all the things I learned and encouraged them to be involve. I am looking forward on the progress of this review and hopefully can contribute on it. I am ready for the next PMG Conference and been actively checking the website for updates and recommendations.