



## Postural Care Train the Trainer - General Information

### Is this course right for me?

We are looking for passionate individuals who are committed to supporting families and colleagues to complete accredited postural care training. The course you will undertake (Level 2 Postural Care) is the one that you will go on to deliver. The course is accredited independently and provides learners with a nationally recognised qualification.

You will have experience of working with individuals with postural care needs in a person centred way. You will be someone that enjoys working with and supporting others to succeed. You may not have formal qualifications – this does not matter – if this is the case you will work in partnership with other healthcare practitioners.

There is homework involved, the course requires 30 hours study time; you will have approximately 5 hours homework time that you will have to commit to.

### Using Language Respectfully

Consider the different ways of communicating.

Which phrase would you use and why?

How does language influence culture?

<i>All the CPs are measured at age 5</i>	<i>We invite children with cerebral palsy to be measured at age 5</i>
<i>I am going to do a falls risk assessment on the Downs boy this afternoon</i>	<i>I am going to work with Jonathan who has Downs Syndrome to carry out a falls risk assessment this afternoon.</i>
<i>We will need to work with Mark's parents to explore their priorities and find a way to help Mark use the sleep system in a way that works for him and his parents.</i>	<i>Getting Mark to use his sleep system will be hard work because his parents aren't on board.</i>
<i>Karim did not comply with his physio programme</i>	<i>Karim did not want to do his physio. We need to understand why.</i>
<i>Julie has a son who walk on his toes</i>	<i>Julie's son is a toe walker</i>

### What is expected of you?

The course runs at a relatively fast pace. You will need to read the pre-course reading to help prepare. In order that the overall project is successful everyone will need to meet their deadlines. The course participants will come from a variety of backgrounds, you will be expected to support and celebrate the achievements of

others throughout.



There will be some practical and you will need to be suitably dressed. You will be expected to sign a license agreement in order to have full access to the training materials. A copy of this license agreement is available on request. As a trainer delivering Level 2 Postural Care, you will be expected to attend a yearly standardisation day which is held in Tamworth every September.

## About us

At Simple Stuff Works we know that postural care should be kind, gentle and humane. For postural care to be effective healthcare professionals, trainers and advisors need to work in equal partnership with the person and their families and carers.

The postural care training we offer helps everyone involved to plan and carry out person centred postural care.

We respect the needs and wishes of individuals requiring postural.

We respect the knowledge held by families and the many demands placed upon them.

We are an award winning company – singled out not only for our easy to use, high quality night time positioning equipment but the way we teach people to use it.

## Contact us

If you would like to apply for a place on this course please download a 'trainer the trainer application form' from the website, complete and return to

Tess Ellis: [tess@simplestuffworks.co.uk](mailto:tess@simplestuffworks.co.uk) 07803875374

## Reading List

Goldsmith (Clayton), S. 'The Mansfield Project: Postural care at night within a community setting' *Physiotherapy* 86, 10, 528-534, 2000

Heslop et al: 'Confidential Inquiry into the Premature Death of People with Learning Disabilities: Final Report.' Norah Fry Research Centre, March 2013

<http://www.bris.ac.uk/cipold/>

Hill (Clayton), S. and Goldsmith, J., 'Biomechanics and Prevention of Body Shape Distortion', *The Tizard Learning Disability Review*, Vol.15, Issue 2, pgs. 15-29, 2010

Mansell, J., 'Raising Our Sights: services for adults with profound intellectual and multiple disabilities' page 24. Tizard Centre, University of Kent. March 2010

Mencap. 'Death by Indifference' March 2009

Michaels, Sir J. 'Healthcare for All, Independent inquiry into access to healthcare for people with learning disabilities' July 2008. Page 19

## Terminology

Flex – bend (e.g. '*knee flexion*')

Extend- straighten (e.g. '*knee extension*')

Abduct – movement of the body part away from midline (e.g. '*hip abduction*')

Adduct – movement of the body part towards midline (e.g. '*hip abduction*')

Anterior – front

Posterior - behind

ASIS (Anterior superior iliac spine) - a bony landmark at the top and front of the pelvis used to describe the position and movement of the pelvis

Anterior tilt – the forward movement of the pelvis

Posterior tilt – the backward movement of the pelvis

Pelvic obliquity – a description of the position of the pelvis when one side is higher than the other

Pelvic rotation – a description of the position of the pelvis when one side is forward of the other

Lumbar spine – the bottomed section of the spine

Thoracic spine – the middle section of the spine

Cervical spine – the top section of the spine

Lordosis – the inward curvature of the spine (*there is a lumbar lordosis in the normal spine*)

Kyphosis – the outward curvature of the spine (*there is a thoracic kyphosis in the normal spine*)

Scoliosis – the sideways curvature of the spine (*this is not present in the normal spine*)

High tone (or hypertonia) – muscles with increased tone will feel stiff when you move the body part passively

Low tone (or hypotonia) – muscles with decreased tone will feel floppy when you move the body part passively

Ligament – a strip of fibrous connective tissue which attaches one bone to another, its job is to protect excessive movement at the joint

Muscle – the soft tissues which cause movement when they contract and lengthen

Tendon – the tough band of fibrous connective tissue which connects muscle to bone

Cartilage – flexible connective tissue found in joints between bones, the nose, the ear, the vertebral discs, the front of the rib cage. Not as hard or as rigid as bone but less flexible than muscle

Sternum – breast bone

Xiphisternum – the bottom part of the sternum

## Postural Care Train the Trainer - at a Glance

Complete application form and send to [tess@simplestuffworks.co.uk](mailto:tess@simplestuffworks.co.uk)

Pre course reading

**Day 1**

Introductions

What does it mean to deliver accredited training?  
 Know your course pack and text book  
 The context of postural care  
 Hips and Pelvis  
 Chest and Spine  
 Internal Capacity

Please note: on days 1, 2 and 3 lunch will be provided. You have an opportunity to describe dietary requirements in your application form

Complete sections 1 and 3 of portfolio prior to day 2

**Day 2**

One family's story  
 Sleep  
 Recognising Pain  
 Thermoregulation  
 Safety planning  
 Person Centred Approaches and Care Pathways  
 External Factors Affecting Delivery of Postural care

Complete remainder of portfolio\*(aprox 5 hours) and email to [trainingadmin@simplestuffworks.co.uk](mailto:trainingadmin@simplestuffworks.co.uk)

**Day 3**

Bringing your true self to the training process  
 Making a personal plan to deliver training

License agreement emailed to you. You sign and return license agreement to [trainingadmin@simplestuffworks.co.uk](mailto:trainingadmin@simplestuffworks.co.uk)

On completion of **all 3 days, portfolio and license agreement** you will gain access to training materials via Sharepoint. You will begin delivering Level 2 postural care training and / or other awareness training. You will have access to a closed Facebook page enabling you to network with other trainers around the world. You will attend the standardisation day once a year.

*\*You will be expected to complete and return your portfolio electronically. If you are unable to do this we advise that you return a paper copy but keep a photo copy yourself as the original cannot be returned to you. Upon request we will email your learner tracking sheet back to you.*