ROLE OF OCCUPATIONAL THERAPY WITH GIRLS WITH TURNER SYNDROME

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Occupational Therapy with Children

- Occupational Therapists help children to develop skills for everyday life in the areas of self care, work (school) and play.

- Assess areas of difficulty in terms of:
  - Physical
  - Sensory
  - Cognitive
  - Perceptive
  - Social/emotional
Definition of Occupational Therapy

- **Occupational therapy** is a discipline that aims to promote health by enabling people to perform meaningful and purposeful activities. Occupational therapists work by utilising treatments that develop, recover, or maintain clients' activities of daily living. The therapist helps clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function. The goal of occupational therapy is to help clients have independent, productive, and satisfying lives.
Occupational Therapy and Children

- Occupational Therapists help children:
  - Through understanding the impact of the impairment on their development
  - Then design treatment to promote health development, establish needed skills and modify environment.
  - Gain an understanding of illness or condition
  - Learn ways to maximise performance in everyday living
  - Promote strengths and improve abilities.
  - Adaptation of environment
Assessment and Treatment

- Developmental Milestones
- Coordination – fine and gross motor skills
- Social skills training
- Parental Advice and support
- Developing play and leisure skills
- Self care tasks
- Training in specific functional skills – eg handwriting, dressing
- Sensory Integration Therapy – aims to enhance the child’s ability to process sensory information and motor plan in order to function
Occupational Therapy and Girls with Turner Syndrome

- Infancy – Preschool
  - Developmental milestones
  - Play and social skills

- School Age
  - Specific functional tasks
    - Handwriting, tying shoelaces, toileting,
  - Social skills
  - Perceptual difficulties associated with Specific Learning difficulties
  - Coordination difficulties
  - Resources for school
    - Resource Teaching, Special Needs Assistants, Laptops
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- **Acute Medical Needs**
  - Can affect developmental milestones
  - May require specialised equipment
  - Prolonged illness – may need intervention to regain previous abilities

- **Orthopaedic**
  - Osteoporosis
  - Short metacarpals

Affects handwriting, joint stability in hands, endurance for fine motor activities
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- Cardiac
  - Activity levels
  - Tolerance for exercise and physical activities

- Educational
  - Memory
  - Attention
  - Visual processing
    - Reading, left/right discrimination
    - Mathematics, shapes, maps, directions
Typical Journey in Occupational Therapy

- Referral to Occupational Therapist in local area
  - Parental or GP referral
- Assessment – centre based
  - Standardised assessments
  - Interviews with parents and child
  - Checklists for preschools/schools
- Treatment
  - Individual or group
- Reviews appointments
- School visits
Areas of Assessment

- Visual Perception
- Visual Motor Integration
- Motor skills
- Sensory Integration
- Activities of Daily Living
- Social/Emotional
- Cognitive
Visual Perceptual Skills – is the process responsible for the reception and cognition of visual information.
- Reception – receiving and organising relevant information from the environment.
- Cognition – interpreting what is seen and using this information in a meaningful way.
- Visual Perceptual Skills
  - Visual memory
  - Form Constancy – recognition that forms are the same in various sizes and orientations
  - Visual Closure – identification of forms from incomplete presentations
  - Figure Ground – differentiation of foreground from background.
  - Position in space – awareness of positioning between objects
Visual Motor Integration

- The ability to use visual and motor systems together.

- The act of processing visual information which is then used to perform a motor action.

- Eg. Handwriting, puzzles, drawing, construction toys
Motor Skills

Gross Motor Skills
- Movements that require whole body actions

Fine Motor Skills
- Moving of one’s hands and fingers precisely to complete activities.
Coordination difficulties

- Can be called Developmental Coordination Disorder or Dyspraxia in Education system
- Difficulty with thinking out, planning and carrying out sensory/motor tasks.
  - “Awkward in movements, poor at sports, hopeless in dancing/gymnastics, cannot sit still, does buttons the wrong way, does not use cutlery, bumps into furniture, difficulty concentrating”
- Can be related to fine motor skills or gross motor skills
- Very common in children with specific learning difficulties
Sensory Integration Issues

Sensory Integration refers to the ability to organise information from your senses so it can be used in everyday life.

- Senses
  - Taste
  - Touch
  - Auditory
  - Smell
  - Vision
Sensory Integration Disorders

Sensory Modulation
- Children have a high or low threshold for sensation
  - Low – over reactive to stimuli, defensive
  - High – under reactive to stimuli, registration issues

Sensory Discrimination
- Organisation and discrimination of sensory stimuli
- ie. difficulty telling difference between stimuli, failing to ignore low level stimuli
Activities of Daily Living

- Grooming – dressing, combing hair
- Oral Hygiene
- Bathing
- Toileting
- Feeding
- Relationships
- Functional communication – telephones, computers
- Community access – shopping, money management, transport
- Social/Emotional
  - Interpersonal skills
  - Social Skills
  - Self management
    - Time management
    - Coping skills
  - Self confidence
  - Self esteem
- Cognitive Domain
  - Attention span
  - Memory
  - Sequencing
  - Problem solving
  - Organisation
Where do OTs work

- Community Paediatric Teams
  - Early Intervention teams – 0-6 years
  - School Age Teams 6-18 years
  - Enable Ireland/CRC – physical difficulties
  - Learning Disability services – tend to be non Government services, eg. Brothers of Charity, Western Care
Local teams can vary in every area

If seeing another health professional they can facilitate referral to Occupational Therapy

- Eg. Speech and Language Therapist, Psychologist, Physiotherapist, Paediatrician

Best way to locate services is contacting your local health centre for HSE services

Or using hse.ie website
Welcome to the Health Service Executive

We deliver thousands of different health and social services in hospitals and communities across the country, 24 hours a day. This part of the site helps you to find the services that you need.

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Latest News & Events

20.03.2012
Regional Health Forum Dublin North East Meeting
26th March
Health Services in Ireland

The HSE provides health and social services to everyone living in Ireland. Our services are delivered to young and old, in hospitals, health facilities and in communities across the country.

Do you need to find one of our services? The menu on the left is the place to start. Services are listed by topic, and under each heading you will find more detail on those services.

You will find a list of every public hospital in Ireland, along with our 8 Cancer Centres, in Hospitals & Cancer Control. If you are looking for any Urgent Care/Out of Hours Services you will find many listed here. The wide range of care services we provide in the community are available through the 32 Local Health Offices nationwide - your first port of call for community care. You can learn about Primary Care and the HSE’s new primary care centres, which are opening all over the country and will be the future of our health system.

You can read about Older People Services, or find forms and details for our many Benefits and Schemes, including Medical Cards and the Drugs Payment Scheme. Contact our range of Children and Family Services, including Child Health and Child Protection services. The Births, Deaths, Marriages section show you how to register an event, or even buy a certificate online.

Addiction Services, Disability Services are listed, along with Environmental Health, Health Centres, Hospitals, Local Health Offices.
HSE Local Health Offices

Your Local Health Office is your entry point to community health and personal social services. The wide range of services that are provided through Local Health Offices and from Health Centres include general practitioner services, public health nursing, child health services, community welfare, chiropody, ophthalmic, speech therapy, social work, addiction counselling and treatment, physiotherapy, occupational therapy, psychiatric services and home help.

Click on your HSE Area below to contact YOUR Local Health Office:

Carlow and Kilkenny | Cavan and Monaghan | Clare | Cork North | Cork North Lee | Cork South Lee | Cork West | Donegal | Dublin North | Dublin North Central | Dublin North West | Dublin South City | Dublin South East | Dublin South West | Dublin West | Dun Laoghaire | Galway | Kerry | Kildare and West Wicklow | Laois and Offaly | Limerick | Longford and Westmeath | Louth | Mayo | Meath | Roscommon | Sligo and Leitrim | Tipperary North East Limerick | Tipperary South | Waterford | Wexford | Wicklow

Last updated on: 27 / 09 / 2011
Primary Care

Public Health Departments

Sexual Health Services

Children and Family Services - Child Health, Welfare and Protection Services, Family Support Services

Dental and Orthodontic Services - Dental and Orthodontic Services in your area

Mental Health Services - locate community and hospital psychiatric and mental health services in our area

Disability Services - Services for people living with physical, sensory and intellectual disabilities in our area

Social Inclusion - Services for Addiction, Asylum Seekers and Travellers

Therapy Services - Occupational Therapy, Speech and Language Therapy, Physiotherapy and Chiropody

Last updated on: 31/01/2011
Therapy Services in Cork South Lee

Occupational Therapy
These services are provided to people whom through illness or disabilities are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with special needs, and on activities that will help a person to regain their independence. Tel: (021) 492 3194

Ophthalmic
Medical Card holders are entitled to Ophthalmic or Eye Testing Services, which you can query by calling (021) 492 3951

Physiotherapy
Community Physiotherapy Services are provided from the Local Health Office, helping people who have suffered an injury or illness to regain their health or mobility through exercise and movement. Tel: (021) 492 3194

Speech and Language Therapy
Services are provided for children and adults who need help developing their speech or who have had difficulty in this area. Tel: (021) 492 7801

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Questions

Humpty Dumpty in Occupational Therapy