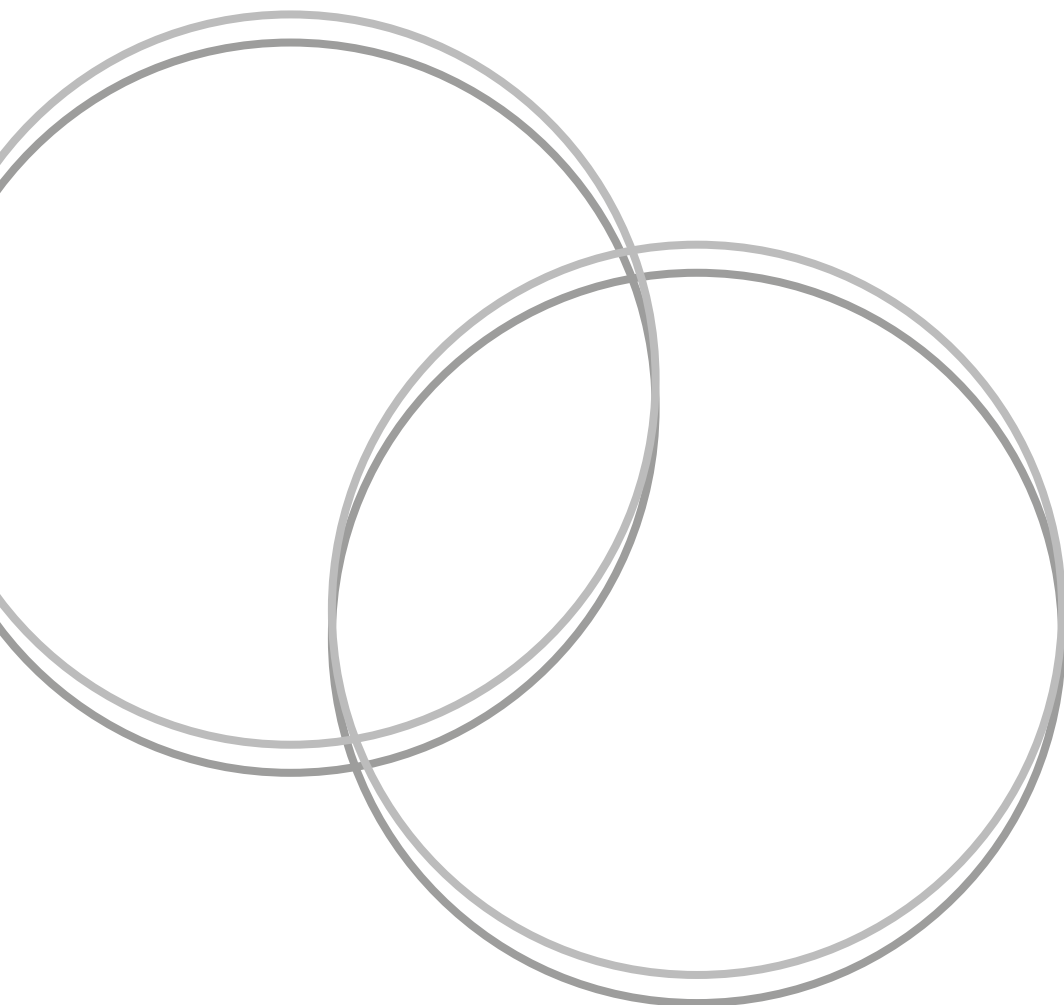




Oxford University Hospitals
NHS Foundation Trust

PHYSIOTHERAPY ON KAMRAN'S WARD

Infant leaflet



Physiotherapy on Kamran's Ward

It is important for everyone to be active but particularly important whilst your child is undergoing treatment. How you do this is up to you! Making play sessions engaging and fun will help to keep them motivated to keep moving.

Some examples:

- Having time out on a play mat – this will give your baby room, space and opportunity to reach for or move for toys.
- Offer play opportunities in a variety of positions as appropriate for their developmental stage e.g. lying on their back, tummy time, supported or unsupported sitting or standing.
- Placing toys just out of reach will encourage your baby to move a little bit further e.g. via rolling or crawling or challenge their balance by reaching out of their base of support.
- If appropriate for their developmental stage place toys at a height to encourage pull to stand e.g. on a sofa with cushions removed.
- Move toys along a surface to encourage cruising or walking.

To maximise benefits of activity and allow your child to engage ensure that:

- They are eating and drinking well.
- They complete activity little and often to make sure they do not get too tired.
- Ensure any pain or discomfort is well managed.

If you need help with any of these aspects tell us when you come in to Kamran's ward.

Continuing with active play will help with maintaining strength. It will also give you the opportunity to identify if your child's ability is changing. This is when you may need help from a physiotherapist.

Why might movement and play become harder?

Your child may feel unwell and tired during treatment. Some medicines can also make staying active more difficult.

Steroids

These can affect the larger muscles around the trunk and hips, making your child more prone to fatigue and weakness. You might notice this because rolling, crawling or pulling to stand becomes more effortful or your baby becomes reluctant to move or weight bear.

If you notice this, continue to encourage your child through play but change how often and for how long to make sure they aren't getting too tired. Ask to see a physiotherapist when you are next on the ward for more help.

Vincristine/Vinblastine

This is a chemotherapy medicine that can change your child's sensation and movement in their hands and feet. This might make grip of smaller objects harder, cause muscle tightness or reduce their preference to walk.

If you notice this, ask to see a physiotherapist when you are next on the ward. The medical team might also want to change how much medicine they are giving your child to prevent this from becoming a longer lasting problem.

Your child's mobility may also reduce due to the nature and position of their tumour.

Bone tumours

These can reduce movement in the joints around the affected bone. This may be due to discomfort or the tumour itself restricting joint range of movement. Weight bearing through a bone that contains a tumour should be avoided as they are at increased risk of fracture. You will have regular input from the physiotherapists on Kamran's ward and will also be reviewed by the orthopaedic physiotherapy team if there is a plan for your child to undergo surgery.

Spinal or Brain Tumours

The central nervous system is the body's control centre and is made up of your brain and spinal cord. The level of a spinal tumour or position of a brain tumour determines which movements are affected (if any) and to what extent. Physiotherapy can help with movement, sensory, co-ordination or balance issues that may arise. You will have an initial physiotherapy assessment and ongoing management as needed.

Higher impact activities are not advised during treatment for safety.

Swimming is not advised if you have a line in, due to infection risk.

PHYSIO ALL-STARS

On Kamran's ward you can become a Physio All-Star. This is where you and your Physio team, help to make your journey through treatment the best it can be. You can collect stickers and work towards your goals together.

For more information on becoming a Physio All-Star please speak to your nurse, a ward physio or refer to our displays on daycare and opposite the beverage room on the ward.

Contact us:

Email: ouh-tr.Kamranswardphysio@nhs.net

Tel: **01865 231 999**

Bleep: **1888**



Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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