

# Postural Care overview tool for learning disability nurses

## Version 1 - September 2023



Simple  
Stuff  
Works



### Person's details

|        |  |        |                |  |
|--------|--|--------|----------------|--|
| Name   |  |        | Date of birth  |  |
| Weight |  | Height | Completed by   |  |
| NHS No |  |        | Date completed |  |

A person's postural care needs are not static and vary over time. Plans and equipment should be reviewed regularly to ensure they are still supporting the person to maintain a healthy body shape.

|                                        |  |        |                     |
|----------------------------------------|--|--------|---------------------|
| This overview will be revisited every: |  | weeks  | Date of next review |
|                                        |  | months |                     |

### Section A - Overview of postural care needs

A1: What has led you to review this person's postural care today?

A2: From the point of view of the person, their family and any professionals included in this review, including regular care and support staff, what are the main concerns or priorities relating to their postural care at the moment?

A3: What is the main aim to be achieved by reviewing this person's postural care today?

## Section B - Immediate risks

The following risks may be due to a person's postural care needs and indicate an urgent need for referral or action.

|     | Risk               | <input checked="" type="checkbox"/> | Comments or action required |
|-----|--------------------|-------------------------------------|-----------------------------|
| B1  | Choking/aspiration |                                     |                             |
| B2  | Chest infection    |                                     |                             |
| B3  | Pressure ulcer     |                                     |                             |
| B4  | Pain/discomfort    |                                     |                             |
| B5  | Distress           |                                     |                             |
| B6  | Impact on function |                                     |                             |
| B7  | Communication      |                                     |                             |
| B8  | Equipment          |                                     |                             |
| B9  | Continence         |                                     |                             |
| B10 | Safety             |                                     |                             |
| B11 | Other (specify):   |                                     |                             |
|     |                    |                                     |                             |
|     |                    |                                     |                             |
|     |                    |                                     |                             |

## Section C - The Mansfield checklist

The Mansfield checklist identifies whether or not a person is at risk of destructive postures. If the answer to any of the questions below is 'Yes', the person may benefit from support with postural care and night-time positioning.

|    |                                                                                     | Yes/No/NA | Comments or Action required |
|----|-------------------------------------------------------------------------------------|-----------|-----------------------------|
| C1 | Does the person's body stay in a limited number of positions?                       |           |                             |
| C2 | Do their knees seem to be drawn to one side, inwards, or outwards?                  |           |                             |
| C3 | Does the position of their arms impact their ability to function?                   |           |                             |
| C4 | Does their head seem to turn mainly to one side, right, left?                       |           |                             |
| C5 | Does the body tend to extend backwards, flex forwards, to the right or to the left? |           |                             |
| C6 | Is the body shape already asymmetric?                                               |           |                             |

## Section D - The 24 hour picture

Consider how long the person spends in sitting, standing and lying and whether the person is in a supported or unsupported (destructive) position. Use the timetable to track a typical 24 hours in the person's life. Indicate what position the person is in, and any equipment in use e.g. wheelchair, alternative seating, sleep system etc.

| Time                | Activity/Position/Equipment | Time            | Activity/Position/Equipment |
|---------------------|-----------------------------|-----------------|-----------------------------|
| 00:00<br>(Midnight) |                             | 12:00<br>(Noon) |                             |
| 01:00               |                             | 13:00           |                             |
| 02:00               |                             | 14:00           |                             |
| 03:00               |                             | 15:00           |                             |
| 04:00               |                             | 16:00           |                             |
| 05:00               |                             | 17:00           |                             |
| 06:00               |                             | 18:00           |                             |
| 07:00               |                             | 19:00           |                             |
| 08:00               |                             | 20:00           |                             |
| 09:00               |                             | 21:00           |                             |
| 10:00               |                             | 22:00           |                             |
| 11:00               |                             | 23:00           |                             |

**Section E - Postural care equipment and related plans**

Considering the activity, positions and equipment identified in the 24 hour picture above, identify any issues that may need further action or referral or any postural goals highlighted. Please detail any plans the person already has in place, including those around any postural equipment that has been prescribed. If any are out of date or incomplete, consult with the named team or practitioner. If no named team or practitioner is involved, consider whether a new referral is needed.

|     | <b>Equipment/position/<br/>activity</b> | <b>• Issues requiring action<br/>• or postural goals identified<br/>relating to this equipment/position/<br/>activity</b> | <b>What plans are<br/>in place and/<br/>or professionals<br/>involved?</b> | <b>Date of last<br/>review</b> | <b>Comments or action<br/>required</b> |
|-----|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------|----------------------------------------|
| E1  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E2  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E3  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E4  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E5  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E6  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E7  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E8  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E9  |                                         |                                                                                                                           |                                                                            |                                |                                        |
| E10 |                                         |                                                                                                                           |                                                                            |                                |                                        |

**Section F - Additional information**

Use this space to record any information that has not been covered elsewhere in the form including what actions have been taken to address risks, goals and issues identified.

**Who has contributed to this document?**

| Name | Relationship to the person | Contact details |
|------|----------------------------|-----------------|
|      |                            |                 |
|      |                            |                 |
|      |                            |                 |
|      |                            |                 |
|      |                            |                 |
|      |                            |                 |

## Information and resources

Postural care aims to preserve and restore body shape and muscle tone for people with movement difficulties. People with movement difficulties often sit and lie in limited positions, leading to a high risk of body shape distortion. This is not inevitable. The right equipment and positioning techniques can help to protect body shape and increase comfort and quality of life.

This postural care overview tool has been designed with the learning disability nurse in mind. Postural care is of particular relevance to the lives of people with learning disabilities, and in particular people with profound and multiple learning disabilities. Learning disability nurses are uniquely placed to have an overview of a person's health and care needs, to recognise the links between a person's health and their quality of life, and to advocate for changes when needed.

Both CIPOLD (Heslop et al, 2013) and LeDeR (LeDeR, 2019) have highlighted poor postural care as a risk factor for a number of health conditions that can cause premature death.

"Postural care addresses all body positions that a person is in over the day and it usually involves a personalised 24-hour programme that includes:

- provision of adaptive seating
- positioning equipment to support the person in lying, including at night-time
- moving and handling techniques
- advice and training for family carers and professionals across all settings"

"In 2012, NICE recognised the clinical efficacy of body shape protection in their guidance about managing spasticity in children and young people. They stated the need for a 24-hour postural care management programme that includes assessment of the postural needs of a child or young person when they are asleep or resting. The assessment also recognises the importance of postural care for adults and the necessity for training and support of family members and/or carers as part of effective postural care." (Public Health England, 2018)

## References and further resources

Heslop et al (2013) Confidential inquiry into the premature deaths of people with learning disabilities (CIPOLD) <https://www.bristol.ac.uk/media-library/sites/cipold/migrated/documents/fullfinalreport.pdf>

Public Health England (2018) Postural care and people with learning disabilities: guidance <https://www.gov.uk/government/publications/postural-care-services-making-reasonable-adjustments/postural-care-and-people-with-learning-disabilities>

Learning Disabilities Mortality Review Programme (2019) Fact Sheet 21: Postural Care [http://www.bris.ac.uk/media-library/sites/sps/leder/2096\\_PosturalCare\\_PDF.pdf](http://www.bris.ac.uk/media-library/sites/sps/leder/2096_PosturalCare_PDF.pdf)

Simple Stuff Works Clinical Resources <https://www.simplestuffworks.com/clinical-resources/>

Born at the Right Time - Postural Care from Cradle to Grave <https://www.bornattherighttime.com/postural-care-from-cradle-to-grave-details/>

Got My Back: Young people and families putting themselves in control of postural care <https://changingourlives.org/wp-content/uploads/2022/09/Got-My-Back-compressed-for-web.pdf>

Changing Our Lives Postural Care Passport <https://changingourlives.org/our-work/health-inequalities/>

## Acknowledgments

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