Leicester, Leicestershire & Rutland
Hospital & Community Services

Care Pathway for Children and Adults with Down’s syndrome
Birth to adulthood

This document in paper format is only accurate up to the date it was printed.

Please check the LPT website for the most up to date version.
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Introduction

Context
Feedback from families led Community Children’s Services and PCT Commissioners to look at their guidelines for managing children with Down’s syndrome within existing resources. Input was sought from parent/ carers and other services closely involved with the care of these children.

Multidisciplinary representatives, from Community Children’s Services, University Hospitals Leicester (UHL). Commissioning, City and County Early Years Teaching Services, and parents set up a Pathway group to produce a Clinical Pathway emphasising the need for information and engagement with families.

The Pathway produced aims to achieve the following:
- Respond to the individual needs of the child
- Provide equity of services
- Promote understanding of services and referral pathways
- Promote joined up working and working in partnership with families
- Transparency

The Pathway does not replace those services that occur for all children; eg primary care services, community health visiting or midwifery, but seeks to clarify additional services.

We propose that it be a dynamic document that is regularly challenged through audit, feedback and annual review.

What is a Care Pathway?

Care Pathways are a systematic approach to describing and delivering the services and interventions that should shape care and treatment for a particular condition. They can be utilized in the translation of national guidelines into local protocols and clinical practice (Campbell et al 1998)

The challenge facing healthcare services is to make the best use of limited resources. Integrated care pathways (ICP’s) provide high quality, evidence based best practice that collects variations between planned and actual care (national library for health – www.library.nhs.uk/Pathways)

A Care Pathway aims to have:
- The right people
- In the right order
- In the right place
- Doing the right thing
- In the right time
- With the right outcomes
- All with attention to the patient experience
Recognising Down’s syndrome

Background
This is the commonest autosomal anomaly, present in 1 in 600-700 live births.

In Leicester, Leicestershire and Rutland hospitals there are approximately 12 live births per year.

In the majority of cases (95%) there are 47 chromosomes, the extra chromosome being number 21. In 2.5% there is mosaicism, with a population of normal cells being present, and in the remainder of cases a chromosome translocation involving chromosome 21 is involved.

Clinical Features at Birth

<table>
<thead>
<tr>
<th>General</th>
<th>Abdomen</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Poor Feeding</td>
<td>• Hirschprungs Disease</td>
</tr>
<tr>
<td>• Upward Slant of Eyes</td>
<td>• Intrahepatic biliary hypoplasia</td>
</tr>
<tr>
<td>• Brushfield Spots in Iris</td>
<td>• Duodenal atresia / stenosis</td>
</tr>
<tr>
<td>• Protruding Tongue</td>
<td></td>
</tr>
<tr>
<td>• Flat Occiput</td>
<td></td>
</tr>
<tr>
<td>• Short broad hands</td>
<td></td>
</tr>
<tr>
<td>• Single transverse palmar crease</td>
<td></td>
</tr>
<tr>
<td>• Low muscle tone</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Facial /Eye</th>
<th>Heart</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Prominent epicanthic folds</td>
<td>Congenital heart disease occurs in about 40%</td>
</tr>
<tr>
<td>• Flat nasal bridge</td>
<td>• atrioventricular canal</td>
</tr>
<tr>
<td>• Short neck</td>
<td>• atrial and ventricular septal defects</td>
</tr>
<tr>
<td>• Congenital cataract</td>
<td></td>
</tr>
<tr>
<td>• glaucoma</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Limbs</th>
<th>Other associated Rarer Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Short incurved little fingers</td>
<td>• Congenital leukaemia (most commonly AML and acute megakaryoblastic leukaemia)</td>
</tr>
<tr>
<td>• Sandal gap between first and second toes</td>
<td>• Mild pancytopenia</td>
</tr>
<tr>
<td>• Dislocation of knee</td>
<td>• Neutropenia</td>
</tr>
<tr>
<td></td>
<td>• Transient abnormal myelopoiesis</td>
</tr>
<tr>
<td></td>
<td>• Polycythaemia</td>
</tr>
</tbody>
</table>
Summary Flow Chart

1. Diagnosis at birth
   - Local combined Hospital and Community Guideline Birth to 19 years
     - Hospital care:
       - Medical care for mother and child as required
       - Providing information
       - Discharge planning

2. Antenatal diagnosis
   - Referral to Specialist Paediatric services as required e.g. cardiology, speech therapy

3. Moved into area
   - Community Care
     - Referral to FYPC and Family Health Visitor through SPA for
       1. Assessment of needs
       2. Referral to appropriate services
       3. Information and support e.g. Menphys SOS, Speak up, Signs & Symbols, DSA website, DSMIG.
       (The Family HV will contact HV children with additional needs when they receive a referral to discuss as above)

4. Early Support
   - Referral to Early Support for 3-4 planned meetings to cover transition periods 0-19 years and at any time if co-ordination of care is felt to be needed

5. Early Years Education Service
   - Referral to EYES for 1:1 support in the child’s home from birth to starting school

6. Key:
   - Usually for all children if needed

7. Follow-up by acute Paediatric services as required until discharge to Community Paediatrician

8. Follow-up by Community Paediatrician
   - Occupational Therapy
     - Information; assessment; treatment as required

   - Physiotherapy
     - Information; assessment; treatment as required

   - Speech and Language Therapy
     - Information; assessment; treatment as required

   - Dietetics
     - Information; assessment; treatment as required
Hospital Care

Antenatal Care
Hospital Care For Women Booked For Confinement at the University Hospitals of Leicester NHS Trust

Screening
Screening for Down’s syndrome is an optional test that women and their partners can choose to have as part of their antenatal care in England.

The National Screening Committee recommends the use of first trimester combined screening for Down’s syndrome, as this test has a detection rate of above 90% with a false positive rate of 2-3%. This test can only be performed between 11+2 – 14+1 week’s gestation and so for women who book late in pregnancy or for whom the Nuchal translucency could not be measured, maternal serum screening in the second trimester should be offered. This can be performed between 14+2 and 20+0 weeks of pregnancy.

In Leicestershire, all women who book for their maternity care with UHL within the required timeframe will be offered the first trimester combined screening test for Down’s syndrome by the Midwife at the initial booking consultation. All other women are offered the second trimester maternal serum test.

UHL also offers all pregnant women a scan at 18-20+6 weeks to look for Foetal anomalies. If an anomaly is suspected by the Sonographer performing the scan, the woman and her partner are referred to a Specialist Foetal Medicine Consultant for a further scan and discussion. If the abnormality identified is associated with features such as Down’s Syndrome, prenatal diagnosis will be offered.

Women and their partners are also given the nationally approved “Tests for you and your baby” leaflet as written information to support the discussions with the Midwife. They are encouraged to read this information prior to choosing to have these screening tests. These leaflets are also available to print in 16 different languages for women or their partners, whose first language is not English.

Prenatal Diagnosis
Women and their partners are invited into the chosen Consultant Unit of Birth if they have a high risk result from Antenatal Down’s syndrome screening, a low risk result that they are not comfortable with or prefer prenatal diagnosis to screening. At this consultation the Antenatal core Midwives will discuss in more detail the couple’s options in relation to prenatal diagnosis. It is made very clear to couples that it is their choice whether to proceed to prenatal testing, not an expectation.

If the couple choose to have prenatal diagnosis following screening or they have a Foetal anomaly identified on ultrasound scan, an appointment is made to see a Specialist Foetal Medicine Consultant. At this appointment the results of screening/ultrasound are discussed and a further assessment is made. Prenatal diagnosis is then performed by the Foetal Medicine Specialist.

Couples who choose to have prenatal diagnosis are offered the choice of how they receive their results but this is mainly by telephone.

Diagnosis
If a baby is identified antenatally as having Down’s syndrome and the parents choose to continue the pregnancy, they will remain under the care of the Foetal Medicine Specialist in order to make an individualised plan for antenatal care and delivery. As part of this they will be given the following options:
- Choice of referral to local hospital paediatrician.
- Choice of referral for antenatal cardiac scan.
- Choice to speak to the local family Health Visitor for information about local services.

**Babies Diagnosed with Down’s Syndrome prenatally**

Where a baby is found to be affected with Down’s syndrome and the parents had opted to receive the result by phone, the Midwife who informs the family of that result will also have an appointment available for the woman and her partner to attend the Unit within 24 hours to discuss that result in person in more detail.

The couple will be seen by a Foetal Medicine Specialist Consultant and midwife from the Foetal Medicine team. This appointment is aimed to support the woman and her partner at a time when they have received unexpected news and will be required to make choices about continuation of the pregnancy or the option of termination of pregnancy. The couple can be signposted to other agencies if they wish, such as the Down’s syndrome association and specialist Paediatric services.

For couples who choose to continue the pregnancy, further investigations will be offered by the foetal Medicine Specialist responsible for their care such as detailed cardiac scans and foetal growth scans later in the pregnancy. In addition, referral to other support services prior to birth is recommended such as Infant feeding Co-ordinators, Health visiting services and local Down’s Syndrome support groups at the discretion of the couple.

During the antenatal period the foetal Medicine Obstetric and Midwifery team ensure that the couple are aware that they can contact the antenatal department, Monday – Friday for any queries or support required and assist with communication between the couple and the wider multi-disciplinary / agency team.

In agreement with the family, the family GP would also be notified of the result and referrals.

**Managing the Care of Mother and Baby**

1. **Establishing And Giving The Diagnosis**
   - Some cases will have been identified prenatally from karyotyping by amniocentesis or chorionic villus sampling (CVS)
   - Genetics do not need to be involved to make the diagnosis except to confirm the karyotype
   - The midwives should call a Paediatric Registrar to see the baby if Down’s syndrome is suspected. Provided the clinician is confident, the diagnosis should be disclosed to the parents early on

- **A Registrar or Consultant should break the news**

  - Confirmation, by means of chromosome analysis should be available within a week
  - Karyotype should be sent to Clinical Genetics in a lithium heparin tube. The cytogenetics lab should be contacted and provisional results are usually available by 48 hours
  - If the test is due just prior to or during a weekend, it is preferable to take a blood sample from the baby on the Monday (unless it is likely to be transfused in which case it should be done before).
2. The baby should be managed on the postnatal ward, close to his/her mother.

3. Indications for those babies that require admission to Neonatal Unit

- Vomiting – suspect gastrointestinal pathology
- Investigations for delay in passing meconium
- Polycythaemia needing treatment
- Cardiac failure
- Cyanosis
- Anaemia/skin lesions – suspect haematological abnormalities
- Feeding issues
- Any other symptoms and signs that would lead to admission in other babies.

4. Feeding

- The baby must not be discharged until feeding is established and/or the parents have been taught to manage the feeding issues e.g. Nasogastric tube feeding
- Close attention must be paid to feeding; there must be careful documentation of feeds and a daily review
- Information (leaflets available from Early Support*) should be given to the parents/carers on the post-natal ward from birth
- A feeding assessment by the midwife should be carried out for all babies with Down’s syndrome prior to discharge
- The Infant Feeding co-ordinator to be involved initially if problems occur
- Speech and Language Therapy referral should be made for any baby with suckling or swallowing problems. Speech and Language Therapists with a specialism in eating and drinking are available and able to visit wards at the acute hospitals. Referrals to this team are made via the Children’s Speech and Language Therapy Secretaries.

5. Cardiovascular

- If the cardiovascular examination is normal, an echocardiogram needs to be preferably arranged within the first week of life. Refer to paediatric cardiology department at Glenfield by calling the on-call paediatric cardiology specialist registrar and follow this up by sending a fax copy of the referral form/ electronic referral form to leave a ‘paper trail’. There is a new patient clinic for echocardiography at Glenfield on most Fridays.
- An ECG is a useful adjunct and should be performed on all neonates with Down’s Syndrome. If congenital heart disease is suspected clinically, contact the cardiologists for a more urgent assessment.
- Those with abnormal clinical signs or ECG abnormality (in particular a superior QRS axis) are potentially at a higher risk for important congenital heart disease.
- Those with no abnormal clinical signs or ECG abnormality on initial examination may nevertheless have cardiac disease. There is a possibility of undiagnosed abnormality.
becoming symptomatic. The parents should be made aware of the symptoms of this and given an action plan if they are discharged prior to echo taking place.

- For those neonates with prenatally detected Down’s syndrome who have had normal detailed prenatal cardiac screening, follow the individual prenatal instructions for cardiac follow-up. In general, this is likely to be a recommendation for referral for a postnatal echocardiogram around 6 weeks to 3 months of age to ensure the atrial septum and arterial duct have closed postnatally and to exclude other more minor forms of congenital cardiac anomaly.
- For those neonates in whom an associated cardiac anomaly has been detected, follow the prenatally management plan, but remember that clinical judgement of the patient supercedes a prenatal plan and contact the on-call paediatric cardiology SpR or consultant as a matter of urgency if there are clinical concerns about congenital heart disease.
- Babies diagnosed later in the neonatal period need paediatric cardiology assessment in the same way, ideally before 6 weeks of age.

6. Screening
- Hearing screening and the Guthrie test are particularly important for these babies and must not be missed.

7. Information to Parents/Carers
- Information for the parents and carers is very important and can be given in discussions with them, whilst on the ward.

- Discussion with the family should include the following but needs to be sensitive to the needs of the family at the time:
  - Explanation of the condition
  - Genetics of the condition
  - Local resources – eg. red book insert
  - Contact details of Down’s Syndrome Association
  - Alerted to medical conditions associated with Down’s syndrome

- There are some excellent publications, by the Down’s Syndrome Association and the Down’s Syndrome Research Foundation in the UK.:
  - www.dsmig.org.uk
  - Bright Beginnings – Newborn Parent guide (Down’s Syndrome Research Foundation in UK)
  - Your baby has Down’s Syndrome – A Guide for Parents (Down’s Syndrome Association)
  - People with Down’s Syndrome – Your questions Answered (Down’s Syndrome Association)
  - *Early Support Information for parents. Down syndrome
  - Department for Education Publications:
    - http://www.education.gov.uk/childrenandyoungpeople/sen/earlysupport

- Copies should be kept on the neonatal unit so that they can be given to parents when required.
• There are copies available in different languages.

• At the LRI this literature should be kept by the baby care assistants, and should also be present in the quiet room.

• At the LGH, it is kept in the sisters’ office. It is also possible to access it from the internet.

8. **Referrals**
A SPA referral form should be completed to refer the baby to family, young person and children’s services. (See Appendix 3)

Following SPA, children will be offered any Community Health Services for difficulties apparent in the referral at that time.

In addition, the local family Health Visitor will make contact with the family within 4-6 weeks of referral. The family health visitor will liaise with the health visitor for children with additional needs about the referral and will offer

• a comprehensive assessment of need
• discussion and information about local services available to them
• Referral to community health professionals as identified at that point.
• Ongoing review and support at key transition stages if required.

If the 6 week specialist paediatric review (see Paediatric Medical Guideline- page 14) is to be carried out by the Community Paediatrician (ie not by the hospital consultant) this should be made clear on the SPA referral form.

**Discharge Planning**
The timing of discharge will vary. Ideally the baby should not be discharged sooner than 48 hours after birth (Appendix 5).

**Checklist**
1. The baby must be feeding satisfactorily.

2. Check weight before discharge.

3. The GP and Health Visitor **must** be informed of the diagnosis of Down’s syndrome on the discharge letter.

4. Echocardiography should either have been done, or a plan put in place for it to be done soon, in consultation with the paediatric cardiologists.

   *There is a possibility of undiagnosed abnormality becoming symptomatic. The parents should be made aware of the symptoms of this and given an action plan if they are discharged prior to echo taking place.*

5. **Down’s specific inserts for the ‘Red Book’**. There is a 20 page insert for the Red Book which contains additional information for parents and professionals. The areas
covered include general information, expected developmental progress, possible health problems, suggested schedule of health checks and Down’s specific growth charts.

This should be inserted before discharge. Birth weight and head circumference plotted. The neonatal assistants should have these sheets.

6. In rare cases, the chromosome results may come back after discharge. In this circumstance, it is important to make a plan with the parents for how the information will be given to them. This needs to be arranged with the consultant. Best practice would usually be a face to face consultation. However, the parents may wish for alternative arrangement.

7. **Referrals:** Ensure all necessary referrals have been made before discharge. This should always include a referral to Community Child Health Services (using the SPA referral form – Appendix 3). Please make sure that the baby’s parents/carers are aware of all referrals made.

8. After discharge, the family should contact their community midwife (until is care handed over to the Health Visitors), Health Visitor or GP if they have concerns. If the baby is acutely unwell urgent medical attention should be sought.

**Follow-up**
Provided there are no outstanding medical issues, follow-up should be arranged with the nominated consultant. This should happen at 4-6 weeks of age.

As above, the local guideline for medical management suggests specialist review at 4-6 weeks of age. If this review is to be carried out by the Community Paediatrician (ie not by the hospital consultant) this should be made clear on the SPA referral form.

Please refer to section titled: “Managing On-Going Health & Development Needs Hospital and Community Children’s services- Paediatric Medical Guideline” on page 14 for guideline for medical management.

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Community Care – Management of the Child in the Community

**Referral**
The child can be referred into the service at any point. The different disciplines have referral criteria which are available on the Leicestershire Partnership Trust website. [http://www.leicspart.nhs.uk/](http://www.leicspart.nhs.uk/)

Referrers need to use the SPA (Single Point of Access) referral form. This is also available on the LPT website. [http://www.leicspart.nhs.uk/SearchResults.aspx?s=SPA+referral](http://www.leicspart.nhs.uk/SearchResults.aspx?s=SPA+referral)

Referrals are discussed at the SPA meeting on a weekly basis.
The SPA group brings together a multi-disciplinary team of health professionals from within Families, Young people and Children’s services.

Referrals are initially checked by the receiving clinician e.g. by a Consultant or Therapist. For cases where there is lack of clear information given in the referral letter and/or where the referral letter indicates that the child may have complex health needs, the clinician will forward the referral letter onto the SPA for discussion.

Following SPA, children will be offered any services for difficulties apparent in the referral at that time.

In addition, the local Family Health Visitor (or School Nurse) will make contact with the family within 4-6 weeks of the referral. The FHV / SN will liaise with the Health Visitor for Children with Additional Needs for their area to discuss the referral and will provide:

- a comprehensive assessment of need
- discussion and information about local services available to them
- Referral to community health professionals as identified at that point.
- Support and review at key transition stages if required

The family health visitor or school nurse will also make information on local services available to families / carers when appropriate – not all families will want this early on. This will include:

- Pathway and flow chart
- Menphys / Early Support Information for parents/families
- National Down’s Syndrome association
- Local Down’s Syndrome group
- Local health services information
  - Health Visiting and School Nursing
  - Speech and Language Therapy
  - Physiotherapy and Occupational Therapy
  - Community Paediatrics
  - Nutrition & Dietetics
- Early Years Education Services (and referral when appropriate)
- Benefits advice / signposting
- Other local groups / services
- Speak Up
- Signs and Symbols course
- STEPS
- Local additional needs play / support groups (e.g. Birstall, Sunflowers)

**Discharge**

Children will be discharged from individual services when appropriate with agreement with parents/ carers.

Parents/ carers need to be aware that all services have a policy to discharge following 1 or 2 non-attendances.
Managing On-Going Health & Development Needs Hospital and Community Children’s services

Paediatric Medical Guideline
The following guideline is based on information from the DSMIG (Down’s Syndrome Medical Interest Group). This group of clinicians, who have a special interest in Down’s syndrome, have produced, and regularly review, surveillance guidelines on the basis of available evidence.

This guideline is currently designed to be used by paediatric medical staff, in Hospital or Community settings, to assist them in delivering good quality care to children with Down’s syndrome. ie the medical assessments referred to in this section are intended to be carried out by paediatricians.
Primary care services are welcome to refer to it for information.

This guide should be used in conjunction with the locally produced checklist (please see appendix 4) and referring to DSMIG website for up to date information.

Most children with Down’s syndrome will be born in hospital and diagnosis is likely to be made then, although can sometimes occur later.

Some children will be born out of area and will need to be referred into local services by their health visitor or GP.

Relevant web sites:
- www.dsmig.org.uk
- www.dsa-uk.com

Notes on Local services
In Leicester the audiology service offers hearing assessment every 6 months pre-school and yearly thereafter. The children cannot access the service automatically, so need direct referral to audiology as soon as possible so that they can enter the screening programme.

The paediatric cardiologists at Glenfield hospital will assess all children referred to them and decide whether a cardiac echo is required.

The orthoptic clinic will offer an assessment at 2 years and 4 years for screening if the children are referred to the orthoptic clinic at these times and at any time in-between if a problem is thought to exist.

Facilities for finger-prick testing for TFT’s are not routinely available at present and therefore TFT monitoring is to be offered by venepuncture. The frequency of performing this test depends on the blood results. Some children may have a shared care with the paediatric endocrinologists if they are on Thyroxine supplements. Monitoring of TFT’s in this instance is by the endocrine team.
The First Year
Unless clinically indicated otherwise, routine reviews should be arranged at:
- 6 weeks
- 3 months
- 6 months

6 Week Review

History to include:
- Developmental assessment
- Medical problems particularly those known to be associated with Down’s syndrome – see Appendix 1

Examination to include:
- Cardiovascular exam
  Rarely, echocardiography, particularly in the first few days after birth, may fail to diagnose AVSD and other major shunt lesions. Hence there should be a low threshold for repeating this investigation if symptoms or signs of cardiac disease are detected at any age even in the presence of ‘normal’ early echocardiogram. (DSMIG guidelines: Personal communications. Archer, Dennis, Ward)
- Check for cataracts
- Plot growth & OFC on Down’s syndrome Growth Chart – if low consider other pathology if there are no heart concerns

Tests:
- Check blood test results from newborn period ie chromosomes and TSH on Guthrie card
- Check that Neonatal Hearing test has taken place and the results
- Check cardiology assessment is completed

Referrals:
- Specialist Community Child Health Services
- Paediatric Cardiology if not already done
- Refer to audiology

Discussion with Carers to include the following:
- Explanation of the condition
- Genetics of the condition and associated medical conditions
- Make sure red book insert has been given to parents
- Local resources and contact details of Down’s Syndrome Association

Follow-up: Arrange to see at 3 months

3 and 6 Month Reviews

History to include:
- Any concerns
- Feeding
- Hearing and Vision
- Development
- Ongoing medical problems e.g. cardiac/bowel, infections
Professionals involved and local support
Local resources, Down’s Syndrome Association etc

Examination to include:
- General examination
- Growth (plot on Down’s syndrome growth chart) Children with Down’s syndrome are at greater risk of conditions that can result in poor growth e.g. congenital heart disease; sleep related upper airway obstruction; coeliac disease; nutritional inadequacy due to feeding problems; and thyroid hormone deficiency.
- Heart
- Eyes (visual behaviour, squint, nystagmus, cataract)
- Ears (check hearing test is arranged)
- Developmental assessment

Investigations:
- As clinically indicated
- Ensure vaccination is up to date

Referrals:
- Hearing (at 8-10 months) a full audiological assessment including thresholds, impedance and otoscopy
- Genetics if not already done
- Local Education Authority Early Years Teaching Service via section 23
- Portage if County
- Referral to appropriate therapy if indicated i.e. the child has a significant delay or difficulty over and above that which would be expected for a child with Down’s syndrome (contact the relevant therapy dept. for further details if required).

Follow-up: Arrange to see at 6 months, or 1 year as relevant unless indicated otherwise

Preschool Years (Ages 1 to 5 years)

History to include:
- Parental concerns
- Development/education
- Growth
- General health including symptoms of upper airway obstruction/other respiratory problems/GI tract problems, infections
- ENT
- Spine including any neurological symptoms
- Hearing and Vision
- Sleep difficulties / symptoms of obstructive sleep apnoea

Examination to include:
- General examination including skin conditions and cardiovascular
- Ears and Eyes
- Growth (plot on Down’s syndrome growth chart) Children with Down’s syndrome are at greater risk of conditions that can result in poor growth e.g. congenital heart disease; sleep related upper airway obstruction; coeliac disease; nutritional inadequacy due to feeding problems; and thyroid hormone deficiency.
- Rapid weight gain should prompt check of Thyroid function
- Developmental assessment
• Neurological examination
• Lower limb alignment and footposition when weightbearing e.g standing, walking. If feet are rolling inwards (valgus ankle) refer to orthotic department at the LRI.

Investigations to include:
• Thyroid function
  o Venepuncture at age 1, 3 and 5 years to check T4, TSH, thyroid antibodies
  o Where the T4 is normal and the child is asymptomatic but there is a mildly raised TSH (less than or equal to 10mu/l) or thyroid antibodies are present re-check after 6 months.
  o Have a low threshold for testing thyroid function at other times if clinically indicated.
  o Testing should be continued throughout lifetime.
  o If child is already under the endocrinology team on Thyroxine supplements, please leave monitoring of TFT’s with the endocrine team.
• Recurrent infections
  o Please refer to ‘Immunology guidance for children with Down's syndrome’ for reference and investigations- Appendix 7

Referrals:
• Audiology: refer at 15-18 months and yearly follow up if not under them.
• Ophthalmology: refer for full ophthalmology assessment at 2 and 4 years unless otherwise indicated
• Specialist gastroenterology/respiratory/immunology services if indicated
• Orthotic department at the LRI for suitable ankle/foot support. (as above)
• If lower limb alignment is excessively abnormal e.g severe valgus knees or feet refer to orthopaedic consultants for monitoring.

Follow-up    Annually unless otherwise clinically indicated

School age (5 years Onwards)

History to include:
• Parental concerns
• Development/education
• General health including respiratory and GI tract symptoms
• ENT
• Spine including any neurological symptoms
• Hearing and Vision
• Sleep difficulties / symptoms of obstructive sleep apnoea

Examination to include:
• Growth - plot on Down’s syndrome growth chart and plot on BMI chart if weight >75th Centile
  Children with Down’s syndrome are at greater risk of conditions that can result in poor growth e.g. Congenital heart disease; sleep related upper airway obstruction; coeliac disease; nutritional inadequacy due to feeding problems; and thyroid hormone deficiency.
  Rapid weight gain should prompt check of Thyroid function
• Ears
• Eyes
• Cardiovascular and neurological examination
Investigations to include:
- Hearing – referral to audiology every 2 years unless indicated sooner
- Vision – should be checked every 2 years either at local optician or ophthalmology department as required unless indicated sooner
- Thyroid function – should be checked every 2 years by venepuncture, unless indicated sooner.
- Check TSH, T4 and thyroid antibodies
- Where the T4 is normal but there is a mildly raised TSH or thyroid antibodies are present re-check after 6 months.
- Around 10% of the school age population have uncompensated hypothyroidism. The prevalence increases with age. Clinicians should have a low threshold for testing thyroid function if there is any clinical suspicion at times between biochemical testing.
- As in the general population, key clinical pointers are lethargy and/or changes in affect (eg depression), cognition, growth, or weight.
  - If concerned about recurrent infections, please refer to ‘Immunology guidance for children with Down’s syndrome’ for advice and investigations - Appendix 7
  - Ensure children have their flu vaccines annually.

Follow-up: Annually unless indicated otherwise

School Leaver (Usually Prior to 19th Birthday)

Discussion with Carers to include:
- Health to date
- Future health
- Further education, employment, daycare

Examination to include:
- General
- Growth
- Cardiovascular and Neurological examination

Tests to include:
- Hearing
- Vision
- Thyroid function
- Flu vaccine annually

Referrals:
- Cardiology- clinical review may be indicated for cardiac symptoms or new murmurs. However, routine referral to congenital cardiology is not indicated.
- Ongoing hearing surveillance is essential
- Adult endocrine team if already under Paediatric endocrine services
- Adult learning disabilities team (See care pathway for adults with Down’s syndrome - page 27)
- Social services disabilities team
- GP for ongoing surveillance
Introduction to Children’s Therapy

- A wide range of services are available, if required by the child.
- There are referral criteria which must be met for the child to be seen by each of these services.
- It is not always necessary for the child to be seen by all or any of these different therapies.
- Following referral and assessment, appropriate treatment will be offered to meet the child’s individual needs.
- The approach to a child’s treatment will change over time to reflect their changing needs.
- A successful outcome would be that children and families are able to continue without our input.
- If the child’s needs change in the future we are happy for them to be referred.

Physiotherapy and Occupational Therapy

Referral
- This would come from another health professional and will be considered at the SPA meeting (see above).
- If the referral criteria are met, the child will be offered an assessment appointment. (Children with Down’s syndrome will be accepted into the service for provision of toileting equipment etc as per usual criteria where there is a functional need.)
- For some services, such as the provision of Pedro boots, the child may go direct without an initial PT/OT appointment.

Assessment
- The child’s individual needs will be assessed and a plan for any treatment needed be devised.

Treatment
- This will be specific to the child’s needs.
- It may be delivered in a variety of ways, such as advice, individual sessions, group sessions, advice to carers.
- It may be delivered in a range of settings, such as clinic, pre-school placement, school placement, school.

Discharge
- Once the child has achieved the targets set by the therapist and agreed with by the family/carers, they will be discharged from the service.
- If the child’s needs change in the future we are happy for them to be referred.

Speech and Language Therapy

Speech and Language Therapy for Communication for Children with Down’s syndrome

The majority of children with Down’s syndrome will need some help to learn to communicate. Speech and language therapists will work with you to help your child.

Your child can be referred for speech and language therapy at any time. The Speech and Language Therapy Service has an open referral system. This means that any professional
can refer your child (with your permission) or you can do this yourself. Please look at the Leicestershire Partnership NHS Trust website below for the referral form and for information on what to expect from speech and language therapy.

Following referral, a speech and language therapist will meet with you to talk about your child’s speech, language and communication needs. All children are different, and can communicate in different ways, so the support offered will be tailored to the needs of your child. After this meeting, your child will be allocated a named speech and language therapist.

Some of the ways your speech and language therapist will support your child are:

- Ongoing assessment of your child’s communication skills
- Working closely with Portage and Early Years Teachers to agree evidence-based communication aims and strategies
- Working closely with nursery and school staff to meet communication needs
- Offering training to nursery and school staff, as appropriate
- Offering evidence-based individual or small group therapy to achieve specific speech, language and communication goals
- Offering Signs and Symbols Workshops for parent and carers.

The Speech and Language Therapy Service also works closely with local support groups for parents of children with Down’s syndrome.

When your child’s speech, language and communication needs are being met, by you as their parents and / or by their school, they may no longer need the additional support of a speech and language therapist. Your child’s speech and language therapist would discuss this with you and your child’s school.

If you have any questions, or would like to speak to a speech and language therapist, please ring the Children’s Speech and Language Therapy Service on 0116 295 5256.

Further information

http://www.leicspart.nhs.uk/_OurServicesAZ-SpeechandLanguageTherapy-ForChildrenandYoungPeople.aspx

http://www.rcslt.org/speech_and_language_therapy/what_is_an_slt

http://www.downs-syndrome.org.uk/for-families-and-carers/growing-up/early-communication/


Speech and Language Therapy Pathway for Eating, Drinking and Swallowing Difficulties in Children with Down’s syndrome

Feeding a child with Down’s syndrome can have its challenges. This is due to a number of complicating factors which may affect both feeding development and feeding safety. These may include:

- Low muscle tone
- Respiratory issues
- Gastrointestinal disorders
• Cardiac conditions
• Disrupted sensitivity to taste and texture

If your child is having difficulties with eating and drinking they may need some help from a Speech and Language Therapist.

Our Service
Your child can be referred for speech and language therapy at any time. The Speech and Language Therapy Service has an open referral system. This means that any professional can refer your child (with your permission) or you can do this yourself. Please look at the Leicestershire Partnership NHS Trust website below for the referral form and for information on what to expect from speech and language therapy. The Speech and Language Therapist will work as part of your child’s multi-disciplinary team by assessing the feeding difficulties and identifying the areas that need addressing in order to keep them safe and healthy.

Some of the ways your speech and language therapist will support your child are:

• Ongoing assessment of your child’s eating and drinking skills
• Working closely with other health professionals, such as your Health Visitor or Dietician, to provide you with strategies to help with mealtimes and/or a programme of specific activities
• Working closely with nursery and school staff to meet eating and drinking needs
• Offering training to nursery and school staff, as appropriate

When your child’s eating and drinking needs are being met, by you as their parents and / or by their school, they may no longer need the additional support of a speech and language therapist. Your child’s speech and language therapist would discuss this with you and your child’s school.

If you have any questions, or would like to speak to a speech and language therapist, please ring the Children’s Speech and Language Therapy Service on 0116 295 5256.

Further information
• http://www.leicspart.nhs.uk/_OurServicesAZ-SpeechandLanguageTherapy-ForChildrenandYoungPeople.aspx
• http://www.rcslt.org/speech_and_language_therapy/what_is_an_slt
• http://www.downsyndrome.org.uk/for-families-and-carers/growing-up/feeding/

Dietetics

Referral
• This can be made by another health professional via direct referral (see referral form Appendix-6)

Assessment
• The child’s individual needs will be assessed and a plan for any treatment needed be devised.

Treatment
• This will be specific to the child’s needs.
• The appropriateness of the treatment will be regularly reviewed and, if needed, changed to reflect the needs of the child at that time.
• It may be delivered in a variety of ways, such as advice, individual sessions or advice to carers.
• It may be delivered in a range of settings, such as clinic and school placements.

**Discharge**
• Once the child has achieved the targets set by the dietitian and agreed with by the family/carers, they will be discharged from the service.
• If the child’s needs change in the future we are happy for them to be re-referred.

**Early Years Education Support**

**Early Years Support Team- Leicester City**

**Referral**
This can be made by any professionals or parents via direct referral.

**Assessment and support**
The child’s individual needs will be assessed and support can be delivered in a variety of ways according to the child’s age. At first, support is likely to consist of home visits and ongoing advice to parents regarding their child’s development in the areas of language, motor and play skills and personal, social and emotional development. The child’s needs will be monitored through the Early Years Child Passport (information and targets reviewed every 4 months) or for some children through the Education, Health and Care Plan process. Information will be provided regarding the ‘Family Fun’ stay and play sessions which take place weekly during term time at New Parks House Pindar Road Leicester.

As the child gets older support and advice is available to enable smooth transition to settings and school. We will continue to provide support and advice to settings and school and also offer training for practitioners.

Support will be provided by the Early Years Support Team during the Foundation Stage. Children will continue to receive support from the Special Educational Needs and Disability Support Services (SENDSS) during their school years.

**The Early Years SEN Inclusion Service Leicestershire**
The Early Years SEN Inclusion Service is part of Leicestershire’s Specialist Teaching Services.

The teachers and the practitioners in the Service support babies and children with complex and significant special educational and additional needs and their families by home teaching.

1. **The Leicestershire Portage Service**

   This Service is part of the Early Years SEN Inclusion Service. It is affiliated to the National Portage Association. The Service employs Portage Home Visitors who work with families in their homes.

   **Who is the Service for?**
   • The Portage Service is for babies and very young children with very complex needs and their families
   • Typically medical professionals refer babies immediately after birth.
• Babies and very young children with Down’s Syndrome really benefit from this small step approach to learning
• Parents who can work with their child for a short period each day and record this. And it must be fun!
• Children up three years of age when most children are starting at an early years setting. The child can then transfer to the teachers and practitioners in the Early Years SEN Inclusion Service who can support them in their setting and into school.

What does a Portage Home Visitor do?
• Finds out what the child can do across all areas of development
• Decides with the parent or carer on some long term (for approximately 6 months) teaching targets
• Breaks down the targets into small step activities
• Shows the parent or carers how to teach the activities
• Works closely with other professionals helping the child or family
• Organises social events for children and families so that they can get together
• Works closely with other professional and voluntary agencies to ensure the family and child receives the services they need

How can a child be referred?
Anyone can refer a child or family, (for example, parents, health visitors or paediatricians, Children’s Disability Health Visitors) to the Portage Service. Many of our referrals are for babies a few days or weeks old. There is a meeting every fortnight (called the Early Years Panel). At this meeting, every child referred is discussed and it is decided which Education service (or services) are best placed to meet the child’s needs.

When there are no significant health issues for the child, a Portage Home Visitor or a member of the Early Years SEN Inclusion Service may be the only visiting professional to the family.

Early intervention is crucial to developing children to their fullest potential and supporting families.

2. The Early Years SEN Inclusion Service (Leicestershire)
The Service also provides home based teaching for children and families.

What is home teaching about?
• Play and having fun
• Teaching in family homes and working closely with parents and carers.
• Helping parents and carers to feel more confident with their children
• Providing advice on young children’s learning, communication and personal, emotional skills.
• Working closely with other professionals helping the child.

We work with children from birth to four years old when children start school in Leicestershire.

How can a child be referred to the Early Years SEN Inclusion Service?
Anyone can refer a child, for example, parents, early years settings (preschools, play groups and nurseries), health visitors or paediatricians.
There is a meeting every fortnight (called the Early Years Referral Panel). At this meeting, every child referred is discussed and it is decided which Education service (or services) are best placed to meet the child’s needs.

A visit is then planned with parents and carers to talk about what the Service has to offer.

At this first visit it will be decided how often and where the visits will take place.

Visits can be at home, at the child’s early years setting or a combination of both.

**How is the Service organised?**
The teachers and practitioners belong to one of three Area Teams;
- North West Leics/Hinckley and Bosworth
- Charnwood/Melton
- South West Leics.

This helps them to get to know all the other agencies in an area that might be helping the child or family.

**Educational Psychology**

**The Leicestershire County Educational Psychology Service**
Children with Down syndrome will be allocated to an Educational Psychologist at the point of referral to the Early Years’ Panel. This will usually mean that a child with Down syndrome will have involvement from an Educational Psychologist from an early age, usually under a year and often earlier.

The EP will visit the child and their family, usually at home within a short time to introduce themselves, outline their role and to listen to what parents are saying and ask questions in order to make use of the detailed knowledge parents have about their child and offer emotional support where appropriate.

Prior to the child starting school, the EP will be involved in monitoring and assessing the child’s development by:

- Visiting the child and parents at home
- Visiting the child at home and at Early Years’ setting
- Liaising closely with other professionals involved (including those who work very regularly with the family (eg EYSENIS and Portage))
- Attending meetings (eg Early Support meetings) where appropriate

They will also be involved in:

- Giving advice and support to adults working closely with the child, including social and emotional aspects of learning, child development, play.
- Discussing options for early years provision, including specialist and local provision
- Discussing plans for school entry including initiating and explaining Statutory Assessment where appropriate.

The Psychology service works alongside other services to produce and run training for EY settings and schools on supporting children with Down syndrome in settings/schools.
CAMHS learning disability services

CAMHS LDT provide assessment and treatment for children and young people with a moderate to profound learning disability as defined in ICD 10 (IQ below 50) for associated mental health and / or behavioural problems up to the maximum age of 18 years. (Referrals for 17 years 9 months would be redirected to adult LD health services).

In line with multiagency care pathways we also undertake ASD and ADHD assessment and diagnosis for secondary school aged children.

We also undertake assessment for complex sleep problems – it is expected that initial input has been sought via the family health visitor / paediatric services.

Input for sleep and behaviour problems is initially via parent workshops with further input if required following completion of the workshop.

Input for mental health problems can be via pharmacological and / or psychological treatment options as well as behavioural input.

ADHD assessment is undertaken as requested but there is an expectation that parents will also complete the parent behaviour workshop in line with NICE guidelines.

Early Support

Introduction

Early Support is a national programme which aims to improve the way that services for young children with disabilities in England work with families.

In Leicestershire, Leicester and Rutland in partnership with Menphys SOS and Leicester's Children's Centres, Early Support is used to provide family key working and co - ordination for children and young people aged 0-19 that have complex health needs, disabilities and/or special educational needs.

Aims

Early Support promotes services for families and children that:

- Work in partnership with parents and carers, so that families are at the heart of discussion and decision-making about their children.
- Integrates service planning and delivery, particularly when families are in contact with many different people and agencies.

Referrals

These can be made by parent-carers or professionals from the statutory or voluntary sector. Once a referral has been received and agreed then the family will be allocated an Early Support Key Worker who can support the family by ensuring that:

- There is a single point of contact for the family and all professionals working with them and their child.
- Someone has time to listen the family’s views and the views of the child/young person.
- Parent-carers don’t have to keep telling professionals all about their child over and over again.
- Professionals working with the child share information to reduce duplication.
- Parent-carers have all the information they need to support them.
- Where possible appointments and assessments are arranged at convenient times.
- Where needed, Early Support multi agency meetings are arranged to discuss the child /
young person’s needs at which the child/young person’s progress is discussed and a joint family service plan is developed, which includes ‘Next Steps’ for the child/young person and how these will be delivered and reviewed.

The need for on-going input from Early Support is evaluated at the end of each meeting. When services around the child and family are in place and effectively co-ordinated, there may no longer be a need for further meetings.

For children on the Down’s syndrome Care Pathway it is expected that 3-4 planned meetings will take place to cover transition periods, birth to 19 unless needs dictate otherwise.

Useful links
www.education.gov.uk/childrenandyoungpeople/sen/earlysupport
www.menphys.org.uk
Care pathway for adults with Down’s Syndrome

Introduction
The development of the Down’s Syndrome Care Pathway is an exciting new development for our learning disability and community services. This integrated care pathway outlines or maps the anticipated care a person with Down’s syndrome may receive in adulthood from a multi-disciplinary and/or multi agency care team. It incorporates both mental health and physical health needs and is designed to help the person move progressively through the clinical experiences to a positive outcome.

It is essential that we can support adults with Down’s syndrome to lead healthy and fulfilled lives, and support them to achieve the level of independence right for them. One of the ways we can do this is by access to good healthcare and social care, including a range of different specialists.

People with Down’s syndrome on the whole do not have medical problems different from those in the general population. However some medical conditions are overrepresented. Most of these are treatable disorders which, if undiagnosed, impose an additional but preventable burden of further handicap.

Summary Flow Chart
Transition of Care
Transition for community paediatric and specialist paediatric care will occur from aged 18. Patients and carers should be clearly aware of the transition plans and have a named professional contact during the transition period. Transfer of care should be to the GP and/or adult specialist services for physical health interventions and to learning disability services for mental health, behavioural or epilepsy related interventions.

Health needs for adults with Downs Syndrome (DS) and Suggested Screening

- **Depression**: Depressive illness is more common in people with DS and mental health problems generally are more common in people with learning disability. Mental health assessment may be required if the patient presents with changes in behaviour or mood, or loss of skills. Changes such as sustained periods of low mood, crying spells and not enjoying things.

- **Dementia**: Alzheimer’s dementia occurs much more commonly and earlier in people with DS.
  Dementia screen should be done if the patient presents with loss of skills or other changes in behaviour or seizures. Baseline functioning should be established early in people with DS (See ‘Ageing with Downs Syndrome’- Page 31).

- **Teeth**: The facial features of individuals with DS contribute to a variety of potential dental problems.
  Six monthly dental review should be completed.

- **Cardiac**: 40 - 60% of people with DS have congenital heart problems and new valve problems may present in adult life.
  Cardiovascular auscultation is part of the annual health check, one echocardiogram in adult life is recommended and antibiotic protocols should be in place for those with pre-existing heart problems. Referral to Cardiologist should be made based on findings.

- **Breathing**: Obstructive airway disease is a significant problem people with DS.
  Snoring, unusual sleeping positions and fatigability during the day should be evaluated using Polysomnography. Overnight pulse oximetry may be beneficial.

- **Spinal**: Up to 70% of people with DS are at risk of problems caused by cervical spine disorders including degenerative disease, cervical spondylosis and atlantoaxial instability.
  Asymptomatic individuals should not be barred from normal sporting activities. Neurological function should be evaluated annually as part of the Annual Health Check. If presenting with warning signs (neck pain, abnormal head posture, reduced neck movements, falls, increased fatigue and deterioration in manipulative skills) – clinician should complete general physical and neurological examination and check for cord problems. They should also consider cervical spine X-rays or CT/MRI. A specialist referral should be made if there is an abnormality.
• **Gastrointestinal**: DS increases the risk of gastric reflux and coeliac disease. Clinical screening for coeliac disease and gastro oesophageal reflux disease (GORD) should be carried out if people with DS present with symptoms such as pain, weight loss or change of bowel motions.

• **Obesity**: Up to 95% of those with DS are over-weight or obese. Weight and BMI should be taken at Annual Health Check.

• **Endocrine** Diabetes Mellitus and Hypothyroidism are common in people with DS. Hypothyroidism presents with symptoms such as fatigue, weight gain or decline in skills. Thyroid function tests should be completed annually and blood sugar/HbA1c blood tests if they have risk factors for diabetes.

• **Bones** Osteoporosis affects up to 50% of men and women with DS. Screening in women should be started no later than the start menopause or age 50, whichever comes first. Screening should be completed based on risk factors which include anti-epileptic medication, anti-psychotic medication, poor mobility and poor nutritional status.

• **Ears** Sensorineural and conductive hearing impairment is present in over half of people with DS. Ear examination should be completed every two years and audiology if indicated.

• **Eyes** Almost half of people with DS have strabismus and other ophthalmological problems include refractive error, nystagmus, congenital cataract and glaucoma. Full assessment by Optometrist / optician should be completed every two years.

• **Immunity and Infections** People with Down’s syndrome are more likely to develop infections, such as lung infections. Clinical assessment for common infections should be carried out if people with DS present with symptoms such as pyrexia or cold-like symptoms. Immune function tests should be considered for those with frequent infections.

**Care of Adults with DS**
The differential diagnosis of a decline in skills and change of behaviour includes:

- Hypothyroidism
- Sleep apnoea or other sleep problems
- GORD or coeliac disease
- Depression or other mental health problems
- Hearing or visual loss
- Dementia
- Iatrogenic (medication related) causes
- Seizures
- Environmental changes such as routine or life event such as bereavement
- Abuse

Following initial assessment and treatment, further evaluation may include the involvement of specialist learning disability services (see ‘The Adult Learning Disability Service’ section below- Page 34).
Involvement in care and treatment should be optimised through adapted communication, help to understand information such as accessible leaflets and support to make decisions. Strategies to aid consultation include:

- Offering increased consultation time
- Use language that the person understands at a simple level, or use a communication aid, i.e. pictures or symbols
- Carers are usually key resources for support, but it is important to remember that carers may need support as well

People with DS generally do well within supported environments with predictable routine and schedules, and routines learning may lead to improved adaptive skills.

**Ethical and Legal Issues**
Many people with DS require support and advocacy in making medical and legal decisions. The Mental Capacity Act should be followed in these cases, which states that the treatment of incapacitous adults should be in their best interests and necessary.

**Annual Health Check**
Everyone with learning disability should have an annual health check carried out in their GP surgery. This will include assessment of:

- Weight, Height, Blood Pressure and Pulse rate
- Communication needs
- Medication review
- Lifestyle factors such as smoking, exercise and alcohol
- Vision and Hearing
- Immunisations
- Mobility
- Foot care
- Continence
- Well man awareness – prostate and testicular health
- Well woman awareness
- Sexual health
- Health conditions
- Mental health and emotional conditions

People with learning disability should receive

- Influenza and pneumococcal vaccination
- Cervical and Breast cancer screening for females

Additional checks for people with Downs Syndrome may include:

- Thyroid function tests annually
- Hearing and visual tests and examination of ears
- Cardiovascular examination
- Sleep / daytime somnolence and throat examination
- Neck examination
- Mood/anxiety symptoms
Mental Health in Down’s syndrome

Adolescents, as well as young adults with DS with better language and communication and cognitive skills present with increased vulnerability to:

- Depression, social withdrawal, diminished interests and coping skills
- Generalized anxiety
- Obsessive compulsive behaviours
- Regression with decline in loss of cognitive and social skills
- Chronic sleep difficulties, daytime sleepiness, fatigue, and mood related problems

Older adults present with increased vulnerability to:

- Generalised anxiety
- Obsessive compulsive symptoms
- Depression, social withdrawal, loss of interest, and diminished self-care
- Regression with decline in cognitive and social skills
- Dementia

Mental Illness can present with a decline of skills and may be mislabelled as dementia. Depression is often responsive to treatment and therefore differentiating the two is essential. The more common symptoms in depression include withdrawal, deceased appetite and decrease in speech.

A useful checklist for assessing someone with DS is shown below and can be used by professionals and carers. This can identify symptoms or support a referral to specialist services (See ‘Referral to Learning Disability services’ - page 34).

<table>
<thead>
<tr>
<th>Mental State Checklist</th>
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<tbody>
<tr>
<td>- Challenging behaviours including aggression, demanding, self-injury etc.</td>
</tr>
<tr>
<td>- Low mood and tearfulness, diminished interests and social withdrawal</td>
</tr>
<tr>
<td>- Increase in obsessive/ritualistic/repetitive behaviours may indicate</td>
</tr>
<tr>
<td>- Bizarre behaviour, distracted, paranoid and agitated behaviour</td>
</tr>
<tr>
<td>- Speech reduced and/or less communicative</td>
</tr>
<tr>
<td>- Receptive communication impaired, loss of skills, confusion, wandering and memory problems</td>
</tr>
<tr>
<td>- Any change in behaviour may indicate a physical health problem such as infection, environmental causes such as change of home or carers, problems with communication or mental health problems and dementia.</td>
</tr>
</tbody>
</table>

Ageing in Down’s syndrome

Alzheimer's Dementia

Dementia is much more common in people with DS and occurs much earlier. The prevalence of Alzheimer’s disease has been estimated to be 3.4% for people in their 30s, 10.3 in the 40s and 40% in the 50s, 56% for those 60 and over and mean age of onset is 52.8 yrs.

Clinical presentation of dementia can occur as early as aged 30, but is more likely to occur after 40 years and the peak incidence is in the early 50’s. Many people first present with
behavioural changes rather than cognitive decline, but memory and orientation can also be affected early on.

Professionals should enquire about features of dementia from age 30 onwards and any symptoms may indicate that a referral to specialist services may be required. The Adaptive Behaviour Dementia Questionnaire (ABDQ) (Prasher et al. 2004) can be found in Appendix 8. It is a 15 item questionnaire which can be used to detect change in adaptive behaviour, and compares information on previous level of functioning. This can be used by professionals to ascertain whether referral to services is indicated. (See 'Referral to Learning Disability services'- page 46).

The Plymouth Dementia Screening Checklist (Whitwham et al. 2010) is currently being piloted for use in primary care. Further information will follow.

When to consider the possibility of dementia in adult with Down syndrome

- Changes in behaviour or personality (commonly seen early on in dementia in Down syndrome)
- Memory problems
- Change in mood such as depression
- Challenging behaviour
- Loss of skills e.g. communication, self-care, relationships etc.
- New onset of seizures or other neurological symptoms

Assessment and Treatment

- Ensure a thorough physical examination is undertaken and any physical or mental health problems identified treated appropriately.
- The following Blood tests are recommended in an individual with LD when dementia is suspected
  - Full blood counts
  - Urea and Electrolytes
  - Blood Glucose (Fasting Blood Sugar is ideal)
  - Liver and Thyroid Function Tests
  - B12 and Folate levels
  - Lipid profile
  - Other blood tests as indicated by the physical examination and history
- Sensory screening – vision and hearing.
- Consider psychosocial causes (bereavement, abuse etc.)
- The doctor assessing the person with Down syndrome for dementia will need to decide whether to offer to refer for a brain scan such as CT or MRI. Brain scans are recommended by NICE (The National Institute for Health and Care Excellence) to exclude other brain pathologies and to help determining the type of dementia. This may be less useful in Down syndrome, and it is recommended only to “rule out” other pathology as the atrophy seen in Alzheimer’s disease is also seen in people with Down syndrome who are not dementing. Vascular dementia is said to be rare in this group.

Epilepsy in dementia

- Up to 90% of people with Down syndrome and dementia develop epilepsy
  - It can be present before the onset of the dementia, the presenting symptom of dementia, or develop later on in the illness
  - Seizures can include myoclonus, tonic-clonic seizures and partial seizures
- People with Down syndrome diagnosed with dementia and their carers need information on the likelihood of developing seizures as well as more general information about dementia
• If seizures should occur:
  o Refer to a learning disability psychiatrist for advice and treatment
• Take the presence of seizures into consideration when making a care plan or end of life plan for someone with dementia
• Management of myoclonus may be part of the palliative care of a person dying from dementia if the myoclonus is causing distress or discomfort

The Adult Learning Disability Service
For adults with a learning disability we provide support from community based teams, inpatient treatment as well as short-break services. We also offer specialist advice and support to those involved in caring for someone with a learning disability.

We provide a range of services to meet the specialist health needs of People with Learning Disabilities that include support for mental health problems, epilepsy, challenging behaviour, complex physical disabilities, eating and drinking and communication. We have been developing care pathways for different conditions including:
• Mental Health
• Eating and Drinking
• Challenging Behaviour
• Epilepsy
• Dementia
• Complex Physical Disability
• Forensic
• Autism

Community teams provide a range of professional services and include Psychiatrists, Psychologists, the Outreach team, Community Nurses, Social Workers, Occupational Therapists, Physiotherapists and Speech & Language Therapists. The aims of these teams are
• To provide evidence based specialist interventions for people with the most complex needs
• To build capacity and capability across mainstream services and communities in order to reduce health inequalities

We also have an inpatient unit, a short breaks service and an autism specialist service.

Acute Liaison Nurses
The service exists to promote access to hospital services for people with learning disabilities by directly supporting people, developing hospital and community systems, influencing strategies and policies and educating hospital staff.

The Learning Disability Acute Liaison Nurse can assist with co-ordination of care, support and advice for acute care staff in relation to personalised care and service delivery, collaboration between the agencies involved in service delivery, promotion of effective communication with those involved in the patient’s, support of a relative or a family member with a learning disability who is affected by the patient’s illness/ hospital stay, provide accessible information about treatments and promote positive experiences and outcomes.

Primary Care Liaison Nurses
The Primary Care Liaison Nurses takes a lead role in developing, co-ordinating and facilitating high quality service for people with learning disabilities accessing the GP. They can provide advice and support to primary care workers such as general practitioners and
nurses, and to patients and carers. They also work with partner agencies to aid development and improvement of access to primary care services for people with a learning disability and address the health inequalities which can be experienced by people with a learning disability.

**Referral to Learning Disability Services**
Referral and discharge criteria for the adult learning disability team and the different sub-specialities are based on the clinical care pathways.

**Patients referred should**
- be 18 years or older
- have a learning disability
- have a health need (see below)

**Health needs in Learning Disability**
- Challenging Behaviour causing risks to self or others, or preventing access to day-care
- Suspected mental health problem not responding to treatment in primary care (anxiety disorders and affective disorders more commonly)
- Epilepsy – Seizures difficult to control in primary care or new onset of seizures
- Suspected dementia
- Suspected Autism affecting relationships, functioning or behaviour
- Forensic / Offending issues with associated mental health problems or challenging behaviour
- Difficulty with swallowing
- Falls
- Additional needs: autism friendly environment, sensory needs, meaningful daytime occupation, mobility deterioration, communication passport, support with physical health check/phlebotomy, nutritional and enteral nutrition.

The referral form can be found in **Appendix 9**.

**Social Services and Support Groups**
The Leicester City and Leicestershire County Social Services can offer support for people with learning disabilities to develop skills and have choice and control over their lives.

The Downs Syndrome Association is useful resource for information and support - [http://www.downs-syndrome.org.uk/](http://www.downs-syndrome.org.uk/)
Appendix 1 - Conditions Occurring More Commonly in People with Down’s syndrome

Cardiac
- Congenital malformation
- Cor Pulmonale
- Acquired valvular dysfunction
- Children without congenital heart disease can develop heart problems at a later age
- Referral to cardiology in early adult life should be considered

Cervical spine
- X-Ray is no longer recommended as not informative – i.e. has no predictive value if normal
- Neurological symptoms normally precede incidents of major trauma
- Radiological screening is not indicated and sporting activities should not be restricted in those with no clinical signs
- Particular care should be taken when manipulating the head of an unconscious child and anaesthetists and ambulance personnel should be alerted
- All carers and clinicians should be aware of the warning signs:
  - Abnormal head posture or torticollis
  - Restricted neck movement / pain behind the ear
  - Neck pain
  - Altered gait
  - Deteriorating manipulative skills
  - Deterioration in bowel or bladder control
- Clinical symptoms which are often mild are currently the most useful predictors of future risk and merit urgent specialist referral

Dermatological
- Dry skin
- Folliculitis
- Vitiligo
- Alopecia

Endocrine
- Obesity is not inevitable and should always be thoroughly assessed.
- Thyroid dysfunction - prevalence increases with age (Uncompensated hypothyroidism in about 10% of school age population)
- Diabetes type 1 Probably around 10 times more common as in other children

ENT
- Over 50 % have some hearing loss; either Conductive and/or Sensorineural
- Upper airway obstruction
- Chronic Catarrh

Gastrointestinal
- Congenital malformations
- Feeding difficulties
- Gastro-oesophageal reflux
- Hirschprung’s disease
- Coeliac disease- have low threshold of clinical suspicion
- Screen all with major or minor symptoms as follows:
- Disordered bowel function tending to diarrhoea or to new constipation
- Failure to thrive as indicated using Down’s syndrome specific reference charts
- Abdominal distension
- General unhappiness and misery
- Arthritis
- Rash suggesting dermatitis herpetiformis
- Existing type 1 diabetes, thyroid disease or anaemia

If antibody screen positive, or negative but significant symptoms, refer for small bowel biopsy

**Growth**
- Feeding difficulties often lead to failure to regain birth weight until 1 month of age.
- Children with Down’s syndrome are at greater risk of conditions that can result in poor growth e.g. congenital heart disease; sleep related upper airway obstruction; coeliac disease; nutritional inadequacy due to feeding problems; and thyroid hormone deficiency.
- Rapid weight gain should prompt check of Thyroid function
- Children <2nd centile who do not have a known clinical explanation should be evaluated.

**Immunological**
- Immunodeficiency * Children with Down’s syndrome should be eligible for annual flu vaccination (See current immunology guidelines- appendix 7)
- Autoimmune diseases e.g.. arthropathy, vitiligo, alopecia

**Haematological**
- Neonatal polycythaemia occurs in >60% of neonates
- Neonatal thrombocytopenia
- MCV increased at all ages
- Transient Abnormal Myelopoiesis (TAM)
  - Approx 25% of children with TAM may develop acute myeloid leukaemia (AML) later in childhood

**Leukaemia**
- 20 times more frequent than other children.
- Risk approx 1/100
- Peak age of onset <4 years

**Musculoskeletal**
- Hypotonia, ligamentous laxity and skeletal dysplasias may predispose to other orthopaedic problems
- Intervention may be needed if pain, limited function or risk of structural damage

**Neuropsychiatric**
- Infantile spasms and other myoclonic epilepsies
- Autism
- Depressive illness
- Dementia (adults only)

**Ophthalmic**
- Refractive errors
- Nasolacrimal obstruction
- Cataracts
- Glaucoma
- Keratoconus
- Squint
- Nystagmus
- Blepharitis

**Orthopaedic**
- Cervical spine instability
- Hip subluxation/dislocation
- Metatarsus varus
- Patellar instability
- Pes planus
- Scoliosis

**Respiratory**
- Lower airway and upper airway problems
  - 65-80% of children have nocturnal hypoventilation and/or decreased oxygen saturation
- Obstructive sleep apnoea
  - 60% of children
  - sleep disturbance, snoring, chest wall recession’ abnormal sleep postures and frequent nocturnal arousals.
  - May lead to life threatening acute obstructive events particularly if given sedation for any reason.
  - Consider sleep studies
- Nasal congestion
- Swallowing difficulties

**Vision**
- There is a high prevalence of ocular disorder among people with Down's syndrome.
- Refractive errors and/or squint may be present from an early age and persist into childhood
- The majority of children with Down’s syndrome have reduced accommodation
- Tenfold increase in congenital cataract
- Infantile glaucoma may occur
- Nystagmus is present in at least 10% (8).
- Cataracts and keratoconus may develop in teenage years or later and studies suggest that these are approximately 4 times more common than in the adult general population
- Blepharitis may occur in up to 30% of children
- Nasolacrimal duct obstruction also occurs commonly and may need specialist referral

**References:**
- Textbook of neonatology – Rennie/Roberton
- The Down’s syndrome Medical Interest group – www.dsmig.org.uk
- This website contains basic medical surveillance essentials for people with Down’s syndrome with detailed references for each system.
Appendix 2 – Obstructive Sleep Apnoea

| Obstructive Sleep Apnoea | University Hospitals of Leicester NHS Trust
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<tr>
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<td>Children’s Sleep Service</td>
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<td>Parent, Carer and Patient Fact Sheet</td>
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</table>

What is Obstructive Sleep Apnoea?

- Obstructive Sleep Apnoea (OSA) is the term used for obstruction to breathing during sleep. This obstruction when severe may cause the person to stop breathing, but when less severe can result in increased resistance to breathing. They will both cause interruptions in the person’s sleep by causing them to waken or to experience fragmentation (breaks) in their sleep pattern.

- The upper airway is the part of the breathing system between the nose and the vocal cords. The nose is supported by bone and airways from the vocal cords downwards are supported by cartilage, but the throat is a muscle tube. As the muscle tube of the throat is not supported by rigid tissues, it is this area where patients with OSA will experience obstruction.

- When we sleep our muscles relax, but the passage remains open enough to permit the flow of air. In children with OSA, the relaxation of these muscles causes the passage to close momentarily and air cannot get passed or has difficulty passing.

- Although snoring is a prominent symptom of OSA, its presence does not mean that a child has OSA. Snoring can occur without OSA. About 15 children in every 100 snore, but only 1 or 3 of those will have symptoms of OSA.

What are the symptoms?

Children will have night time and day time symptoms:

Night time:
- Restless sleep – the child may not get out of bed but will move around in bed excessively and kick his or her covers off,
- Loud snoring, occasionally interrupted by silence and gasps,
- Mouth breathing when asleep,
- Excessive sweating when asleep.

Day time:
- Tired in the morning – difficult to get out of bed,
- Excessive day time sleepiness,
- Poor concentration at school, restless and fidgety
- Irritable and moody.
Causes

- **Enlarged Tonsils and Adenoids.** The commonest cause of OSA in children. They are at their biggest in relation to the size of the child's face between 2 and 7 years of age. They become enlarged as they are lymphoid tissue and enlarge in response to infections, and pre-school children have lots of upper respiratory infections ('Coughs and colds'). Having the tonsils and adenoids out cures OSA in 80-90% of children.

- **Obesity.**

- **Long-term allergy** or hay fever. This can usually be treated.

- Certain conditions with weak muscles or low muscle tone, e.g. Down syndrome.

Treatment

- Depends on the cause – and may be cured if that cause is treated.
- OSA may persist despite removing the cause, and is then best treated with nasal CPAP (Continuous Positive Airways Pressure) where low pressure air is blown by a machine through a nasal mask into the nose keeping the airway open.
Appendix 3 - SPA Form

Please Note: Fields marked * are mandatory. Any SPA forms returned with one or more of these fields incomplete will be automatically rejected and returned to referrer.

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<thead>
<tr>
<th>Forename of child</th>
<th>Surname of child</th>
<th>Referrer name</th>
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<td>Designation</td>
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<th>DOB</th>
<th>NHS No</th>
<th>Gender</th>
<th>Address</th>
<th>Postcode</th>
<th>Ref NO.</th>
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<th>Parent’s / carers names</th>
<th>Male</th>
<th>Female</th>
<th>Other</th>
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<th>Who has parental responsibility for child?</th>
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<th>As Above</th>
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<th>How long have the family lived in the UK?</th>
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<th>Home Languages (including English)</th>
<th>Written</th>
<th>Spoken</th>
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Please cross if interpreter is needed [ ]

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<th>Principle Reason for Referral</th>
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Other information to support reason for referral; in order to process this referral appropriately please specify the following:

- Nature of Concern:

- How long these problems have been evident:

- If the child is experiencing functional / developmental / behavioural difficulties please state the child’s current abilities and difficulties (eg, how do these difficulties affect the child at school/nursery/home):

I consent to the above referral and any assessment that may be required. I consent to information being shared with the appropriate statutory agencies as long as it is in the best interest of my child.

Name and signature of Parent / Carer

Verbal consent obtained from parent by referrer: [ ] Yes [ ] No

For help completing this referral please refer to SPA Guidelines available at

http://www.lfcs.org/en/health.nhs.uk/Resources-Referrals/ftp.cpsa.zip, or alternatively, contact the Children's Disability Service Help Line, Monday-Friday 12-2pm on 0116 235 4660

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<tr>
<th>Question</th>
<th>Yes</th>
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<td>Have any diagnoses already been made? Please detail by whom and when.</td>
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<td>List courses of action tried to date and please state by whom?</td>
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<td>Are any other services currently involved?</td>
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<td>Which school does the child attend?</td>
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<td>Does the child have Special Educational Needs?</td>
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<td>Are any of the following in place for the child (if so please provide copies):</td>
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<td>Common Assessment Framework (CAF)</td>
<td>Yes</td>
<td>No</td>
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<td>Child in Need Support</td>
<td>Yes</td>
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<td>Child Protection Plan</td>
<td>Yes</td>
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<td>Is the child looked after Child?</td>
<td>Yes</td>
<td>No</td>
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<td>Views of child / parent or carer</td>
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<td>Signature of professional completing referral</td>
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<td>Date of referral</td>
<td>Thursday, 05 November 2011</td>
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Please return this form, along with any relevant additional information, to:
Single Point of Access, Leicester, Leicestershire & Rutland, Children’s Community Health Service
Bridge Park Plaza, Bridge Park Road, Thurcaston, Leicester, LE4 8PQ
Tel: 0116 225 2525 Fax: 0116 2958302
## Appendix 4 - Medical Checklist

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Appendix 5 - UHL Discharge Checklist

Neonatal Checklist for Babies Diagnosed With or Suspected of Having Down’s syndrome.

ALL FIELDS MUST BE COMPLETED PRIOR TO DISCHARGE.

Tick box when completed

- ECG
- Oxygen Saturations
- Ensure baby has opened his/her bowels
- Ensure feeding is established
- Refer to Infant feeding Co-ordinators
  (To assist with supporting the mother with feeding)
- Refer to Family health visitor within 4 weeks
  of birth (will see family in hospital if still in-patient)
- Refer to Community Paediatrics if required* or arrange follow-up with
  UHL consultant* (* delete as applicable)
- Ensure an appointment is given for an Echocardiogram
  Within 1 week of age.

NB: IF THIS IS AFTER DISCHARGE GIVE INFORMATION
TO PARENTS RE: NEED FOR RE-ADMISSION.

- Give parents the Downs Syndrome Association
  “New parents guide” leaflet.
- Ensure the Down’s Syndrome specific growth charts
  are in the Paediatric Child Health Record (Red book).

FILE CHECKLIST IN HOSPITAL RECORDS.
# Appendix 6 - LNDS referral form

## Paediatric Referral

**Leicestershire Nutrition and Dietetic Service**

**PAEDIATRIC DIETETIC REFERRAL FORM** – PRIMARY HEALTH CARE OUTPATIENTS

Please note this form should be posted or FAXED. Please DO NOT send electronically.

FROM: Name ................................................. Job Title .........................................................

Referrers Correspondence Address ..............................................................................................................

......................................................................................................... Tel No. ............................................ Fax ........................................  

To: Leicestershire Nutrition and Dietetic Service, 11/12 Warren Park Way, Enderby, Leicester LE19 4SA

Fax: 0116 272 7228  Telephone: 0116 272 7200

<table>
<thead>
<tr>
<th>DATE OF REFERRAL:</th>
<th>NHS NO:</th>
<th>CHILD’S SURNAME:</th>
<th>FORENAME/S:</th>
</tr>
</thead>
<tbody>
<tr>
<td>GP NAME AND ADDRESS:</td>
<td>CHILD’S ADDRESS:</td>
<td>POST CODE:</td>
<td></td>
</tr>
<tr>
<td>PARENT/CARER NAME AND DAYTIME CONTACT NUMBER (please provide if available)</td>
<td>SEX: M / F</td>
<td>DATE OF BIRTH:</td>
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</tr>
<tr>
<td>KEY HEALTH PROFESSIONAL/HEALTH VISITOR NAME AND CONTACT DETAILS:</td>
<td>*WEIGHT (kg):</td>
<td>*HEIGHT (m):</td>
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<tr>
<td>CENTILE:</td>
<td>CENTILE:</td>
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<tr>
<td>SPECIAL REQUESTS (e.g. Language/Interpreter)</td>
<td>BMI: (kg/m²)</td>
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<tr>
<td>REASON FOR REFERRAL (please complete in conjunction with mandatory boxes marked *)</td>
<td>Other relevant information:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-Child development needs .................................................................</td>
<td></td>
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<tr>
<td>-Key health and social care workers involved ................................</td>
<td></td>
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<tr>
<td>........................................... -Has a Child Protection Plan ...YES/NO</td>
<td></td>
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<tr>
<td>- Relevant biochemistry .................................................................</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

RELEVANT MEDICATION

RELEVANT MEDICAL/SOCIAL HISTORY:

Child registered with Cons. Paediatrician at Special Community Child Health Services  YES/NO

DIET SUGGESTED:

---

The information contained in this referral is privileged and confidential. It is intended for the exclusive use of the addressee printed above. If you are not the addressee, any disclosure, reproduction, distribution or other dissemination or any other use of this referral is prohibited. If this referral has been sent to you in error, please contact us on the above telephone number in order that we can arrange for its return.

INCOMPLETE REFERRALS MAY BE RETURNED  AUGUST 2008

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Appendix 7- Immunology guidance for children with Down’s syndrome

Management of Recurrent infections in children with Down’s syndrome

Guidance produced August 2015 in conjunction with Dr M Browning Consultant Immunologist UHL taking into account national Down’s Syndrome Medical Interest Group guidance.

Background
Children with Down's syndrome have a greater risk of both infection and increased severity of those infections.

Multiple factors contribute to this:
- Impaired immunity (variable and multiple abnormalities: may be, but not always, picked up with routine tests, usually mild)
- Medical co-morbidities eg cardiac disease, gastro-oesophageal reflux
- Anatomical differences eg mid-face hypoplasia, macroglossia, tracheobronchomalacia, small lower airway volume
- Other e.g. Hypotonia, obesity

Consequence:
- Prolonged or increased severity of infection (viral and bacterial)
- Recurrent infection
- Increased risk of ARDS

Guidance
1. All children with Down’s syndrome should have an alert placed on their GP and hospital records suggesting prompt use of and lower threshold for prescribing antibiotics when presenting with possible sepsis
2. Discuss history of infections at every review appointment.
3. Check for risk factors as above and carry out immune function tests if:
   a. 4 or more infections over a 6 month period requiring a visit to the GP
   b. Episodes of prolonged illness ie more than 5 days
   c. Hospital admission for sepsis
   d. Unusual infections
4. Immune functions tests:
   a. Immunoglobulins
   b. Functional antibodies (tetanus, Hib). (Consider testing for other pathogens eg VZV, depending on specific infections. Note: these tests may be carried out by Virology or Microbiology rather than Immunology)
   c. Pneumococcal antibodies (history of vaccination required for interpretation)
   d. Lymphocyte subsets (including on the form the information that child has Down’s syndrome)
5. Management
   a. Advise the use of prompt antibiotic treatment, especially in children who meet the criteria in point 3 including those children where immune function testing does not show abnormality
   b. Advise extended course of antibiotic treatment (10 – 14 days) in children who meet the criteria in point 3 including those children where immune function testing does not show abnormality
c. Maximise immunity by ensuring child has had all appropriate vaccinations (caution for use of live vaccines only in Down’s syndrome patients on chemotherapy or immunosuppressive therapy).

d. Ensure child and household members have annual influenza vaccination (inactivated influenza vaccine for patients on chemotherapy or immunosuppressive therapy).

e. Consider prophylactic antibiotics (with change of antibiotic for breakthrough infections) in those struggling with repeated infections. (Suggest either Trimethoprim, 2mg / kg once daily, or Co-trimoxazole, single daily dose based on BNF recommended dose for age; consider use of prophylactic antibiotics from September to April where infections are mainly in winter months). Review ongoing need for prophylactic antibiotics at each visit. If stopping, suggest to do this in late spring / early summer.

f. Consider referral to paediatric immunology team for patients still experiencing infections inspite of above steps. (For advice on test results or referral, contact Dr Michael Browning, Consultant Immunologist; tel 0116 258 6702; email Michael.browning@uhl-tr.nhs.uk).

Guidelines for management of immune function in children with Down’s syndrome

Mary Small Consultant Paediatrician LPT;
Michael Browning Consultant Immunologist LRI.
Written July 2015 Review date July 2018
THE ADAPTIVE BEHAVIOUR DEMENTIA QUESTIONNAIRE (ABDQ)

Screening instrument to detect dementia in Alzheimer’s disease in adults with Down syndrome and other intellectual disabilities

2004

by

V. Prasher
(vprasher@compuserve.com)

The Greenfields, Monyhull, Monyhull Hall Road
Kings Norton, Birmingham, UK B30 3QQ

and

R Holder and F. Asim

Department of Statistics, University of Birmingham
Birmingham UK B15 2TZ


Copyright:- V. Prasher . Monyhull, Birmingham. 2004. All rights reserved. Not to be reproduced in any form or by any means without the written permission of the principle author- permission obtained 07/03/2014
BACKGROUND

An association between dementia in Alzheimer’s disease and Down syndrome is well established. However, the clinical diagnosis and ongoing monitoring of the dementing process can at times be difficult. Direct cognitive testing is often not possible due to the underlying severity of intellectual disability, poor cooperation, impaired sensory function, presence of co-morbid illnesses and inability to detect accurately all areas of intellectual functioning.

The authors have been assessing changes in adaptive behaviour in adults with Down syndrome for more than 10 consecutive years. Adaptive behaviour can be assessed in all adults with intellectual disability (and especially in those with dementia) and overcomes many of the problems mentioned above regarding the use of cognitive based measures.

The authors with the analysis of consecutive adaptive data developed an informant- based clinical screening tool for dementia in Alzheimer’s disease in adults with Down syndrome. The Adaptive Behaviour Dementia Questionnaire (ABDQ) is a 15-item questionnaire, derived from the AAMD Adaptive Behavior Scale (Nihira et al, 1974*) which is used to detect change in adaptive behaviour. The ABDQ has good reliability and validity, with an overall accuracy of 92%. Unlike other tests which can only determine the presence of dementia, the ABDQ has been developed to specifically to screen for dementia in Alzheimer’s disease.


INSTRUCTIONS FOR COMPLETING THE ABDQ

To be completed by:-

i) interview with caregiver who is familiar over many years with the observed person

ii) an interviewer who has experience working with adults with intellectual disability

The questionnaire sets out to collect information on how the observed person compares now to their previous normal (usual) level of social functioning. By “normal” we mean when the person was in good health and BEFORE the onset of any recent problems suggestive of dementia. The term “normal” is used in each question.

Interviewers can use the client’s name to make the questions more personal.

If never been able to perform question mark as “same as normal”.

The ABDQ is designed to detect CHANGE in clinical status over time.
THE ADAPTIVE BEHAVIOUR DEMENTIA QUESTIONNAIRE (ABDQ)

Name: __________________________________________ Date of Birth: __________

Carer interviewed: __________________________________________________________

Completed by: ______________________________________ Date completed: __________

Please answer ALL questions by simply underlining the answer which you think most closely applies to the question. Please read instructions on how to complete ABDQ before filling in questionnaire.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are they able to dress themselves?</td>
<td>Better than normal</td>
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<td></td>
<td>Same as normal</td>
</tr>
<tr>
<td></td>
<td>Worse than normal</td>
</tr>
<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
<tr>
<td>2. Can they use their hands to do things?</td>
<td>Better than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
</tr>
<tr>
<td></td>
<td>Worse than normal</td>
</tr>
<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
<tr>
<td>3. Is their ability to buy things?</td>
<td>Better than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Worse than normal</td>
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<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
<tr>
<td>4. Are they able to have a conversation?</td>
<td>Better than normal</td>
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<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Worse than normal</td>
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<td></td>
<td>Much worse than normal</td>
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<tr>
<td>5. Is their awareness of time?</td>
<td>Better than normal</td>
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<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Worse than normal</td>
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<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
<tr>
<td>6. Do they help to prepare food?</td>
<td>More than normal</td>
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<tr>
<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Less than normal</td>
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<tr>
<td></td>
<td>Much less than normal</td>
</tr>
<tr>
<td>7. Do they help to clear the table?</td>
<td>More than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Less than normal</td>
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<tr>
<td></td>
<td>Much less than normal</td>
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<tr>
<td>8. Are they able to perform simple jobs?</td>
<td>Better than normal</td>
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<td></td>
<td>Same as normal</td>
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<td></td>
<td>Worse than normal</td>
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<td>Much worse than normal</td>
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<td>Same as normal</td>
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<td></td>
<td>Less than normal</td>
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<td></td>
<td>Much less than normal</td>
</tr>
<tr>
<td>10. Is their ability to persist in doing things?</td>
<td>Better than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
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<td></td>
<td>Worse than normal</td>
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<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
<tr>
<td>11. Can they take care of their belongings?</td>
<td>Better than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Worse than normal</td>
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<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
<tr>
<td>12. Do they cooperate with requests?</td>
<td>More than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Less than normal</td>
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<tr>
<td></td>
<td>Much less than normal</td>
</tr>
<tr>
<td>13. Do they carry out simple commands?</td>
<td>Better than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Worse than normal</td>
</tr>
<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
<tr>
<td>14. Do they participate in group activities?</td>
<td>More than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
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<tr>
<td></td>
<td>Less than normal</td>
</tr>
<tr>
<td></td>
<td>Much less than normal</td>
</tr>
<tr>
<td>15. Is their ability to do</td>
<td>Better than normal</td>
</tr>
<tr>
<td></td>
<td>Same as normal</td>
</tr>
<tr>
<td></td>
<td>Worse than normal</td>
</tr>
<tr>
<td></td>
<td>Much worse than normal</td>
</tr>
</tbody>
</table>
See ABDQ SCORING SHEET to score answers

ABDQ SCORING SHEET

<table>
<thead>
<tr>
<th>Scoring:--</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better than normal</td>
</tr>
<tr>
<td>Same as normal</td>
</tr>
<tr>
<td>Worse/less than normal</td>
</tr>
<tr>
<td>Much worse/less than normal</td>
</tr>
</tbody>
</table>

A

(A= Sum of scores for questions 1,3,4,6,10,11,14,15)

B

(B= 3 multiplied by [Sum of scores for questions 12 & 13])

C

(C= 4 multiplied by [Sum of scores for questions 2,5,8])

D

(D=5 multiplied by score for question 9)

E

(E= 6 multiplied by score for question 7)

TOTAL SCORE

(TOTAL SCORE= A+B+C+D+E)

DEMENTIA IN ALZHEIMER'S DISEASE PRESENT

(Yes if Total Score is 78 or more)

YES  NO

SEVERITY OF DEMENTIA

MILD  MODERATE  SEVERE

(Total Score is 78-89 = mild; 90-99 = moderate; 100 or more=severe)

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Appendix 9 – Referral form for adult LD team

We accept referrals for people who meet all of the three eligibility criteria below and unable to access mainstream service:

- are 18 years or older
- have a learning disability **
  - (If in doubt please use LD Screening Tool)
- have a health need
  - (such as mental illness, behavioral problems, sensory disability, physical, eating & drinking difficulties, etc.)

Have you considered referral to generic service? YES / NO

<table>
<thead>
<tr>
<th>Date of Referral:</th>
<th>NHS No:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Surname of person being referred</th>
<th>Forename(s)</th>
<th>DOB</th>
<th>M/F</th>
<th>Care First No/MARACIS No</th>
<th>MHA Status (if applicable)</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Ethnic Origin</th>
<th>Religion</th>
<th>Marital Status</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
</tr>
</tbody>
</table>

Next of Kin and Main Carer (if this is different from next of kin):

<table>
<thead>
<tr>
<th>Surname</th>
<th>Forename(s):</th>
<th>DOB/Age</th>
<th>M/F</th>
<th>Relationship to Person Being Referred</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Main Address:

<table>
<thead>
<tr>
<th>Does the Person Live Alone:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

If no, who do they live with:

Risk factors for visiting:

Are you aware if the person ever suffered from any form of abuse? (physical, sexual, Neglect psychological, financial, Discriminatory Institutional)

Next of Kin and Main Carer (if this is different from next of kin):

<table>
<thead>
<tr>
<th>Post code:</th>
<th>Tel No:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Is person aware of referral: Yes No

Is person able to give consent: Yes

Has the person consented? Yes No

If no, has the carer given their view? Yes

Preferred Language/Communication Method:

Interpreter Required? Yes No

Is this referral urgent? (i.e. needs to be seen within 48 hours) Yes No

If yes please state type of abuse and date this occurred

YES No

☐ Yes ☐ No
<table>
<thead>
<tr>
<th>Surname</th>
<th>Forename(s):</th>
<th>Relationship to Person Being Referred</th>
<th>Address if Different from above</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

**Is the Person subject to a Mental Health Act Section or Deprivation of Liberty Safeguarding:**

- [ ] Yes
- [ ] No

If yes, please give detail:

**Other Professionals/Agencies Involved:**

**Is GP aware of referral?**

- [ ] Yes
- [ ] No

**GP (Name & Address):**

**Tel:**

**Others Involved:** (i.e. Relatives/Carers/Friends/Professionals not already named on previous page)

**Reason for Referral:**

**Referrer:**

- **Name:**
- **Relationship:**
- **Address:**

**Postcode:**

**Tel:**

**Signature of Referrer:**

- **Signed:**
- **Date:**

**Date Referral Received:**

- **Checked by:**
- **Date:**
List of contributors

Dr. Mary Small  Consultant community paediatrician
Dr. Christo Benite  Consultant community paediatrician, LPT
Dr. Andrew Currie  Consultant neonatologist, UHL
Dr. Michael Browning  Consultant paediatric immunologist, UHL
Dr. Frances Bu’Lock  Consultant paediatric cardiologist, UHL
Dr. Rohit Gumber  Consultant in learning disability psychiatry, LPT
Dr. Savitha Shenoy  Consultant paediatric endocrinologist, UHL
Ms. Helen Ulyett  Antenatal and new-born screening co-ordinator, UHL
Ms. Gillian Hardy  Health visitor for children with additional needs, LPT
Ms. Louise Yarker  Health visitor for children with additional needs, LPT
Ms. Bronwen Dowdeswell  Early years Sen inclusion service, Leicester council
Ms. Julia Bolton  Family service manager, LPT
Ms. Dawn Kimberley  Occupational therapist, LPT
Ms. Jessica Bleackley  Speech and language therapist, LPT
Ms. Karen Hayden  Speech and language therapist (Dysphagia), LPT
Ms. Wendy Packwood  Speech and language therapist, LPT
Ms. Teresa Blackman  Parent representative
Ms. Kamaljit Gill  Health visiting and school nursing, LPT
Ms. Teresa Norris  Senior community matron, CAMHS LD, LPT

LPT- Leicestershire partnership NHS trust
UHL- University Hospitals Leicester

Combined pathway created June 2016
For more information you can call us on 0116 295 2492 or write to Physiotherapy Service, Bridge Park Plaza, Bridge Park Road, Thurmaston, Leicester, LE4 8PQ
Office hours: Monday to Thursday 8.30am – 5.30pm, Friday 8.30 – 4.00pm

Contact us if you would like this document in one of the following formats:
• In large print size 18 or 24 point font
• Spoken word, printed or as a computer file

If you require help understanding the contents of this document because it is written in English contact 0116 295 4743.

Date of publication: December 2010. Leaflet reviewed date: March 2016. AUL
www.leicspart.nhs.uk

Leicestershire Partnership

Physiotherapy Advice for Down’s Syndrome

Local advice and information for parents of children with Down’s syndrome

www.leicspart.nhs.uk
Will my child need physiotherapy?

Most children with Down’s syndrome have delayed motor development. They will usually achieve their motor milestones (e.g. rolling over, sitting, walking) but will do so at a slower pace. Therefore physiotherapy intervention is not usually necessary.

Some children with Down’s syndrome may have greater difficulties with motor development and physiotherapy may be needed.

Physiotherapy may be needed if your child:

- is not able to hold their head up on their own at 8 months
- is unable to sit on the floor on their own with no support at 18 months
- won’t take weight through their legs when placed in a standing position up against the sofa by the age of 2 years
- Is not walking on their own by the age of 4 years (or by the time they start school).
- has additional problems with their spine that affect the way they lie, sit or move
- has additional problems with their heart that makes them extra tired or extra floppy.
- is extremely floppy and not moving around much when up against gravity.
- has other difficulties e.g. an additional diagnosis of another condition that has an impact on their movement

If you are worried about any of these issues and would like to know if a physiotherapy referral is needed, please discuss this with your GP or Paediatrician who will advise you.

How can I help my child?

For activities to promote your child’s motor and overall development see the Down’s Syndrome Association ‘New Parents Guide’ which your Family Health Visitor or Specialist Health Visitor has given to you (see pages 10-12 in particular). Ask your health visitor for opportunities in your local areas e.g. groups to attend.

Once your child is walking continue to encourage them to build up strength and stamina through daily activity that is meaningful, functional, fun and age appropriate.

Encourage your child to participate in suitable sports and leisure activities at their own level. If you have any concerns about your child participating safely in certain activities discuss this with your Paediatrician who knows the medical needs of your child and can advise you accordingly. Promoting activity should continue throughout your child’s life into adulthood.

Will my child need special equipment?

Usually children with Down’s syndrome do not need special equipment but they may need specialist footwear.

When your child begins to stand they may adopt an unusual foot position (usually the feet roll inwards.) This may be helped with special boots or insoles provided by the Orthotic department. Ask your GP or Community Paediatrician to refer you directly to the Orthotic department where the foot position of your child will be assessed and appropriate support for your child’s feet will be provided if necessary.

Once your child has received specialist boots or insoles you can contact the Orthotic department directly for follow-up appointments.
Children's Occupational Therapy Services

Patient information leaflet

Bridge Park Plaza
Bridge Park Road
Thurmaston
Leicester LE4 8PQ

Telephone: 0116 295 2495
Monday - Thursday 8am - 5pm
Friday 8am - 4.30pm

Email: feedback@leicspart.nhs.uk
Website: www.leicspart.nhs.uk
What is Occupational Therapy?
The Children's Occupational Therapy Team help children who have difficulty in participating in everyday activities to live more productive and enjoyable lives. We can help your child to become more independent in the things they need and want to do, including:

- getting dressed
- cleaning their teeth
- toileting and washing
- play
- school
- leisure activities (sports, games, hobbies, social life).

How do we work?
We work with children aged 0 - 19 years who have difficulty with participating in everyday activities due to a physical disability or medical condition.

Together with parents and other professionals, we help children to achieve their full potential by:

- Assessing your child's strengths and needs.
- Encouraging activities which will develop your child's skills.
- Removing environmental barriers to your child's participation wherever possible.
- Reducing the impact of your child's illness or disability and building on their strengths.
- Signposting you to other agencies who can help.

Who can refer?
We accept referrals from any professional who knows your child including GP, school, SENCO and other health professionals.

What we do
We work with children and their families/carers in clinics, home or school as appropriate.

We provide assessment and intervention to develop your child's self care and independence skills, fine motor skills, visual perceptual skills and ability to play and participate in community activities. We achieve this by:

- Offering information and advice about how you can help develop your child's abilities.
- Offering group or individual treatment sessions.
- Providing (or giving advice on) aids and equipment that will help your child with their everyday living skills.
The appointment

An initial assessment and appointment usually lasts approximately one hour. A map of the venue will be sent with your appointment letter.

On your first visit please bring any information e.g. letters or reports you have about help that your child is currently receiving from school or other services, any questionnaires you have been sent to complete and your child's Personal Child Health Record (red book).

We will make every effort to keep our child's appointment time. However, it is very difficult to know in advance exactly how long each appointment or home visit will take as each child's needs are different.

Interpreters/accessibility

Interpreters (including British Sign Language) are available to attend visits. If you need an interpreter or have any other questions about the service or accessing facilities (such as wheelchair access) please telephone the number on the front of this leaflet before your appointment so that we can arrange this for you.

How often to attend?

Following your initial appointment we may provide you with advice or refer you to another service. If regular sessions with an occupational therapist are needed, a therapy plan of the number of sessions required and dates will be agreed between you and your therapist. The venue may be different to that of your first appointment depending on your child's needs. If you are unable to attend please contact us (number on the front of this leaflet) in good time, so that we are able to offer your appointment to someone else.

Quality

All our occupational therapists are registered with the Health Professions Council (HPC) as the national regulatory body and the service has links with the College of Occupational Therapy.

Our therapists maintain (and keep ahead of) local and national initiatives to ensure quality is being achieved with children and families within Leicester, Leicestershire and Rutland. All occupational therapy staff have enhanced Criminal Record Bureau clearance (CRB).