

# Postural Care: CPD Opportunities

This leaflet has been created to highlight and raise awareness of the various resources available to support health and social care practitioners in addressing postural care needs.

## Why does Postural Care matter?

Postural changes can have wide ranging impacts on the individual and the level of support they are needing. Postural changes can also be linked with pressure injuries. It is important the entire 24-hour time frame is carefully considered for an individual.

### Meeting broad & complex needs

**NHS England's Enhanced health in care homes framework (EHCH) states:**

- care delivered will differ for each person and delivering holistic care requires strong clinical leadership and an appropriate MDT skill mix
- alongside the MDT, the wider primary, community and secondary care services adopt best practice in addressing the specific needs for the person receiving care

[england.nhs.uk/long-read/providing-proactive-care-for-people-living-in-care-homes-enhanced-health-in-care-homes-framework/](https://england.nhs.uk/long-read/providing-proactive-care-for-people-living-in-care-homes-enhanced-health-in-care-homes-framework/)

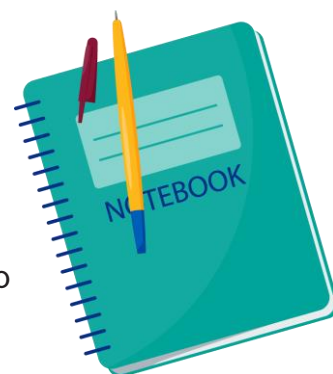
It is hoped in sharing these resources, that the needs of older adults living in residential care can be carefully and consistently met with evidence-based, person-centered collaborative care.

## Utilising Continuing Professional Development opportunities

**Opportunities exist across a range of providers**

Use personal reflection and resources within your professional body to help guide you through a purposeful learning cycle. A range of resources are listed overleaf that you may find helpful to consider further.

This list is not exhaustive nor an endorsement of those products or organisations.



# Webinars & Resources produced by manufacturers:

## Accora

- [accora.care/webinars](https://accora.care/webinars)
- Upcoming and previous webinars available
- Face to face opportunities (both requested or to book)

## BES Healthcare

- [beshealthcare.net/downloads/](https://beshealthcare.net/downloads/)
- [hiaus.net.au/knowledge-hub/](https://hiaus.net.au/knowledge-hub/)
- Blogs and articles

## Careflex

- [careflex.co.uk/info-centre/](https://careflex.co.uk/info-centre/)
- Resources, study days, training and webinars

## OSKA

- [oska.uk.com/peers-under-pressure-webinars/](https://oska.uk.com/peers-under-pressure-webinars/)
- Webinars, case studies and blogs

## Pressure Care Management

- [pressurecaremanagement.co.uk/videos/](https://pressurecaremanagement.co.uk/videos/)
- Video guides online
- Face to face demonstrations and study days – contact direct to enquire

## Repose

- [frontier-group.co.uk/repose-works](https://frontier-group.co.uk/repose-works)
- Online resources and blogs

## Seating Matters

- [seatingmatters.com/learn](https://seatingmatters.com/learn)
- Blogs, online academy, handbook

## Symmetrikit

- [symmetrikit.com/education.html](https://symmetrikit.com/education.html)
- 6 module course
- Face to face demonstrations

**NRS Equipment Service** have some product guides online under 'Documents,' including a guide about core stock positioning cushions.

**NRS also facilitates practical sessions & opportunities to see demonstrations:**

- Accora Seating
- Tiltrite Seating (Symmetrikit)
- Chair Raisers
- Different sling types
- Specialist shower chairs
- Wendylett Sheets
- Turning Systems



## Palm Protector Equipment

There are various types of palm protector equipment for supporting with postural changes to the hand, some are available via NRS equipment service in Berkshire, or the special equipment request process, others may be available through prescription via their GP depending on local funding agreements. Below are resources some commonly used suppliers have made available:

### Roylan Palm Protectors

- [performancehealth.co.uk/rolyan-palm-protector#](https://performancehealth.co.uk/rolyan-palm-protector#)
- [performancehealthacademy.com](https://performancehealthacademy.com)

### Medoris Palm Protectors

- [medoriscare.com/pages/download-brochures](https://medoriscare.com/pages/download-brochures)

### Dermis Plus

- [frontier-group.co.uk/product/dermisplus-gel-pads](https://frontier-group.co.uk/product/dermisplus-gel-pads)
- Product information and various resources

### Gel Ovations

- [gelovationseurope.com/pressure-care/](https://gelovationseurope.com/pressure-care/)
- Various resources

**The NRS Website has details about the special equipment process and the relevant forms within the 'Documents' section.**

**NEXUS** clinical equipment page can be mentioned as another source of info for specials orders

Contact us to request a **hand contracture information pack**

Email [carehomesupport@berkshire.nhs.uk](mailto:carehomesupport@berkshire.nhs.uk)

## Case Studies

Discussing case studies within your team to share learning can be a great opportunity.

## Literature Searches

Literature searches may support your evidence-based practice:

- Via your professional body journal access
- Libraries (national, local or university alumni)
- Open Athens Software (where provided by certain employers)
- Google Scholar [scholar.google.com](https://scholar.google.com)



## National 24-hour Postural Management Special Interest Group Meetings

Virtual meetings held quarterly, attended by therapists from around the country, discussing various topics and sharing CPD relating to postural care. Email us to request to join

[lynda.pearce@ouh.nhs.uk](mailto:lynda.pearce@ouh.nhs.uk) or [rebecca.oakes@ouh.nhs.uk](mailto:rebecca.oakes@ouh.nhs.uk)

# Formal training opportunities

## Oxford Centre for Enablement (OCE):

[ouh.nhs.uk/oce/education/](http://ouh.nhs.uk/oce/education/)

### Posture Management for Adults and Children with Complex Disabilities

- 4-day course, cost £500
- Suitable for all levels of practitioner

### Postgraduate Certificate Course: Posture Management for People with Complex Disabilities

- 9-month duration, cost £2,500
- Post-graduate (level 7 study)



## Royal College of Occupational Therapy

Membership of the RCOT now includes CPDMe membership, providing both a format for recording your CPD but also a variety of webinars.

## Shadowing

As part of your learning cycles, you may wish to consider shadowing other health professionals with links to postural care, for example District Nurses, Tissue Viability Nurses, the Care Home Support Team, local authority Occupational Therapists, Community Physiotherapists, Wheelchair Services etc.



This information was compiled by the Berkshire Care Home Support Team October 2024.



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[berkshirehealthcare.nhs.uk/care-home-support-team/](http://berkshirehealthcare.nhs.uk/care-home-support-team/)