



# Implementation of the „International Classification of Functionality (ICF)“- concept at the participation level through the example of multidisciplinary promotion of skiing for children diagnosed with cerebral palsy

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## Introduction

The „Centre of Developmental Advancement and Paediatric Neurorehabilitation“ is a neuropaediatric competence centre for children and adolescents diagnosed with acquired and innate brain damage and is endowed with a complex and extensive range of services. In 2007 ICF was introduced successfully (q.v. poster EACD 2007).

ICF is a standardised and efficient **tool for both internal and external collaboration and communication**. In the foreground stands the **bio-psycho-social concept** which captures the patient holistically. Thereby, a handicap is understood as depending on its context. Bodily functions, body structures, activity and participation are components of the operational ability of a human being.

**Participation** describes the fact that one is included in a life situation. Limitations in the area of participation constitute a considerable part of a handicap. Finally, it is essential whether or not a diseased or injured person participates in everyday life within his or her means and not if this person could do this in principle. Participation plays a vital role in therapeutic work as the execution of activities in everyday life, in school and in leisure time is crucial for both therapeutic success and quality of life.

## Background

**Sports activities** constitute complex actions through which numerous corporal (e.g. coordination, balance), mental (e.g. spatial perception) and emotional abilities are being encouraged.

A team of **multi disciplinary therapists** should also incorporate patients' leisure time activities and, by means of this, **promote positive developments at the participation level**.



Abb. 3: 5 year old child with cerebral palsy is learning skiing. The yellow bows are there for visual- spatial orientation.

## Results

Skiing as a complex leisure time activity highlights the importance of multi disciplinary collaboration.

**The multi disciplinary collaboration warrants an optimal furtherance of the child and its family.**

Through the offer of the multi disciplinary team at the Z.E.N., children diagnosed with CP are enabled to go skiing.

First positive experiences with the realisation of such multi disciplinary skiing days have been gained.



Abb 1.: The person accompanying is steering the „Dualski“ by means of the roll and push bar.

## Summary

Through its common language in order to describe functional health, the **ICF** constitutes an important and efficient auxiliary mean.

The patient's **participation** is documented extensively and correspondingly is included in treatment. Skiing with children diagnosed with CP is used as an example for the successful furtherance of recreational activities through therapeutic work.

In order to achieve an optimal furtherance of the patient, each individual occupational group can bring in their expert skills (**evidence based factors**) as well as skills overlapping with other occupational groups (**experience based factors**), which often and eventually, are vital for a success.



Abb. 2: „Bi-Unique“ is another equipment for sitting skiing.

## Aims

- Furtherance of the child and its family in the area of participation through the example of skiing
- Enabling children diagnosed with CP to go skiing as a leisure time activity
- Client centred collaboration in the multi disciplinary team of therapists

## Offers at the Z.E.N.

**The multi disciplinary team (doctors, occupational therapists, physiotherapists, orthopaedic technicians, leader of handicapped sports, amongst others)** offers several accompanied skiing days per season for children diagnosed with CP who are being treated at the Z.E.N.. In order to improve a child's integration into regular school there is the possibility to accompany a child to ski camp and support it accordingly.

**It is our aim to create an adequate starting position in order to integrate the child into the leisure time activity of skiing.** Individual needs and premises are accounted for and are included and optimised in the realisation of the skiing days.

## Methods

- **Multi disciplinary collaboration** in acquisition of the child's possibilities and difficulties in the complex leisure time activity of skiing via ICF
- Case related exact arrangement of the functions and roles of several occupational groups within the multi disciplinary team
- **Multi disciplinary evaluation and documentation** of results, individual progress and consequences on participation in the area of recreational activities after the realisation of the skiing days via ICF, inter disciplinary interviews and parent-patient-questionnaires
- Organisation of skiing days through Z.E.N., realisation through the multi disciplinary team of therapists under inclusion of the families
- **Preparative work on patients' required functions** within the corresponding areas of expertise (occupational therapy and physiotherapy)
- **Optimisation of auxiliary means and compensation strategies**
- **Consulting families**, transferring tips and making contact with suitable providers in the area of skiing sport

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