



The Adult
Cerebral Palsy
Movement

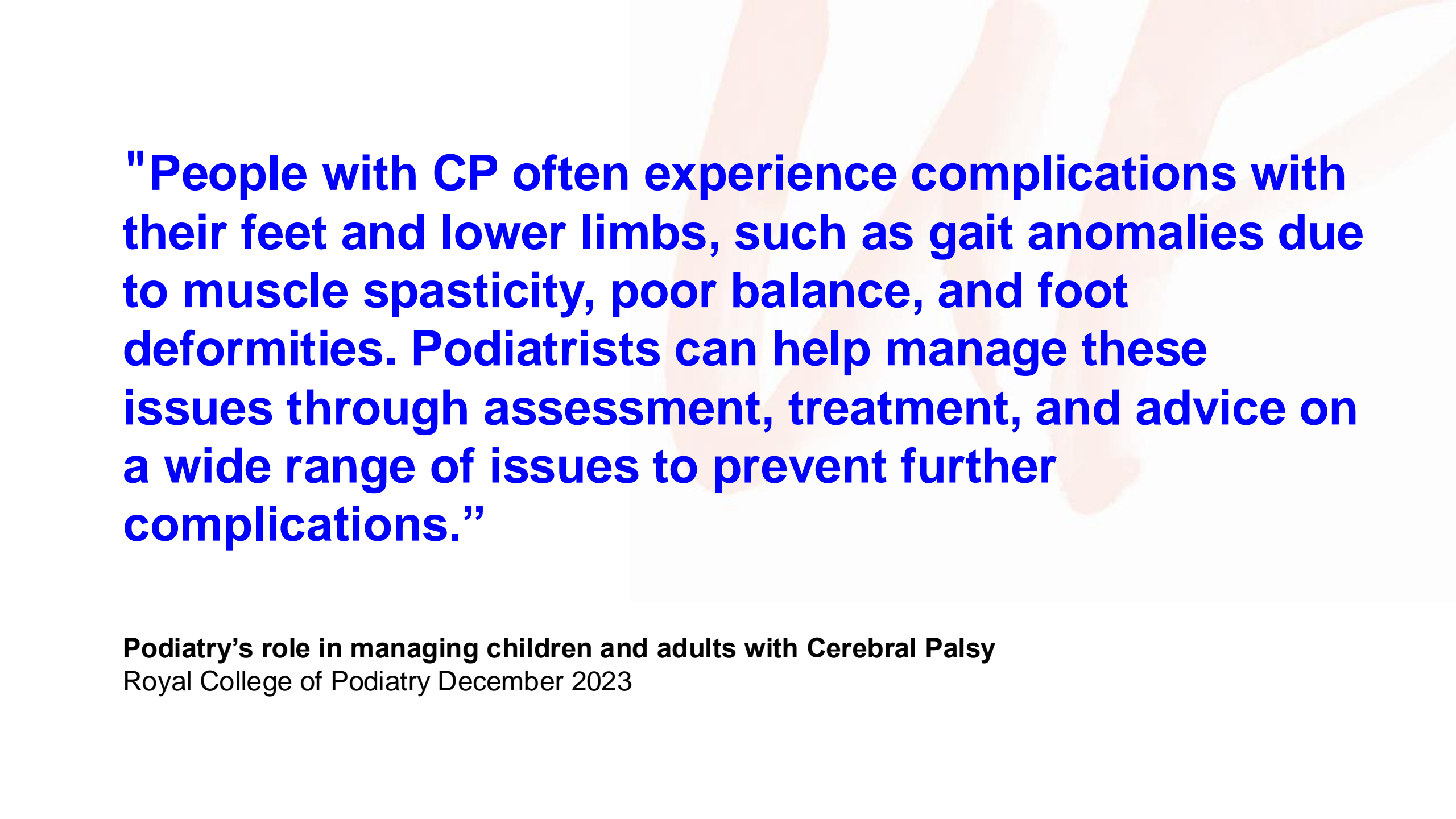
Podiatry's role in the lifelong management of individuals with Cerebral Palsy

Emma Livingstone
Co-Founder and CEO

A presentation to the Royal College of Podiatry Conference - November 2024

Cerebral Palsy is lifelong



The background of the slide features a soft, semi-transparent image of several feet, likely belonging to children, in various positions as if walking or standing. The feet are rendered in a light, peachy-orange hue, creating a gentle, supportive atmosphere.

"People with CP often experience complications with their feet and lower limbs, such as gait anomalies due to muscle spasticity, poor balance, and foot deformities. Podiatrists can help manage these issues through assessment, treatment, and advice on a wide range of issues to prevent further complications."

Podiatry's role in managing children and adults with Cerebral Palsy
Royal College of Podiatry December 2023

A faded, light-colored image of a hand is visible in the background, positioned behind the main text. The hand appears to be reaching out or holding something, with the fingers slightly curled.

"While CP is most commonly diagnosed in children, most individuals may continue to experience tissue damage and related complications in adulthood."

Podiatry's role in managing children and adults with Cerebral Palsy
Royal College of Podiatry December 2023

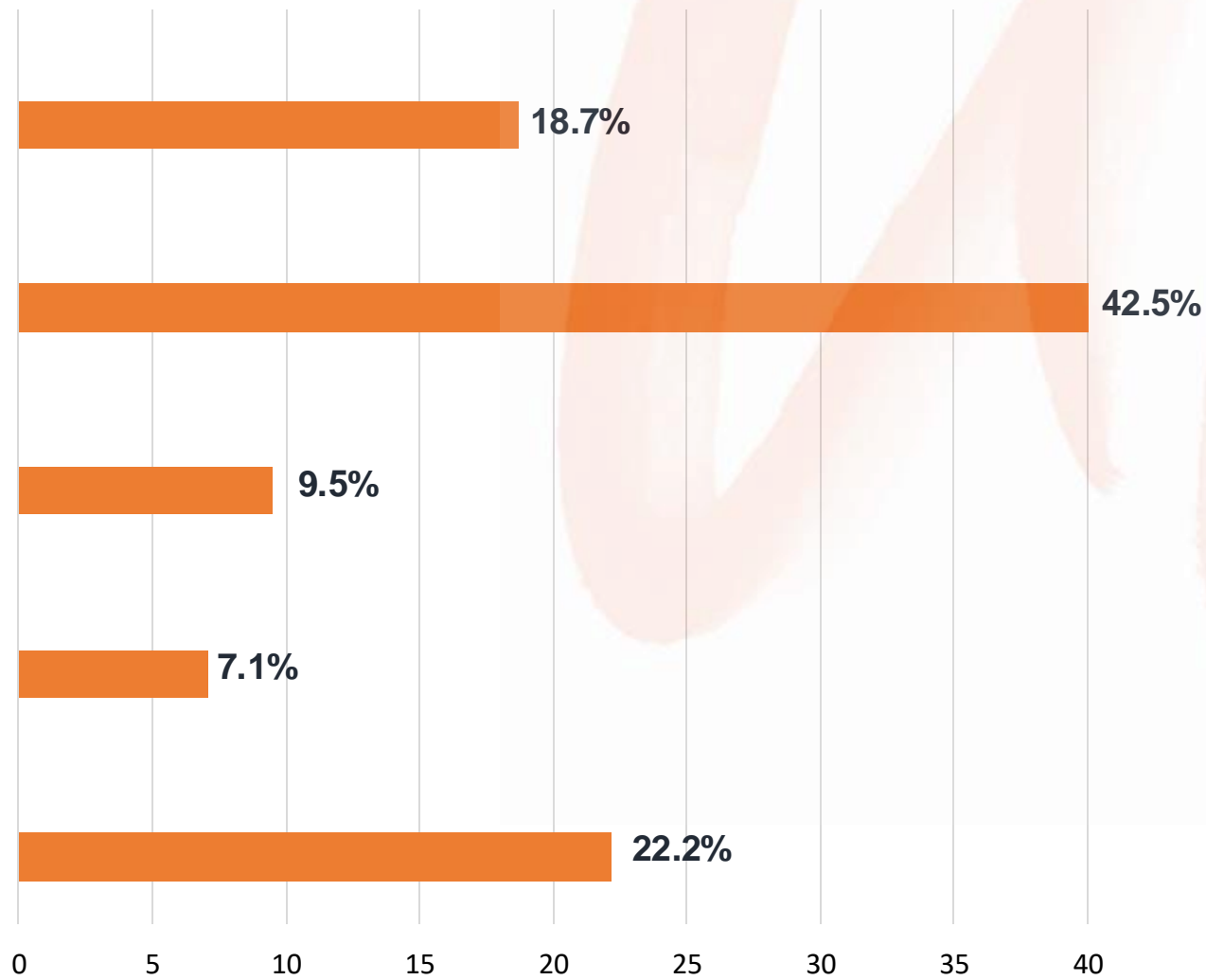
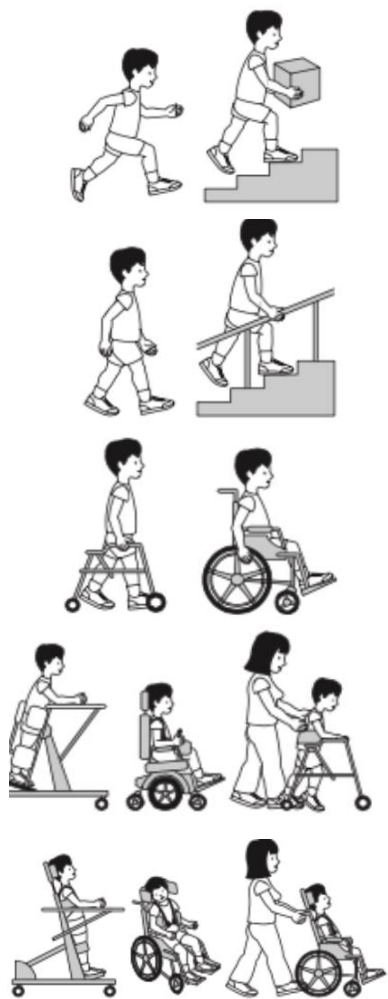
Adults with Cerebral Palsy

A community of 130,000 adults living with CP, the largest group in the UK living with a lifelong condition.

Comparable in size to those with Multiple Sclerosis and Parkinson's Disease, yet without the same resources.

No coordinated, specialist medical care and services fall short of NICE guidelines.

Impact is unnecessary pain, reduced quality of life, avoidable medical problems and increased mental health issues.



The community tell us...

- Nail and skin care
- Tissue integrity
- Pressure areas
- Pain
- Footwear and orthosis
- Problems with mobility



Common podiatric interventions for people with CP

- Pre-fabricated or custom-made orthoses to improve foot function and reduce pressure on specific areas
- Strengthening exercises to maintain muscle function and mobility
- Footwear modifications to accommodate braces, AFOs, or other assistive devices
- Pressure redistribution to improve tissue viability
- Nail and skin care to prevent infections and other complications
- Gait analysis and training to improve walking patterns, avoid and reduce pain and reduce the risk of falls

Podiatry's role in managing children and adults with Cerebral Palsy

Royal College of Podiatry December 2023

My story

- Previous history of clots and need for anticoagulant
- Chilblains, swelling, and dislocation
- No knowledge of the vascular system being compromised
- Warning signs not heeded
- Site of heel sore was not the surgical leg it was the CP affected side but that wasn't considered
- Confusion about who was going to take on management post discharge delayed discharge
- Consequence of having a heel sore meant unable to go on to inpatient rehab and significantly impacted rehabilitation



My story - learnings

- Need for an MDT that has an understanding of cerebral palsy
- Consider impact of intervention on the rest of the body e.g. skin integrity, leg pain, long term crutch use
- Knowledge about cerebral palsy and how it impacts on circulation
- Not everything is because of cerebral palsy, but CP may be having an impact on its presentation
- Need to identify who on the MDT is responsible for management



Systematic follow-up of adults with CP

Body structure

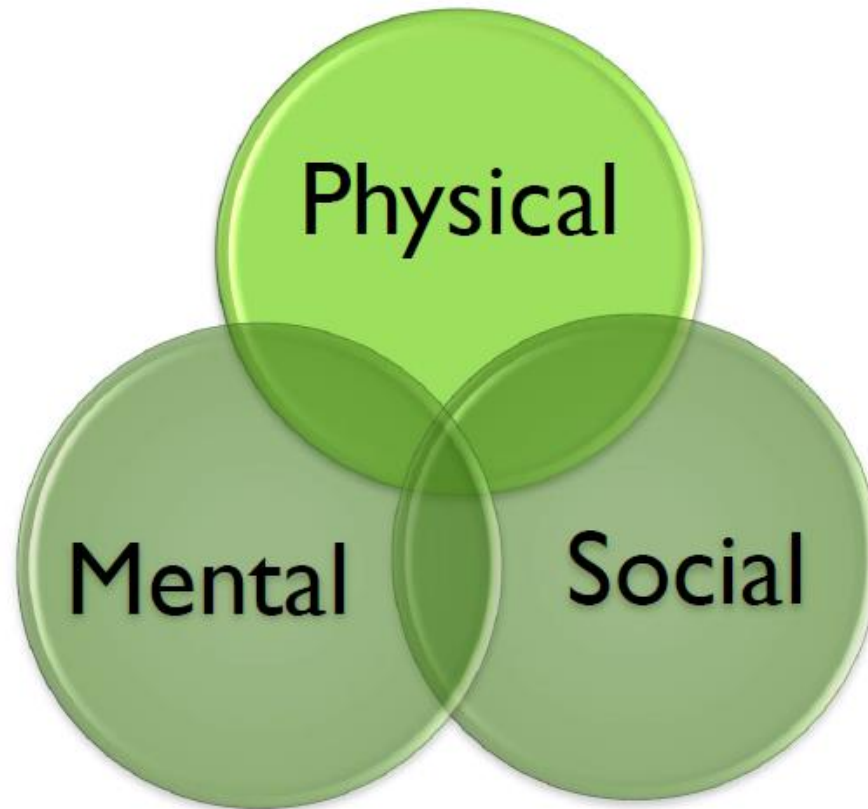
- Spine, hips (x-ray)
- Hand, foot deformities

Body functions

- Pain
- Tone, spasticity
- Joint range of motion
- Physical health
- Nutrition
- Sleep

Mental

- Cognitive abilities
- Executive functions
- Mental health
- Anxiety, depression
- Fatigue



Activities

- Physical activity
- Mobility, move around
- Walk, sit, stand
- Communicate
- Manual ability
- Eat, drink

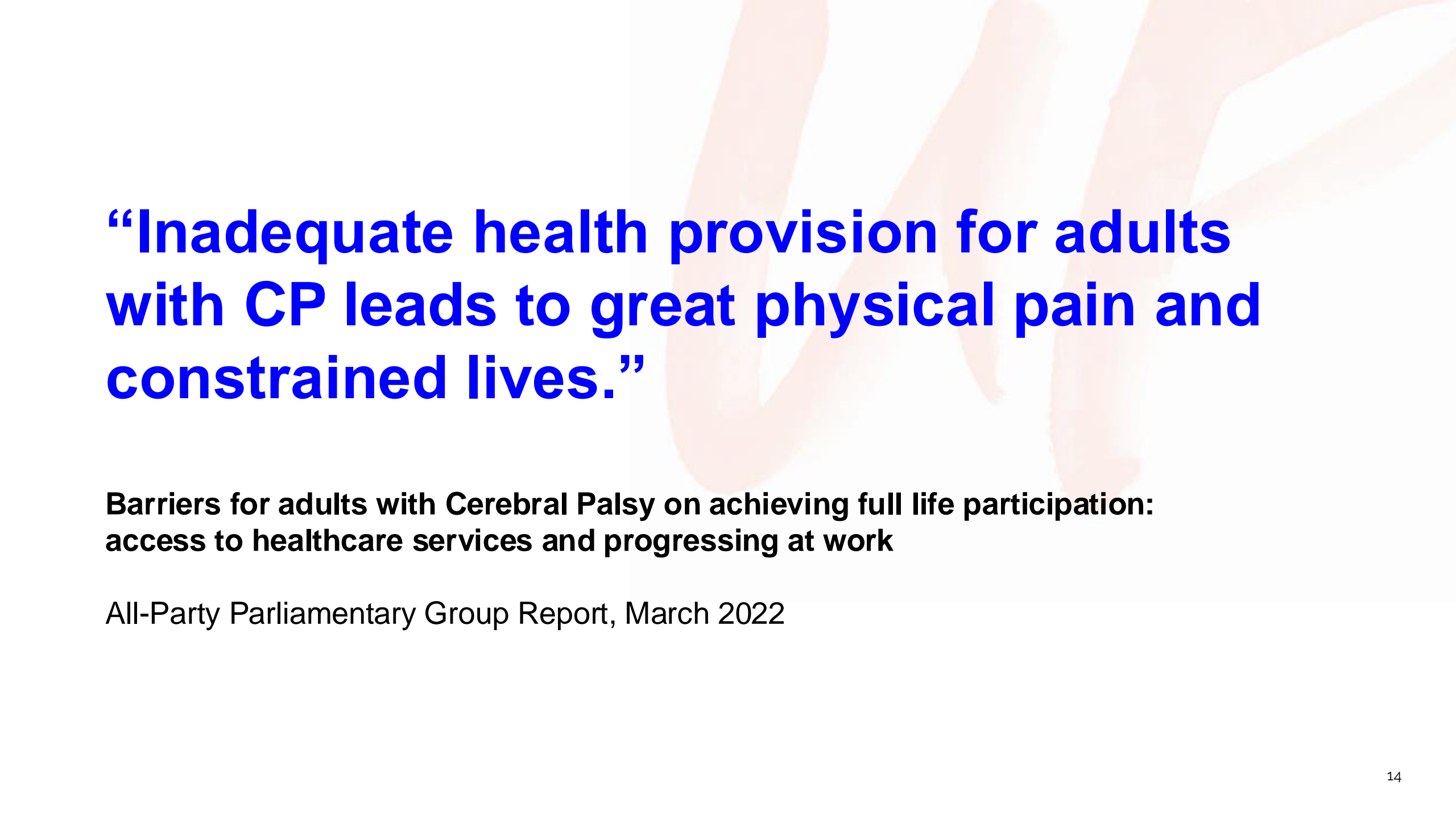
Social

- Family
- Assistance
- Housing
- Occupation
- Fear of falling
- WHODAS



Barriers for adults with Learning Difficulties on achieving full life participation: access to specialist services and progressing at work

Barriers for adults with Learning Difficulties on achieving full life participation: access to specialist services and progressing at work

The background of the slide features a soft, out-of-focus image of several hands in various shades of skin tones, reaching out and holding each other in a supportive gesture. This visual metaphor is positioned behind the main text.

“Inadequate health provision for adults with CP leads to great physical pain and constrained lives.”

**Barriers for adults with Cerebral Palsy on achieving full life participation:
access to healthcare services and progressing at work**

All-Party Parliamentary Group Report, March 2022

The consequences of lack of support



Paul

“Due to stiffness in both my legs and arms, reaching my feet is very difficult, with age my nails have become thick and brittle. When I do reach my toes, I am standing on one leg and the other raised onto the side of the bath. A practise that is unsafe and dangerous. I often cut either my toes or my fingers in the process. (Toes involuntary curling and stiffening so using other hand / fingers to straighten them).”

The consequences of lack of support



Dean

"I've been getting special shoes from the Appliance Department at Victoria Hospital. I've got four pairs, and when something goes wrong, I take them back for repairs. I contact the surgical appliance team myself because they don't regularly check in on me. I haven't had a new pair of shoes in over 10 years. Indoors, I manage without shoes, but I need them to get around outdoors."



The consequences of lack of support



The consequences of lack of support



A complicated care pathway - Who is responsible?

Footwear and Orthosis - Orthotists, Surgical Appliances & Podiatrists

Tissue integrity - Tissue Viability Nurses, District Nurses & Podiatrists



Recognising Cerebral Palsy as a lifelong condition and therefore ...

1. Enabling access to the framework used by GPs to identify individuals with long term conditions and offering annual medical reviews.
2. Implementing systematic reviews leading to specialist neuro rehabilitation pathways for health interventions and for accessing and staying in work.
3. Funding dedicated key professionals to advocate, coordinate and support individuals with CP to live and age well.
4. Investing in recruitment and training to increase specialist knowledge of Cerebral Palsy across health and social care.

Call to Action

1. Recognise Cerebral Palsy as a lifelong condition with people requiring ongoing support
2. Increase the knowledge and education of the podiatrist's role within the MDT for people with Cerebral Palsy
3. Develop clear care pathways to services and support

Thank you.

 @upmovement_cp

 @upmovement_cp

 @upmovementcp

 @upmovementcp