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| **Name:** | Simon\* | | | | **DOB:** | | | 20/03/2011 | | | | | | |
| **Address:** |  | | | | | | | | | | | | | |
| **School:** |  | | | | **Year Group:** | | | | | | Year 4 | | | |
| **Date of accident:** | 08/11/2019 | | | | **History of injury:** | | | | | | Fall at home | | | |
| **Injury/injuries:** | Limbs | | | | Pelvis/ Back | | | | | Head Injury | | | | Other |
| Broken Left Hip | | | | **None** | | | | | None | | | | None |
| **Aftercare:** | | | | | **Plan:** | | | | | | | | | |
| Has a dressing:  Yes No | | Will need to be changed at school: Yes No | | | There is a dressing around the operation site. This will not need to be managed at school. | | | | | | | | | |
| Stitches:  Yes No | | Type: Dissolvable | | | Will not need to be monitored at school | | | | | | | | | |
| **Medication:** | | Simon\* did not leave with any prescription medication. He may require some pain relief at school (e.g. calpol). This can be arranged with parents if required. | | | | | | | | | | | | |
| **Outpatient follow up:** | | Simon\* is under the care of Mr X (Orthopaedic Surgeon) | | | | **Appointment Date:** | | | | | | | Orthopaedic follow up (x-ray and wound check) | |
| **Social:** | | No changes and no additional | | **Emotional:** | | | Simon\* appears to be adapting well to his injury. | | | | | | | |
| **Thinking Skills:** | | No changes | | | | | | | | | | | | |
| **Walking Advice:** | | Unable to put foot on floor | **Walking Aid:** | | | Walking Frame | | | | | | | | |
| **Walking short distances:** | | Walking with close supervision from an adult and a walking aid | **Walking long distances:** | | | Attendent propelled wheelchair | | | | | | | | |
| **Comments:** | | Simon\*’s family are renting a wheelchair for the next 6 weeks. When he is outside or moving long distances inside (e.g. going down the corridor to the bathroom), it is recommended he uses the wheelchair.  When walking with the walking frame Simon\* will need to hop on his right leg. He will need supervision from an adult when doing this. It is very important for Simon\* to maintain his strength in the rest of his body while his left leg is healing. Please encourage walking with the frame where possible indoors. | | | | | | | | | | | | |
| **Transferring:** | | With a walking frame and some assistance | | | **Additional comments:** Simon\* can manage this with very little help from an adult. It is recommended an adult is present to stabilise the walking frame when he is getting up and sitting down. | | | | | | | | | |
| **Stairs:** | | Can go up/down on bottom | | | | | | | | | | | | |
| **Usual transport to/from school:** | | Walks | | | **Will be able to continue to do this:**  Yes No | | | | | | | | | |
| **Eligibility for school transport:** | | N/A | | | **Application completed:**  Yes No | | | | | | | | | |
| **Personal care/toilet:** | | Requires assistance | | | **Additional comments:**  Simon\* will not need lots of physical assistance in the bathroom, but it is recommended that an adult is present to stabilise his frame while he pulls his trousers up/down. The adult does not need to be in the room with Simon\* once he is set up on the toilet. | | | | | | | | | |
| **Recommendations for school:** | | Can return to school fulltime:  Yes No  Phased return over:  3 days | | | **Individual advice:**   * **Uniform adjustment:** it is recommended that Simon\* wears loose tracksuit bottoms rather than school trousers for ease of access to the toilet when at school. Trainers are also recommended for comfort and ease of mobility. * **Mobility in class:** Simon\* will need supervision from an adult and a clear walking pathway when getting around the classroom. * **Busy areas:** It is not advised that Simon\* moves around in busy or crowed areasparticularly on his frame. Please ensure he is in his wheelchair during these times. * **Carrying objects:** Simon\* will require support to carry objects such as his school bag or lunch tray. A buddy system may work to support this. * **Fatigue:** Simon\* will become more easily tired while recovering from his injury. A 3 day phased return is an estimate. Simon\* may require a longer phased return. | | | | | | | | | |
| Lessons moved to ground floor  Hall Pass  Lift Pass  Buddy System | | |
| **Recommendations for return to PE:** | | Not able to participate in PE lessons for:  Will be reviewed in follow up clinic appointments with orthopaedic team. | | | Other:   * Simon\* should be encouraged to participate in activities such as PE and play time; however they will need to be adapted. * Simon\* identified that he could go to the colouring area during play time rather than on the main playground. * Simon\* could do aspects of a PE class in his wheelchair or in standing with close supervision from an adult (example activities: throwing and catching with light objects such as a balloon, throwing beanbags at targets from sitting etc). * It is not recommended he partakes in rough and tumble play or contact sports. | | | | | | | | | |
| **Signed:** | | Eve Kelleher | | | | | | | **Date:** | | | 15/11/19 | | |
| **Key contacts:** | | Eve Kelleher (School Re-integration Facilitator) 07 870 385 743 | | | | | | | | | | | | |
| Consent for fit note to be forwarded directly to SENCO and school nurse | | | | | | | | | | | | | | |