

Children and Adolescent Mental Health Services (CAMHS)

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Introduction

Physiotherapy has an extensive range of approaches for treating mental health conditions including physical activity, intuitive movement, body awareness and relaxation techniques which are all aimed at relieving symptoms and improving quality of life (Probst, 2017).

The evidence shows that promoting and supporting children and young people (CYP) to engage in safe and enjoyable physical activity could prevent and treat a variety of mental health conditions and that physiotherapists are ideally placed to be providers of this (Soundry et al, 2016).

Despite this evidence very little has been developed within children and adolescent mental health services (CAMHS) (Carter et al, 2016). There are now physiotherapists employed in CAMHS within NHS Scotland, however little is known about their role.

Aim

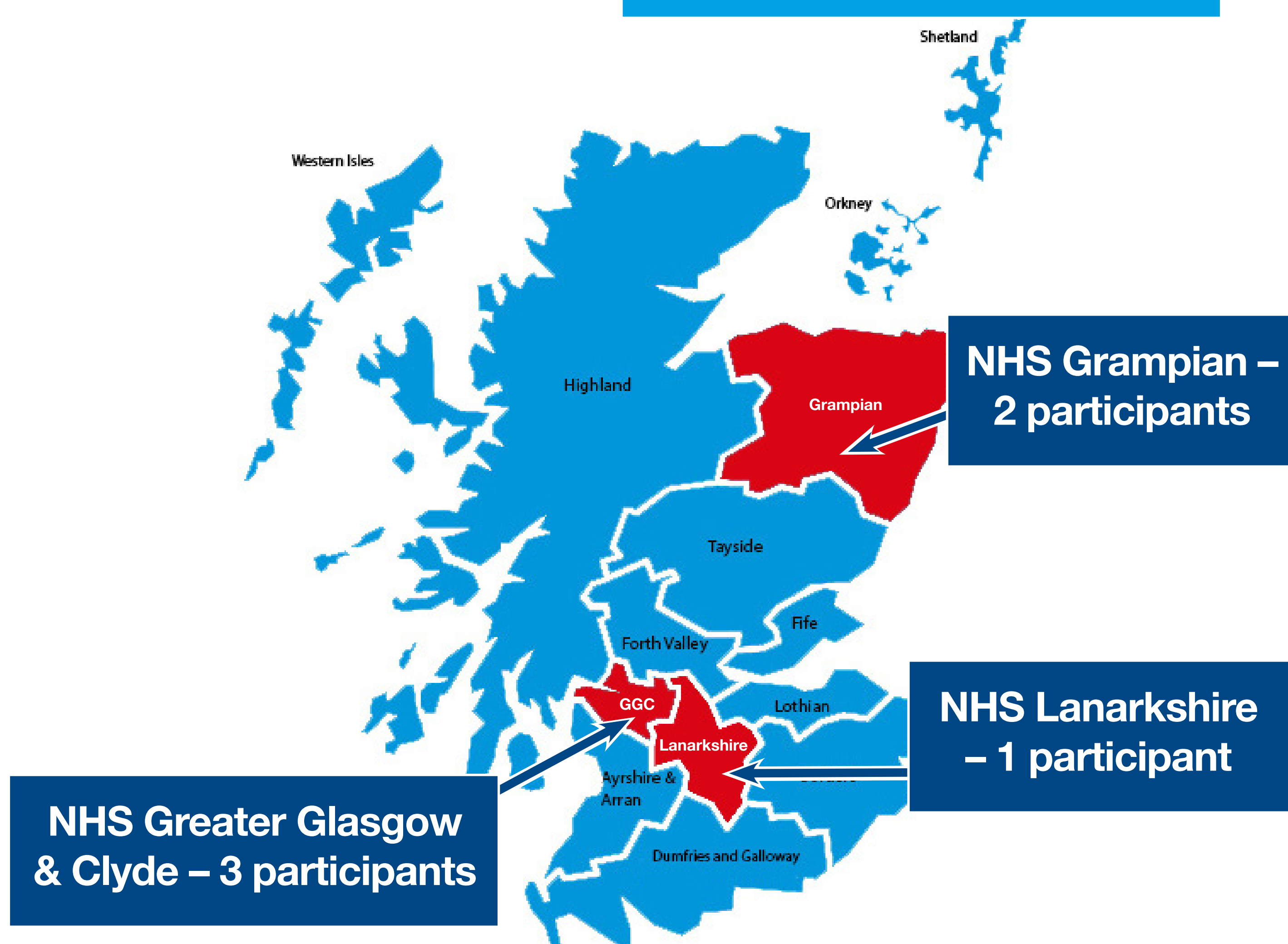
To increase the knowledge and benchmark current physiotherapy-led provision within CAMHS services in NHS Scotland.

Methods

- A questionnaire on Microsoft Forms was compiled with a series of open and closed questions.
- All qualified physiotherapists working within CAMHS in Scotland were invited to provide responses.
- The questionnaire was designed to gather basic benchmarking data on physiotherapy led services.
- Descriptive data was collected including areas covered in CAMHS and opinions around support and confidence in roles.

Results

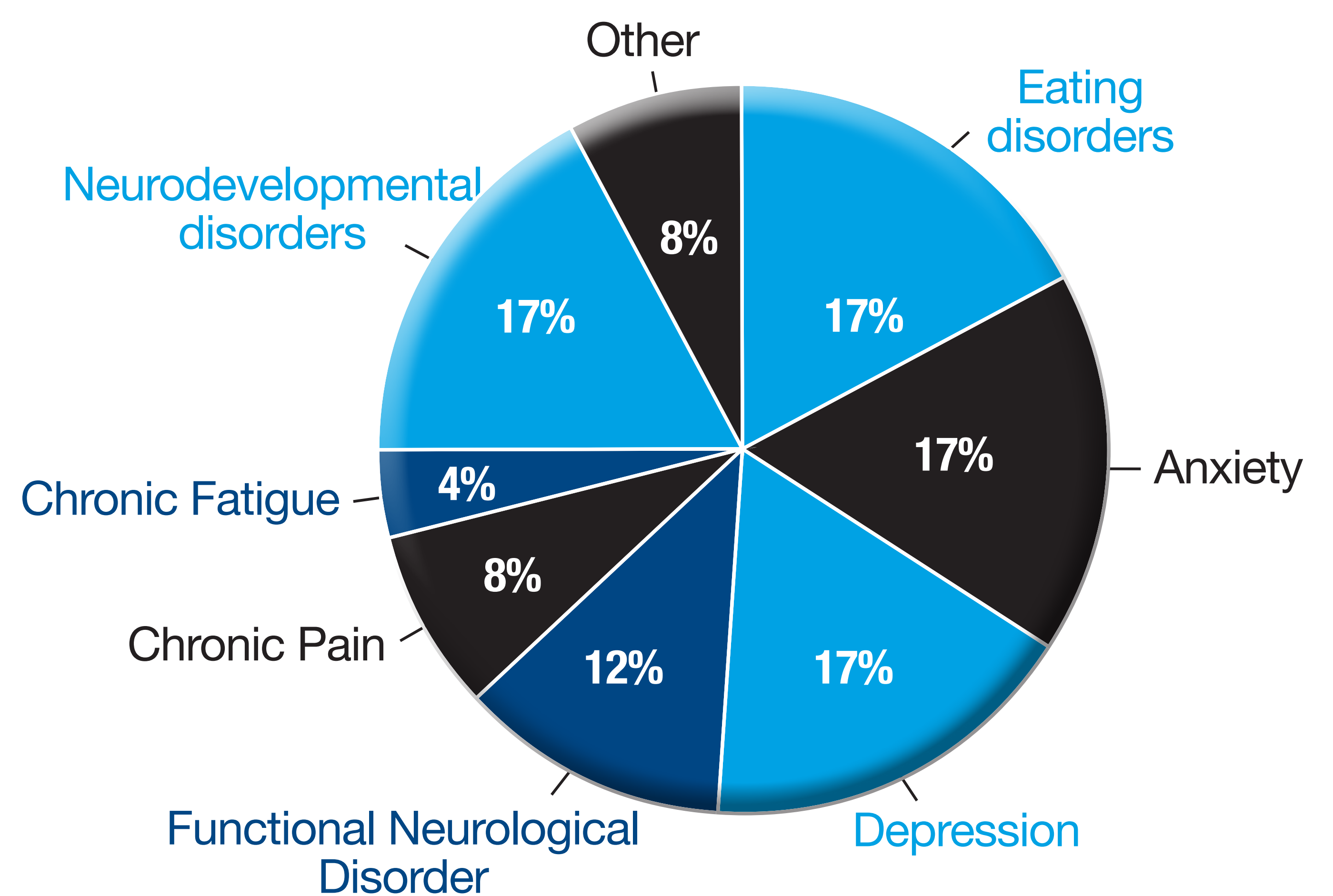
Geographical Demographics



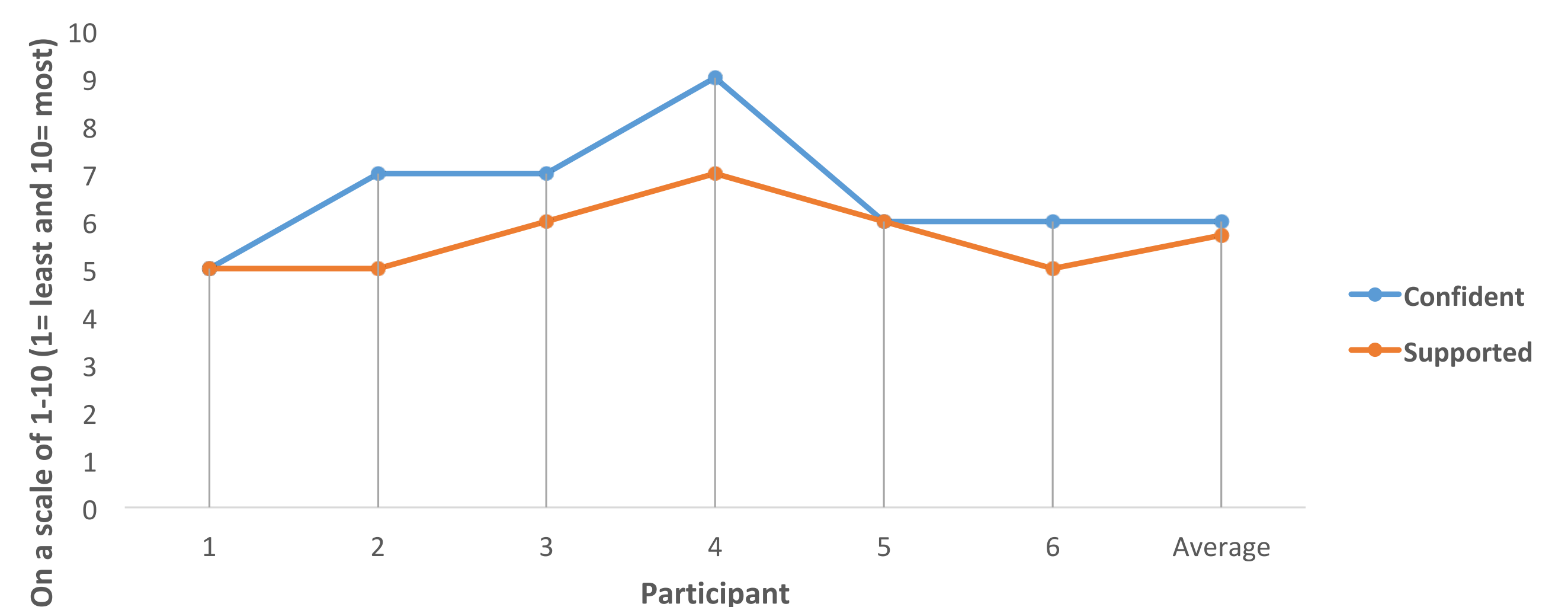
Employment demographics of participants – 3.18WTE

Participants	Area of work
P1	Tier 4 Outpatients
P2	Tier 4 Inpatients
P3	Tier 3 Outpatients
P4	Tier 4 Inpatients
P5	Tier 3 Outpatients
P6	Tier 3 Outpatients and Community

Common conditions CAMHS Physiotherapists are involved with



How confident/supported do you feel in your role as a CAMHS Physiotherapist?



Conclusions/Key points

- Physiotherapy interventions have been shown to have a positive impact on CYP's mental health.
- Physiotherapy is a very new profession within NHS Scotland CAMHS and the role has not yet been fully defined.
- There are currently a limited number of physiotherapists working in CAMHS across NHS Scotland.
- More research is required into the role of physiotherapy in CAMHS to help develop the workforce and evidence base.

Impact

This information will be used to help develop the role of physiotherapy within CAMHS in NHS Scotland. It could be used to benchmark services against other countries and promote the positive contribution that physiotherapists can have to these roles.

References

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- Soundry, A., Stubbs, B., Probst, M., Gyllensten, A.L., Skjaerven, L.H., Catalan-Matamoros, D. and Vancampfort, D. (2016) 'Considering the Role of Physical Therapists Within the Treatment and Rehabilitation of Individuals With Eating Disorders: An International Survey of Expert Clinicians', *Physiotherapy Research International: The Journal for Researchers and Clinicians in Physical Therapy*, 21(4), pp. 237-246 Available at: <https://doi.org/10.1002/pri.1637>.

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