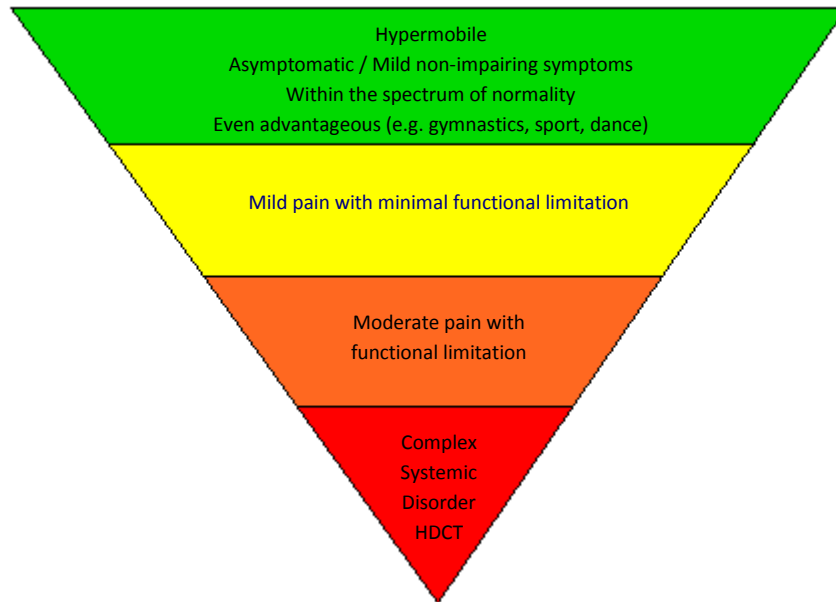


SPARN Referral Pathway for Children with Joint Hypermobility



ASYMPTOMATIC

Reassurance and advice by referrer (see attached reference list)

Issue patient information leaflet (see attached reference list)

No requirement for onward referral to specialist centre.

MILD PAIN WITH MINIMAL FUNCTIONAL LIMITATION

A child who falls into this category is likely to benefit from assessment/education/re-assurance by a **paediatric physio** to promote self management of their joints and encourage an active lifestyle.

Depending on which joint is affected they may benefit from seeing a **podiatrist/orthotist**

MODERATE PAIN WITH FUNCTIONAL LIMITATION

Presenting symptoms:

Children in this group may present with 1 or more of the following symptoms.

- Pain
- Recurrent dislocation
- Reduced muscle power
- Reduced endurance/fatigue
- Specific functional limitation impacting on abilities at home/school
- Reduced fine/gross motor co-ordination (including those who come under the umbrella term of DCD – Developmental co-ordination disorder).

Onward Referral pathways:

- **Paediatric Physiotherapy** – for those children with 1 or more of the above symptoms but who are still managing to live a full lifestyle with the exception of sporting pursuits.
- **Orthotics/Podiatry** – as above but primarily for children with ankle/foot problems
- **Paediatric Occupational Therapy** – for those children that have specific difficulties impacting on functional tasks at home/school e.g. handwriting, self care tool use.
- **Consultant Paediatrician**– for those children whose symptoms are impacting on their quality of life over and above an inability to engage in sports activities, ie poor school attendance, avoidance/inability to partake in any physical activity, poor systemic health. Children with functional problems and pain may be referred to a Paediatric Rheumatologist if necessary.

COMPLEX SYSTEMIC DISORDER/ HEREDITARY DISORDERS OF CONNECTIVE TISSUE (HDCT) E.G JOINT HYPERMOBILITY SYNDROME, EHLERS-DANLOS SYNDROME AND MARFAN SYNDROME.

Presenting symptoms:

Children in this group may present with 1 or more of the following symptoms.

- Pain
- Recurrent dislocation
- Reduced muscle power
- Reduced endurance/fatigue
- Moderate/severe functional limitation – more dependent on others and increased impact on abilities at home and school
- Reduced school attendance
- Systemic features ie cardiac/GI/skin/urinary/eyes/skeletal etc

Onward Referral pathways:

Children in this group should all be referred to a **Paediatric Rheumatology Clinic** in the first instance. Following consultation, and dependent on the patients needs at the time the Rheumatologist may also refer the child onto the MDT who may include;

Paediatric Physiotherapist

Podiatrist/Orthotist

Paediatric Occupational Therapist

Psychologist

Paediatric Pain team

RESOURCE LIST:

The resources below all provide up to date, evidence based information on the management of joint hypermobility:

<http://www.bspar.org.uk/therapists> (click on therapists area then scroll down to clinical guidelines)

<http://apcp.csp.org.uk/parents-leaflets>