

## APEX—Autism Dentistry

Parent carers from our Family Faculty have been helping us with the planning of research into parent experiences of taking their primary school aged child with autism to the dentist for a check-up. This research is being led by Nicole, a parent of a child with autism who is also a dental hygienist. We have just received ethical approval for the research, so we will be looking to start recruiting for parents living in Devon or Somerset, who Nicole can interview about their experiences in the next few months. If you might be interested and would like further information, please get in touch.



## PenCRU meetings

Details of all arranged meetings can be found on our website:  
[www.pencru.org/projectsmeetings/upcomingmeetings/](http://www.pencru.org/projectsmeetings/upcomingmeetings/)  
Please check in the new year for details of those scheduled for next term. If you are interested in possibly coming along to any of these then please get in touch. If you cannot attend a meeting but would still like to contribute, please do let us know.

## Contact the team

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[www.facebook.com/Pencru](http://www.facebook.com/Pencru)



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## PenCRU Newsletter December 2015, Issue 20



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## Active Console Games

Our Wii-CPO study is testing the feasibility of a clinical trial using Wii Fit as physiotherapy for children with cerebral palsy. The trial is currently underway in Sussex. Recruitment has been steady; 21 children have entered the trial and been randomised either to the intervention or control groups. The target is 30 children. PenCRU has a working group of members of the Family Faculty who are parents of children with cerebral palsy. The group has helped to design the study and will be involved in interpreting the findings. Do get in contact if you are interested in getting involved. Read more on our website: [www.pencru.org/projectsmeetings/researchprojects/activeconsolegames/](http://www.pencru.org/projectsmeetings/researchprojects/activeconsolegames/)



[www.pencru.org](http://www.pencru.org)





## Staff Updates



Ola, who has been leading the Healthy Parents project work, will be moving to a new role in the Medical School in January. While we are very pleased for her, we will be very sorry to have her leave the PenCRU team. However, Ola will continue to be involved in the Healthy Parent Carers project as we move into the next stage after Christmas.

### Healthy Parent Carers

We are now starting the next stage of the project, which involves delivering the Healthy Parent Carers group sessions. The aims of this pilot study are:

- \* to find out what parent carers think about the programme,
- \* to test the practical aspects of delivering the programme in groups,
- \* and to get feedback that will help us improve it in the future.

The study will be advertised on the PenCRU and DPCV websites and social media. We will invite parent carers who want to improve their health and wellbeing, but who haven't been involved in this project so far. Interested participants can choose to take part either in a one-off introductory session or in six weekly group sessions depending on their preferences and available time. Once we have ethics approval sessions will start in January 2016 and will be delivered by a parent carer experienced in facilitating parent carers' groups. More information about this study can be found at

[www.pencru.org/projectsmeetings/researchprojects/hpcproject/](http://www.pencru.org/projectsmeetings/researchprojects/hpcproject/)

### CATCh-uS

A new 3 year project, named CATCh-uS, looking at the process of transitioning from children's services to adult services for young people with ADHD was launched in November. The project will be the first national study examining the level of need, as well as practice and process, around the transition of young people with ADHD. Members of the Family Faculty will have opportunities to be involved at various stages of the project. You can find out more on the website at [www.pencru.org/projectsmeetings/researchprojects/catch-us/](http://www.pencru.org/projectsmeetings/researchprojects/catch-us/) or contact Astrid ([a.janssens@exeter.ac.uk](mailto:a.janssens@exeter.ac.uk)).



## Recent Publications

- [NIHR PenCLAHRC](#) featured findings from PenCRU's research aiming to improve communication with disabled children when they have to stay in hospital in a new [bite-sized summary](#). CLAHRC BITEs (**B**rokering **I**nnovation **T**hrough **E**vidence) are short summaries that aim to break down research into accessible bite-sized pieces. These help to tell people important findings who might not read academic papers, whilst also providing sources for those who want to find out more.
- A new free to access publication from Ola's PhD thesis entitled 'A checklist to improve reporting of group-based behaviour-change interventions' has been published in the journal [BMC Public Health](#). It aimed to develop a checklist highlighting the important elements of group programmes, like our Healthy Parents project!
- The latest 'What's the Evidence?' summary we have completed looks at Advanced Biomechanical Rehabilitation. It has been published on our website: [www.pencru.org/evidence/abr/](http://www.pencru.org/evidence/abr/)

Please contact us if you would like us to send you a pdf or hard copy of any of these items.



### Sleep Positioning Systems review published

One of PenCRU's first research projects was concluded in November. We were asked by parent carers and physiotherapists about whether sleep positioning systems were effective to reduce or prevent hip migration for children with cerebral palsy. We systematically reviewed the evidence and our report which is FREE to access has been published by [The Cochrane Library](#). We would like to thank all of the Family Faculty members who were involved in this project for their contribution and patience! Read more [www.pencru.org/projectsmeetings/researchprojects/sleeppositioningsystems/](http://www.pencru.org/projectsmeetings/researchprojects/sleeppositioningsystems/)