

# Case Study



## In this Case Study

**Sarah\***, is a 3 year old girl who was born prematurely at 26 weeks. She suffers bronchopulmonary dysplasia and requires continual oxygen

Sarah is totally dependent for all her personal care needs. She was cared for at home by her mother 24 hours a day which left her feeling very tired and emotionally strained.

Advantage Healthcare were commissioned by the PCT to provide care and respite. They worked in partnership with Sarah's family, the PCT and other healthcare professionals to ensure that an appropriate care package was set up that met Sarah's needs and that also maximised the respite required for her mother.

Sarah\* has an upper airway obstruction, severe lung disease and gastro oesophageal reflux. She was initially ventilated for four months, then had a tracheostomy fitted and required CPAP for 6 months. Sarah was initially fed by gastrostomy tube but has now started to take food orally. Sarah is totally dependent for all her personal care needs.

Advantage Healthcare were commissioned by the PCT to provide care and respite support six nights a week between 22.00 and 07.00. We worked in partnership with Sarah's family, the PCT and other healthcare professionals to ensure that an appropriate care package was set up that met Sarah's needs and that also maximised the respite required for her mother. A detailed care assessment of Sarah's needs was carried out by our domiciliary care consultant at her home with her mother being fully involved throughout. This focused primarily on her respiratory and nutritional care but also incorporated play and developmental aspects taking a holistic approach.

We identified a team of Paediatric Nurses ensuring they had the relevant skills and experience to care for Sarah. Advantage Healthcare then organised for all of the nurses to attend an update tracheostomy course via the local NHS Hospital and shadow shifts to re-assess their skills.

Advantage Healthcare have been managing Sarah's care package for 18 months, it has been a huge success for all of the individuals involved, our office staff and nurses are thoroughly enjoying working with Sarah but more importantly Sarah has developed an excellent therapeutic relationship with the Paediatric Nursing team and has made excellent progress with her mobility, speech and sleep pattern. Sarah's mother said "I have seen an improvement in Sarah's health and development over the past year which I believe is because she is receiving continuity of care from excellent staff and also because I am now able to sleep at night and feel refreshed and capable of caring for Sarah in the day".

For the local Primary care Trust, Advantage Healthcare has provided a cost-effective care package that has assisted in preventing possible family breakdown and they have the confidence that the risks are being managed inline with current legislation.

*\*Service users details have been changed for data protection reasons*