

What Happens During An Assessment?

The assessment begins with an appointment for you and your child with a nurse and a physician. Here we will ask you questions about your child's history, and perform a brief physical exam on your child. Don't worry – the exam doesn't involve anything invasive, like needles.

If your child needs more in-depth assistance, he/she may then see a physiotherapist for further examination. But this may not be necessary.

Unless a physiotherapist is involved, an assessment will last about 90 minutes.

When Will I Get The Results?

You'll receive the results of our assessment during the appointment. We'll discuss our findings and plan what should happen next.

What Happens Next?

We'll help set up a care plan to assist you in managing your child's tone.

If medication is needed, we'll either give you a prescription, or contact your family doctor to do so.

We'll book a follow-up appointment 3–6 months down the road.

If necessary, we'll give you a referral to other resources, such as an orthopedic surgeon, a neurosurgeon or community therapists.

About Sunny Hill

Sunny Hill Health Centre for Children is a provincial facility offering specialized services to children with disabilities, their families and communities throughout British Columbia. Using a family-centred approach, Sunny Hill helps promote the healthy development of children and youth by supporting families and community service providers in their efforts. It is also a resource for educational services and information about disabilities. Services are delivered close to home in a child's community, or on site at Sunny Hill, located in Vancouver.

How To Contact Us

Sunny Hill Health Centre For Children
Tone Management Team
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Tone Management Team Leader
Phone: (604) 453-8300
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*Promoting Better Health for Children with Disabilities
through Clinical Services, Education and Research*



What Should I Bring With Me?

To help us make your visit go smoothly, please remember to bring:

- Your child's BC care card
- Your child's Sunny Hill blue card
- Your Appointment letter
- A list of any medications and the doses that your child is taking
- Notepaper and pen

To help make the day pleasant for your child, please bring:

- A snack
- Change for the vending machines
- Activities for when your child has free time (a book, crayons, etc.)
- Anything that will put your child at ease (his/her favourite toy, a blanket, etc.)
- Equipment your child is using
- Anything that helps your child with mobility or walking

Talk to the nurse before your appointment to decide which equipment to bring.

And please remember not to bring:

- Valuables (we are not responsible for lost or missing items)
- Non-medical drugs or alcohol (they are not permitted at Sunny Hill)



Before You Come: A Checklist

This checklist is designed to help us assess your child's tone. The information you provide will assist in the design of a tone management plan.

Please remember:

- Make observations while your child continues his/her normal daily routine
- Talk with your child's therapists or teachers to get their input as well

1. How would you describe the overall daytime comfort level of your child?

- Content (no sign of discomfort)
- Agitated (some discomfort/sweating)
- In pain

If in pain, please describe the degree (eg., moaning, crying, etc.), time and possible causes:

2. How would you describe the overall nighttime comfort level of your child?

- Content (no sign of discomfort)
- Agitated (some discomfort/sweating)
- In pain

If in pain, please describe the degree (for example, moaning, crying, etc.), time and possible causes:



3. Tone is the degree to which muscles are tense or tightened. How would you describe your child's muscle tone?

- Relaxed (no tightness)
- Mild (slightly difficult to bend)
- Moderate (difficult to bend or stiff)
- Severe (impossible to bend limbs)

What part of the body is most tight (for example, arms, legs, neck)?

Describe your child's position and activity as you made this assessment (for example, sitting in a chair, sleeping, etc.):

4. Do you think any of these factors could be contributing to your child's discomfort?

- constipation
- skin condition
- bladder infection
- seating position
- reflux/indigestion
- exhaustion
- growth spurt
- gain or loss of weight
- changes to wheelchair or equipment
- changes to medications – describe:

other factors – describe:

