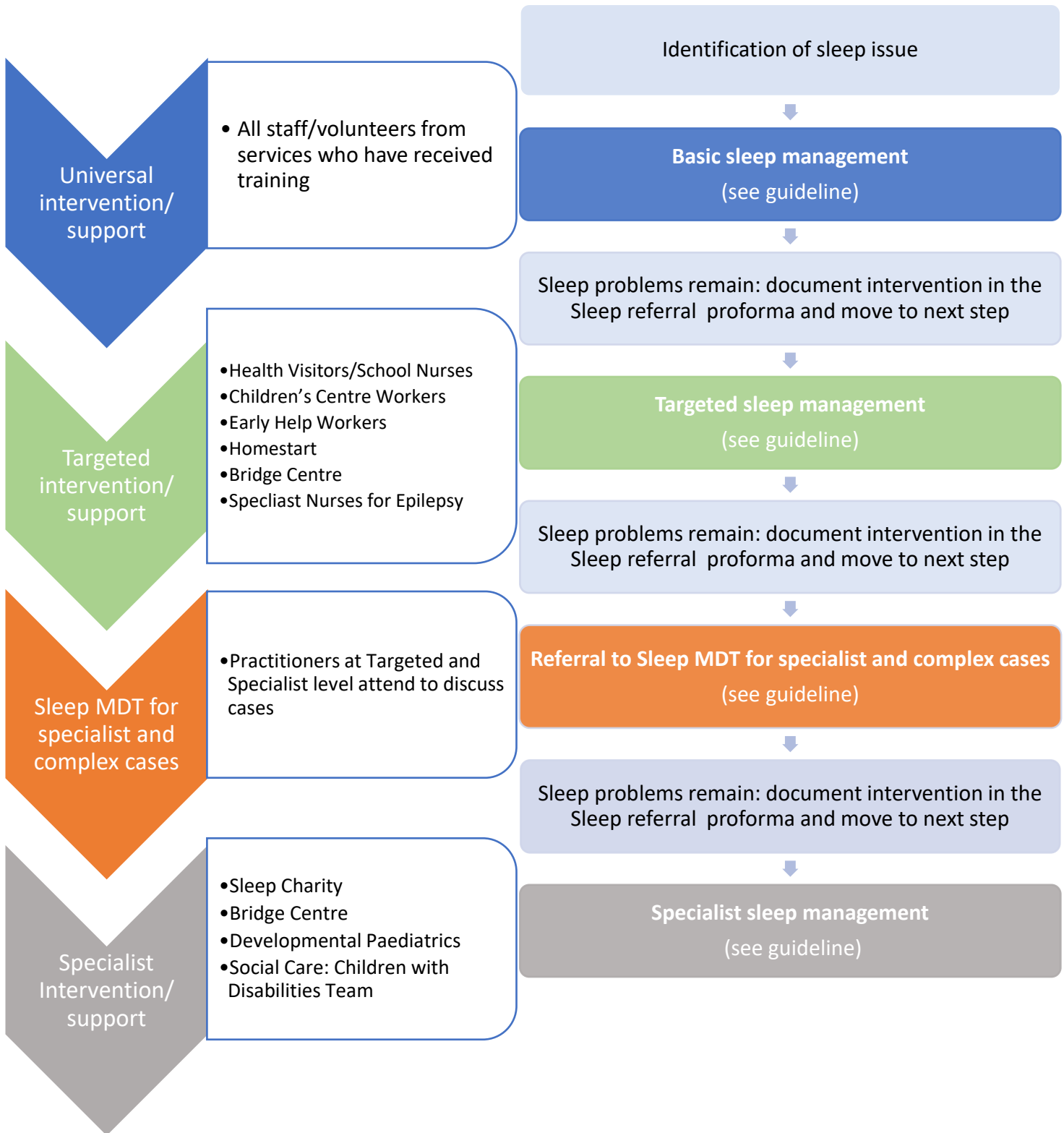


St Helens Sleep Pathway



Guidelines for pathway

Basic sleep management	
Referral Criteria	Children and young people who report sleeping difficulties
Referral Process	Families can self-refer or staff can identify appropriate families.
Overview of offer	Staff will deliver brief intervention and signposting for additional support information. <ul style="list-style-type: none"> - A conversation. - Provision of information: leaflet, link for website, sleep diary template - General Sleep Hygiene - Option to offer Parent/Carer Training - Signpost to National Telephone Helpline - Signpost families and young people to 'Teen Sleep Hub' website
Staff training requirements	Staff will have received the 'Sleep Talkers' training from the Sleep Charity and cascade 'Train the Trainer' to other service or family members.
Evidence of intervention	Complete the Sleep Referral Proforma on evidence of intervention for each child/young person.
Service outputs	Complete KPI documents to report to Sleep Management Oversight Group
Targeted sleep management	
Referral criteria	Children and young people who report sleeping difficulties and who have received universal intervention
Referral process	Families can self-refer. Staff can identify appropriate families. Referring providers of basic sleep management will complete a referral template and include a copy of the completed 'Simply Sleep' proforma on evidence of interventions. *Referrals for The Bridge Centre will only be accepted via an Early Years MDT due to the complexity of the cases.
Overview of offer	Staff will deliver a 5 week sleep programme to families, which may be extended for more complex cases. N.B. Complex cases to be referred to the Sleep MDT for agreement to extend sleep programme. <ul style="list-style-type: none"> - Initial telephone consultation for gathering additional information from families - Initiation of Sleep Plan, offer of sleep diary and additional guidance - Sleep clinics may be offered, including guidance and support - Weekly consultations may be offered, including guidance and support - Onward referral for a Sleep MDT may also be considered at this stage dependant on outcome of the assessment
Staff training requirements	Staff will have received 'Sleep Tight' training from The Sleep Charity.
Evidence of intervention	Complete Sleep Referral Proforma on evidence of intervention for each child/young person <ul style="list-style-type: none"> - <i>What's working well? (Who has attended the appointment, successes, engagement, length of involvement, strategies that have worked well, impact)</i> - <i>What are we worried about? (Behaviours, challenges, impact on the child / family, engagement, continued concerns)</i> - <i>What needs to happen? What support will be needed / Which Service will lead on support? Timescales?</i>
Service outputs	Complete KPI documents to report to Sleep Management Oversight Group

Referral to Sleep MDT for specialist and complex cases (group supervision)	
Referral criteria	Children and young people who report sleeping difficulties who have received universal and targeted intervention and have ongoing specialist, clinical or complex issues
Referral process	Referral by services working at the targeted level of intervention – bring case for discussion and a copy of the completed Sleep Referral Proforma on evidence of interventions delivered at universal and targeted levels.
Overview of offer	<ul style="list-style-type: none"> • Multidisciplinary team discussion. • Sleep Charity will pick up referrals for C/YP without neurodevelopmental conditions requiring specialist intervention. • Bridge Centre and Developmental Paediatrics will pick up referrals for C/YP with suspected/confirmed neurodevelopmental conditions requiring specialist intervention. • Considerations for onward referral for C/YP with suspected clinical issues to also be discussed at this stage <p>N.B. Sleep MDT SOP developed to support MDT</p>
Services involved	<ul style="list-style-type: none"> • Health Visitors/School Nurses • Children’s Centre Workers • Early Help Workers • Homestart • Bridge Centre • Sleep Charity • Developmental Paediatrics • Social Care: Children with Disability Team • Any other specialist health service who is closely involved with the C/YP
Evidence of intervention	<p>Complete Sleep Referral Proforma on evidence of intervention for each child/young person</p> <ul style="list-style-type: none"> - <i>What’s working well? (Who has attended the appointment, successes, engagement, length of involvement, strategies that have worked well, impact)</i> - <i>What are we worried about? (Behaviours, challenges, impact on the child / family, engagement, continued concerns)</i> - <i>What needs to happen? What support will be needed / Which Service will lead on support? Timescales?</i>
Service outputs	Complete KPI documents to report to Sleep Management Oversight Group
Specialist sleep management	
Referral criteria	The referral criteria for Specialist Services is outlined below.
Overview of offer	<p>Staff will deliver 1 to 1 evidence-based interventions.</p> <p>Medication and overnight respite may be available and will be decided once an assessment has been undertaken by the appropriate specialist sleep provider.</p> <p>The Bridge Centre can offer specialist sleep intervention alongside any medical intervention that Developmental Paediatrics may offer. * The Sleep MDT can support care planning and cases can be readdressed at the MDT to step down intervention or agree next steps.</p>
Staff training requirements	Staff will have received Sleep Practitioner training from The Sleep Charity.
Evidence of intervention	<p>Complete Sleep Referral Proforma on evidence of intervention for each child/young person</p> <ul style="list-style-type: none"> - <i>What’s working well? (Who has attended the appointment, successes, engagement, length of involvement, strategies that have worked well, impact)</i>

	<ul style="list-style-type: none"> - What are we worried about? (Behaviours, challenges, impact on the child / family, engagement, continued concerns) - What needs to happen? What support will be needed / Which Service will lead on support? Timescales?
Service outputs	Complete KPI documents to report to Sleep Management Oversight Group

Please note interventions must follow the graduated approach and engagement with families is critical to the success of interventions. Referral to MDT/specialist services will not be accepted unless evidence has been provided that intervention/support has been provided at a basic and targeted level (St Helens Simply Sleep Programme template). Criteria for referral to MDT/specialist are outlined below.

Step up/Step down Sleep Referral Proforma to collect evidence of intervention for each child/young person as they step up/step down the Sleep Pathway.



St Helens Sleep
Referral Proforma Fin

Referral criteria for Specialist Services

Referral criteria for Specialist sleep management Intervention/Support for C/YP without neurodevelopmental conditions:			
Service	Service inclusion criteria	Offer	Who can make a referral?
Sleep Charity	<ul style="list-style-type: none"> • C/YP and their families who report sleeping difficulties and • who have received universal and targeted Sleep Intervention and • a Sleep MDT referral for a specialist sleep assessment and • who do not have a neurodevelopmental condition and • who are registered with a St Helens GP and • who are aged 12 months up to 18th birthday 	12 weeks of sleep intervention and support which will include One to One Clinics or online live training/workshops with a sleep practitioner.	Referrals are sent via the Sleep MDT to ensure that each case is discussed and only accepted if an appropriate level of support has been provided at the targeted level.

Referral criteria for Specialist sleep management Intervention/Support for C/YP with suspected/confirmed neurodevelopmental conditions:			
Service	Service inclusion criteria	Offer	Who can make a referral?
Bridge Centre	<ul style="list-style-type: none"> • Early Years children with SEND who report sleeping difficulties and 	Children will be offered up to 12 weeks of sleep interventions.	Referrals are sent via the Sleep MDT to ensure that each case is discussed

	<ul style="list-style-type: none"> • who have received an Early Years MDT assessment and • who have received Targeted Sleep Intervention and • a Sleep MDT referral for a specialist sleep assessment and • are Pre-school children aged 0-4 years inclusive 	<p>Families will be given a 2 week sleep diary to be completed. These will be discussed at the EY OPs Team meeting. Families will then be allocated a key worker who will offer an initial appointment to discuss behaviours, difficulties and strategies. The advice is reviewed during 1:1 appointment, phone contact or through the sleep clinic. Sleep interventions may be offered alongside Developmental Paediatrics sleep medical interventions</p>	<p>and only accepted if an appropriate level of support has been provided at the targeted level.</p>
<p>Developmental Paediatrics Service</p>	<ul style="list-style-type: none"> • C/YP with specific or global and neurodevelopment conditions and significant developmental disabilities and • who have received Targeted Sleep Intervention and • a Sleep MDT referral for a specialist sleep assessment and • are age 0-18 years (up to 25 years under SEND guidance) 	<p>Up to 12 weeks of sleep intervention and additional medical support is offered dependant on the medical need. Specialist nurse triages the referrals, and an initial assessment is undertaken by the nurse or doctor depending on complexity of the case. Preliminary advice and support are provided, and a sleep diary may be provided for completion over a 6-week period. On receipt of sleep diary, a review is undertaken to reassess sleeping pattern, strategies etc. If all advice/strategies have been followed and reported to be unsuccessful, sleep medication will be considered. Medication is always viewed as a last resort. There are times however, when medication is prescribed without the above. For Early Years children with SEND, Developmental Paeds can refer back to the Sleep MDT with a recommendation for continued specialist sleep intervention via the Bridge Centre whilst the child is receiving medical treatment.</p>	<p>Referrals are sent via the Sleep MDT to ensure that each case is discussed and only accepted if an appropriate level of support has been provided at the targeted level.</p>

<p>Children’s Social Care Children with Disabilities Team</p>	<ul style="list-style-type: none"> • Children must have severe and profound learning or physical disabilities and/or complex medical problems to access the CWD Team and • who have received Targeted Sleep Intervention and • a Sleep MDT referral for a specialist sleep assessment and <p>A Children and Families assessment would be completed by a social worker. Provision of overnight respite dependent on the outcome of an assessment. Criteria for overnight respite usually severe parental sleep deprivation due to CYP not sleeping and/or complex behavioural problems or complex medical needs that impacts on a family’s ability to function and risks crisis or family breakdown.</p>	<p>Overnight respite for parental sleep deprivation in residential care or foster care.</p> <p>Direct payments and commissioned agency carers for overnight care in the child’s own home.</p>	<p>St Helen’s Social Care will accept professional and self referrals. Where sleep difficulties exist, cases will be discussed at the Sleep MDT to ensure that an appropriate level of support has been offered and provided at the targeted level before moving on to the next step.</p>
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N.B. Most Sleep difficulties are behavioural, but in the rare case of sleep disorders e.g. cataplexy, narcolepsy, parasomnias, etc then C/YP will be referred to a sleep clinic in tertiary centre (Alder Hey for St Helens) – this referral will be completed by GP, Specialist Nurses or Paediatricians.