

Annual report 2020



CENTRE DE RÉHABILITATION
PÉDIATRIQUE

ANNUAL REPORT

ASSOCIATION LOKHOS / CENTRE qap

MARCH 2021



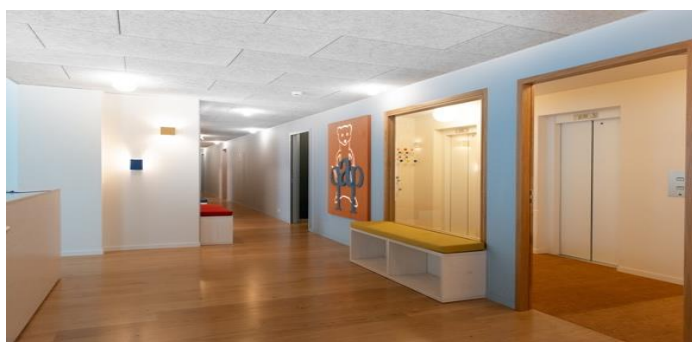
Introduction :

The Association Lokhos created Centre qap to address a need in the south-west part of Switzerland for a paediatric rehabilitation facility. Such a centre is essential for the development of children living with a variety of disorders. Centre qap was inspired by the Paediatric Rehabilitation Centre in Affoltern am Albis, which has a twelve-month waiting list for some types of therapy, such as Lokomat*.

Centre qap opened its doors in June 2020. To date, it has welcomed more than **160** young patients aged between 0 et 20, and, exceptionally, one young adult of 28.

After its first nine months of operation, a constantly increasing demand for treatment confirms our original conviction about the need for such a structure in our region and validates our decision to remedy the situation.

Therapies and treatment at Centre qap



Our 550 square-metre space is divided into different therapy rooms. Currently we have around **109** young patients of varying profiles, most of whom require long-term treatment (for chronic, neurological, orthopaedic or respiratory disorders) and others who consult for short-term treatments (for transient conditions, rehabilitation after accidents or after surgery).

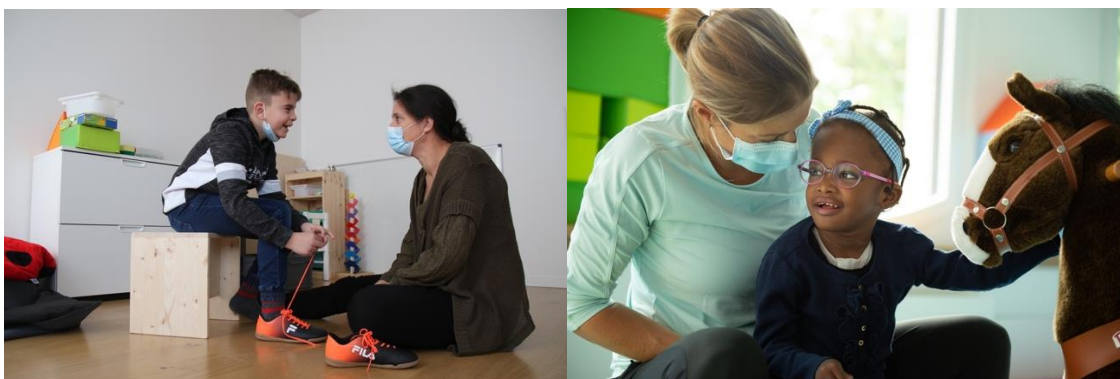
Some 70 % of our treatments are directed towards chronic (long-term) conditions and around 30% towards transient (short term) conditions.

* **Lokomat**: high-tech medical device designed for intensive functional locomotor training. During motor function re-education, body weight is partially supported while two computer-controlled robotic orthoses move the patient's legs in a natural walking movement on a treadmill. The Lokomat can be adapted for a wide range of locomotor abilities/limitations by modifying the percentage of movement assistance via the orthoses, the amount of bodyweight support, step size and treadmill speed.

Our patients seek help for

- Diverse neurological disorders
- Transient delayed motor development
- Orthopaedic problems - chronic or acute
- Respiratory or cardiac conditions
- Post-surgical conditions (after accidents or orthopaedic problems requiring surgery)
- Developmental coordination disorders
- Learning difficulties

THE CENTER qap TEAM :



Our Therapists :

- 3 physiotherapists
- 1 occupational therapist, seconded from the Centre d'Ergothérapie O'Quotidien
- 1 osteopath
- 2 human movement technology and robotics specialists (Lokomat and MTT*)
- 1 massage therapist

To expand our list of treatments, we are still seeking a speech and language therapist.

By summer 2021, two new physiotherapists will be engaged to respond to the strong demand that we are experiencing in this sector and which, only nine months after our launch, we no longer have sufficient resources to cover.

External specialists :

- 1 virtual reality consultant from HUG
- 1 new-technologies consultant
- Campus Biotech team (collaborative virtual reality project)
- 1 Tomatis Method specialist (music therapy)
- 1 special education teacher
- 1 legal advisor

Administration and reception :

- 1 person in charge of accounting, reception and appointments

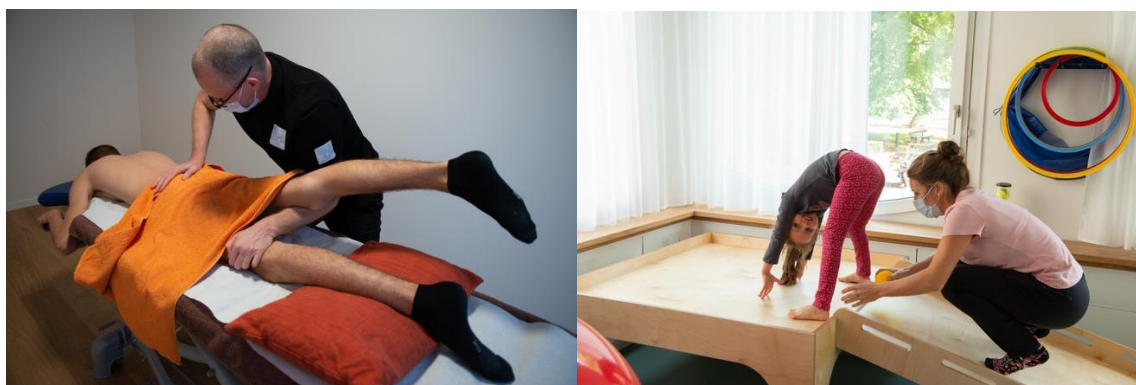
* MTT : Medical Training Therapy (MTT) consists of exercises designed to improve muscle function which combine movement, strength, stamina and stability. MTT also leads to improved cardio-vascular functioning during physical effort.

Reimbursement by assurances:

Most of our therapists are self-employed and invoice the insurance companies directly.

We start certain therapies, such as Lokomat, without waiting for the Invalidity Insurance's agreement because of the time involved (decisions can take between four and six months, depending on the case). Until now, however, all applications for treatment have been accepted.

One of the Association's intentions is to finance some treatments itself while awaiting replies from the relevant body in order to avoid holding up the children's progress or rehabilitation because of the slow-turning wheels of administration. Therapy can begin immediately. The same is true in cases where essential treatment for rehabilitation may be refused by the patient's insurance company.



Staffing - self-employed therapists and salaried employees

As a non-profit association, our only employees are the two movement technology and robotics specialists devoted to the Lokomat, and the person responsible for administrative tasks and reception. All other members of the therapy team are either self-employed or, like the occupational therapist, on secondment from another facility. Lokomat treatment is considered as physiotherapy.

Therapy room rental

Self-employed therapists rent their therapy rooms, thereby reducing the overall rent for which the Association is responsible.

Two therapy rooms are still available and will be rented out shortly.

Patients and therapies in figures

1) Evolution of Centre qap patient numbers

- In June 2020, we opened with 50 patients
- Currently 109 patients attend therapy
- To date, a total of over 160 children have attended the Centre

The difference between the total number (160) and the current number of patients (109) represents the number of children attending for short term treatment.

2) Patients according to therapy type since opening

Physiotherapy	:	121 patients
Physiotherapy on Lokomat	:	15 patients
Occupational therapy	:	15 patients
Osteopathy	:	47 patients
Massage therapy	:	4 patients
Medical Training Therapy	:	1 patient (treatment newly offered)

3) Currently 109 patients attend the Centre for the following therapies

Physiotherapy	:	75 patients
Physiotherapy on Lokomat	:	8 patients
Occupational therapy	:	15 patients
Osteopathy	:	24 patients
Massage therapy	:	4 patients
Medical Training Therapy	:	1 patient

Note : A number of patients have received combined therapy

4) Since the Centre opened, some patients have received a combination of therapies

Osteopathy with Physiotherapy	:	21 patients
Occupational therapy with Physiotherapy	:	5 patients
Osteopathy with Occupational therapy	:	1 patient

With the Centre's agreement, the osteopath can also offer help sessions to the parents of the children she treats. Since opening, this amounts to 21 patient-parents.

Furthermore, since Centre qap opened, a number of patients have received intensive, all-round therapy (four to five sessions per week)..



Objectives :

- To maintain and further develop a high quality of therapy and coordination between therapists.
- To maintain our excellent standards in the reception and support of the children.
- To strengthen our ties and collaboration with HUG and CHUV.
- To identify a shared neuro-rehabilitation doctor with HUG and CHUV.
- To develop Medical Training Therapy (MTT) for children who come to qap with chronic and transient handicaps, as well as for others in remission from illness such as cancer, and those with obesity problems.
- To develop therapies using virtual reality which immerses children in different worlds while helping to work on their balance, coordination, reaction speed, etc.
- To look into developing personal programmes "sponsored" by donators.

- To continue our collaboration with the Laboratoire de la Marche (*walk lab.*) at HUG and the Campus Biotech team.
- To hire another Lokomat specialist to :
 - a) oversee a team of experts and students in movement and robotics
 - b) contribute to supervising end-of-study projects carried out at the Centre (for example by physiotherapy or movement science students).
 - c) develop research projects connected with the Centre's programmes, manage our collaborative clinical research projects, particularly with the Swiss university hospitals.



- Reinforce the offer of “intensive therapy” by setting specific objectives for each patient within timeframes of two days to several weeks.



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