

ANNUAL REPORT 2023



PAEDIATRIC REHABILITATION
CENTRE

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INTRODUCTION

The Association Lokhos is recognised as an entity of public utility, pursuing a purpose in the public interest. It was founded in March 2019 and, shortly afterwards, established Centre qap, which opened its doors in June 2020.

The Association's objective is to foster the independence and physical and intellectual potential of babies, children and young adults – up to age 20 – who are living with some form of disability. It promotes traditional and innovative multidisciplinary therapy by medical and paramedical professionals. Through the Association, Centre qap has been able to acquire two specialised robotic machines to assist walking: a Lokomat[®] exoskeleton and a ZeroG[®]2 body-weight support robot. Both are used with children and young adults in rehabilitation therapy.



¹ 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 step size, treadmill speed, and the percentage of body-weight support and movement assistance via the orthoses.

² ZéroG[®]: a robotic system with a harness mounted on an overhead track to provide dynamic body-weight support to assist in re-education. The device automatically follows a patient in their movements and prevents falls. It ensures maximum safety as patients practise walking, balancing and sit-to-stand manoeuvres. ZéroG[®] is used during therapy sessions, alongside the Centre's other rehab tools.



Today, Centre qap is a multidisciplinary paediatric rehabilitation facility occupying 880 square metres over two storeys. Its role is to facilitate the progression of children in the Lake Geneva region who are affected by a variety of disorders.

The Centre provides tailored, targeted, ambulatory treatment for babies, children, and adolescents up to age 20, who need developmental support or specialised rehabilitation.

It offers outpatient paediatric rehabilitation as an offshoot to the region's university hospitals and children's therapy clinics in the canton of Geneva.



Working in conjunction with families, therapists and doctors, Centre qap aims to deliver effective support for children experiencing developmental difficulties or impairments from illness or trauma. It also aims to deliver early care under the best conditions for optimal progression and rehabilitation.





Centre qap coordinates with the therapists and the health professionals involved in a child's well-being. This interdisciplinary team includes specialists in paediatrics and paediatric neuro-rehabilitation, neurology, orthopaedics, pulmonology, and nutrition, as well as experts in robot-assisted therapy.

In 2023, Centre qap welcomed more than 400 patients between the ages of 0 and 20.



THERAPY AT CENTRE qap



Children come to us with a variety of profiles. Most require long-term treatment such as for chronic, neurological, orthopaedic or respiratory disorders. Others consult short-term for transient conditions such as rehabilitation after accidents or surgery.

Some 70% of treatments are directed towards long-term conditions and around 30% towards short-term conditions.

The pathologies encountered can include:

- diverse neurological disorders
- transient delayed motor development
- orthopaedic problems – chronic and acute
- respiratory or cardiac conditions
- post-surgical conditions (after trauma or surgery for orthopaedic problems)
- developmental coordination disorders
- learning difficulties.





THE CENTRE qap TEAM

Therapists and other care providers:

- 5 physiotherapists (the latest joined us in September 2023)
- 2 occupational therapists
- 1 human-movement technology specialist (Lokomat® and MTT3)
- 1 Adapted Physical Activity (APA) specialist
- 1 osteopath
- 1 speech and language therapist (as of September 2023)
- 1 paediatric neuro-rehabilitation doctor
- 1 virtual reality engineer.



³ **MTT and APA:** Medical Training Therapy (MTT) and Adapted Physical Activity consist of tailored exercises for mobilisation of the musculoskeletal system, building stamina and improving muscle strength and coordination.





Ad hoc practitioners and consultants:

- Campus Biotech team (collaboration on virtual reality)
- 1 special education teacher available at times of intensive therapy
- 1 massage therapist
- 2 legal advisors





Administration and reception

- 1 administrative coordinator, responsible for accounting, reception and appointments





ADMINISTRATIVE PROCESSES



Therapy reimbursement and insurances

Therapy provided at Centre qap is covered by either the Swiss basic illness and accident health insurance plan (LAMal / AI), or by canton Geneva's SPS (Service de Pédagogie Spécialisée).

In the event of disputes or lengthy waits for reimbursement, the Association may take it upon itself to advance certain expenses until a final agreement can be reached.

It is important to note that we sometimes begin or continue certain types of therapy (e.g. Lokomat® or intensive therapy) without waiting for the agreement of the insurance companies. This is because decision-making processes can take a long time (between four and six months depending on the case). Such lengthy delays are very likely to prejudice a child's progress and rehabilitation.

Should an application for reimbursement be refused, the Association may once again step in. One of its principles is to finance materials essential to a child's needs until the situation is resolved – where necessary, with the assistance of our legal advisors.

All time lost works to a patient's disadvantage.

Creation of Centre qap SA

Our expansion over the last three years has been considerable, and to respond to ever-increasing, urgent demands for care, the Association has registered a public limited company, Centre qap SA, bringing us the legal right to employ salaried staff, which we previously could not do.



2023 STATISTICS

Statistics cover the period from January 2023 to December 2023.

Patient numbers in 2023 (versus 2022)

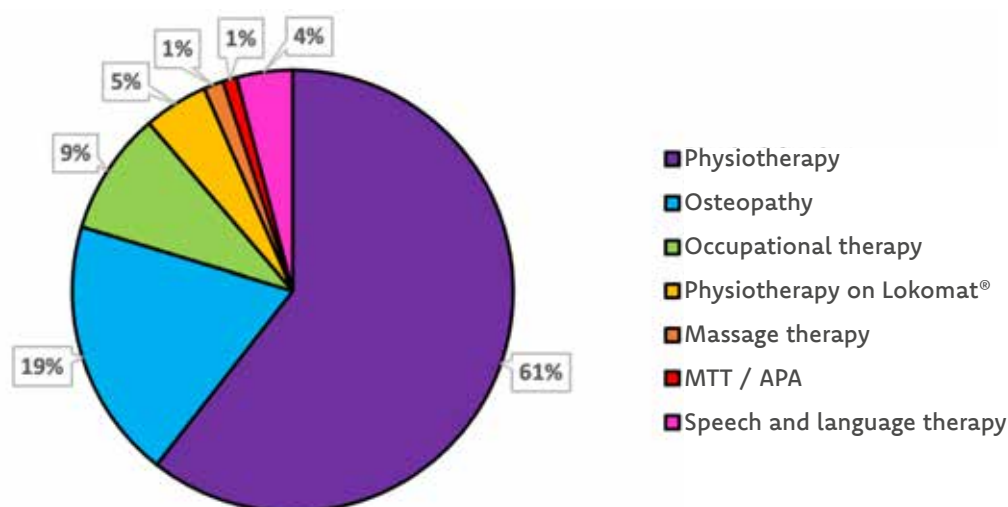
Total number of patients: **405** (346)

Total number of therapy sessions: **7194** (5563)

Patients according to therapy type in 2023 (versus 2022)

(NB: some patients benefit from more than one type of therapy at the Centre)

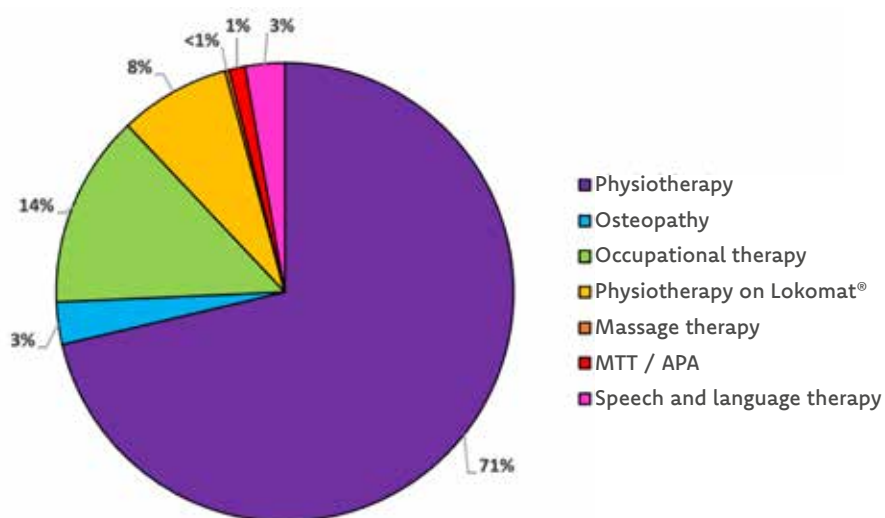
- Physiotherapy: **295** (268)
- Occupational therapy: **44** (38)
- Physiotherapy on Lokomat®: **23** (25)
- Osteopathy (children): **93** (38)
- Massage therapy: **7** (7)
- MTT / APA: **5** (4)
- Speech and language therapy (from early September 2023): **20**



NB: Many patients attend the Centre principally for chronic conditions and follow various treatments. Since this influences the statistics, it is important to refer to the chart below.

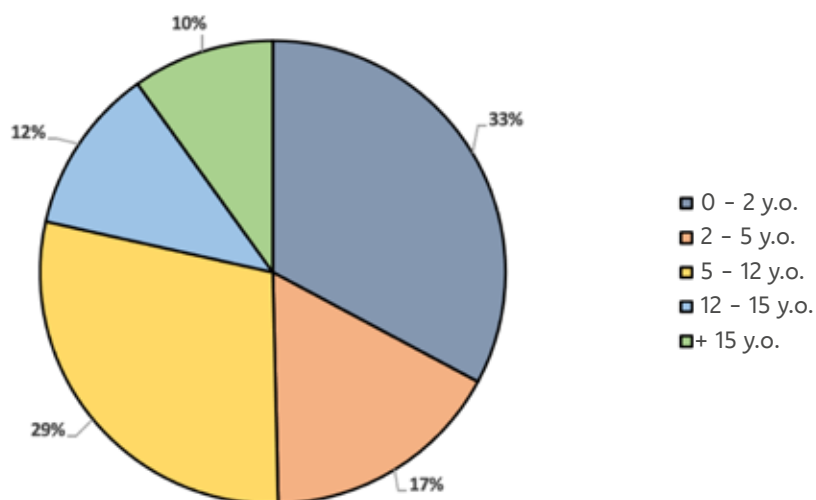
Number of sessions in 2023 (versus 2022) according to therapy type:

- Physiotherapy: **5131** (4183)
- Occupational therapy: **981** (687)
- Physiotherapy on Lokomat®: **564** (536)
- Osteopathy: **215** (70)
- Massage therapy: **21** (18)
- MTT / APA: **81** (69)
- Speech and language therapy: **201**

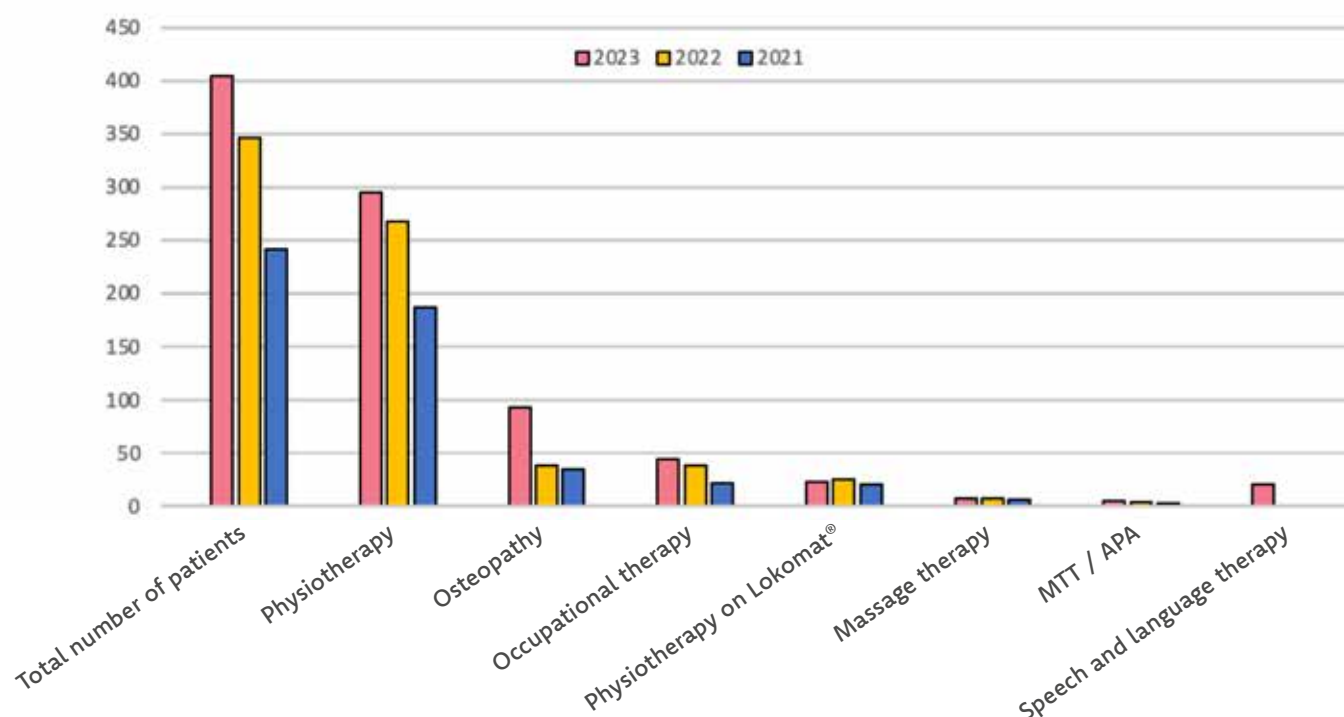


Patients by age:

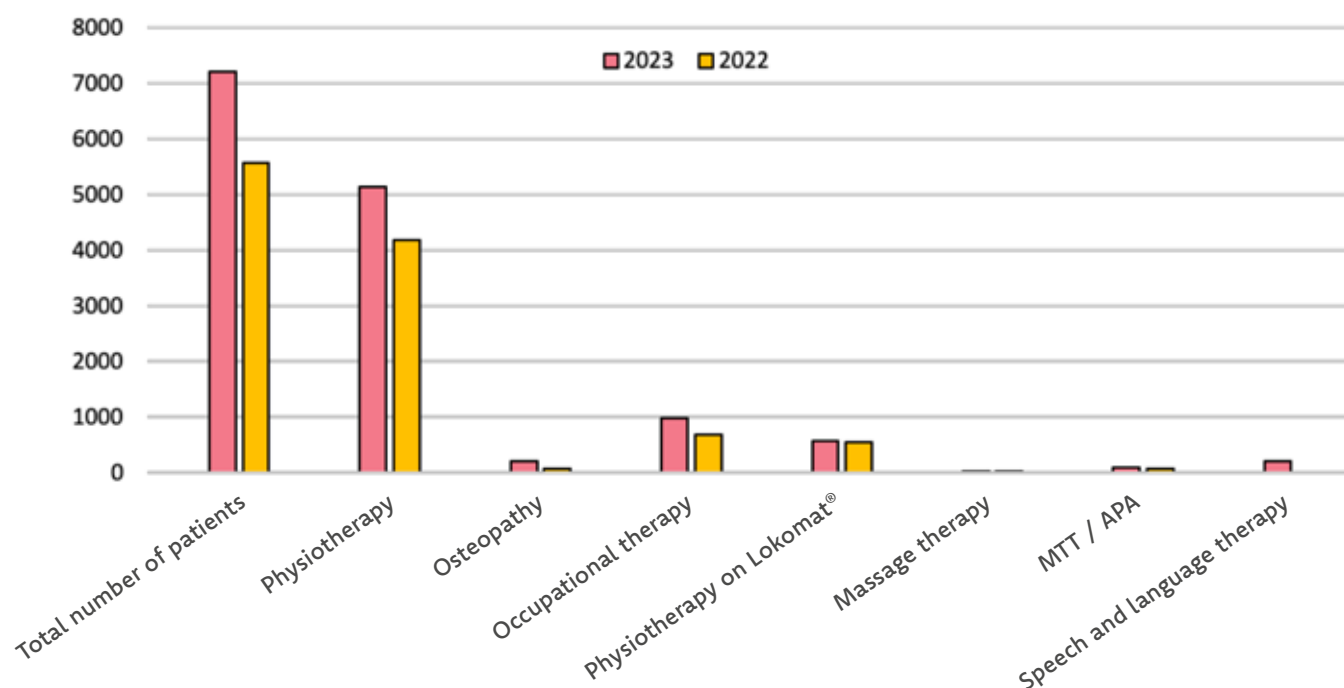
- 0 - 2 y.o.: 133
- 2 - 5 y.o.: 68
- 5 - 12 y.o.: 117
- 12 - 15 y.o.: 47
- + 15 y.o.: 40



Evolution of patient numbers according to therapy type 2021–2023:



Evolution of number of sessions according to therapy type 2022–2023:



NB:

Physiotherapy on Lokomat® is generally given for chronic conditions and/or as intensive therapy. The number of patients does not, therefore, represent the number of sessions carried out. (See below, page 18)

Number of Lokomat® sessions (versus number of patients):

- Long terme: **226 (10)**
- Intensive: **216 (17)**
- Intensive + Long terme: **118 (6)**

Combined and joint therapies, and treatment with a therapy assistant

Combined therapy: Two or more different therapies carried out at the Centre at different times.

Joint therapy: Therapy given by two therapists from different specialisations working together (e.g. physiotherapy and occupational therapy).

Treatment with a support therapist (co-therapy): An additional therapist, whose time is not charged, is present to assist with the therapy.

In 2023:

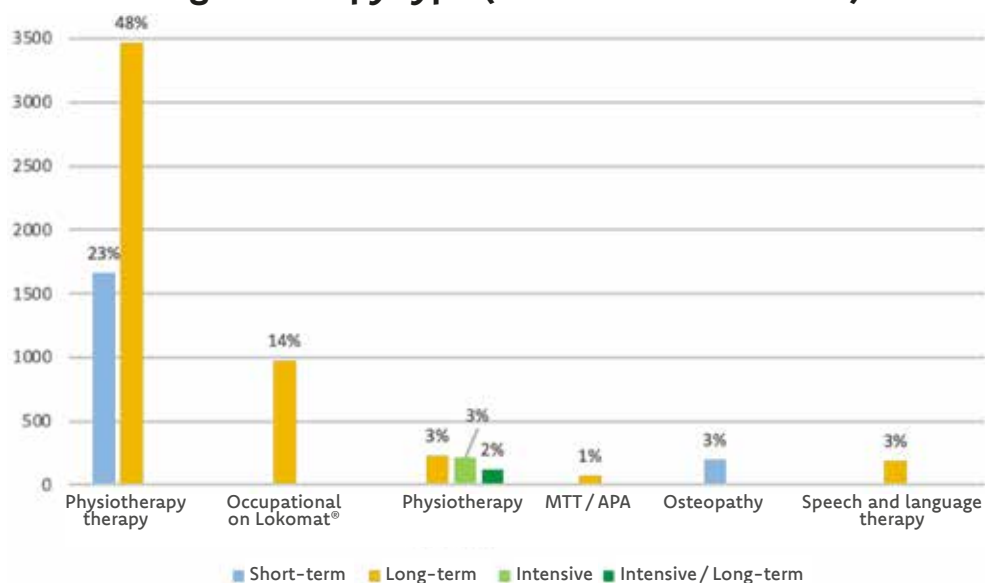
- 72 patients followed combined or joint therapies
- 51 patients benefitted from a support therapist, for a total of 584 sessions

Number of patients (versus number of sessions) by treatment type:

- Short-term treatment (ST): **269 (1889)**
- Physiotherapy: **173 (1663)**
- Occupational therapy: **0 (0)**
- Physiotherapy on Lokomat®: **1 (4)**
- MTT / APA: **1 (9)**
- Massage therapy: **5 (7)**
- Osteopathy: **88 (199)**
- Speech and language therapy: **1 (7)**
- Long-term treatment (LT): **213 (5290)**
- Physiotherapy: **121 (3467)**
- Occupational therapy: **42 (976)**
- Physiotherapy on Lokomat®: **23 (560)**
- MTT / APA: **4 (72)**
- Massage therapy: **2 (14)**
- Osteopathy: **5 (16)**
- Speech and language therapy: **16 (185)**

Certain patients were followed ST or LT according to therapy type.

Treatment according to therapy type (in number of sessions)



Treatment denoted 'long-term' accounts for 67% of all therapy carried out at the Centre.

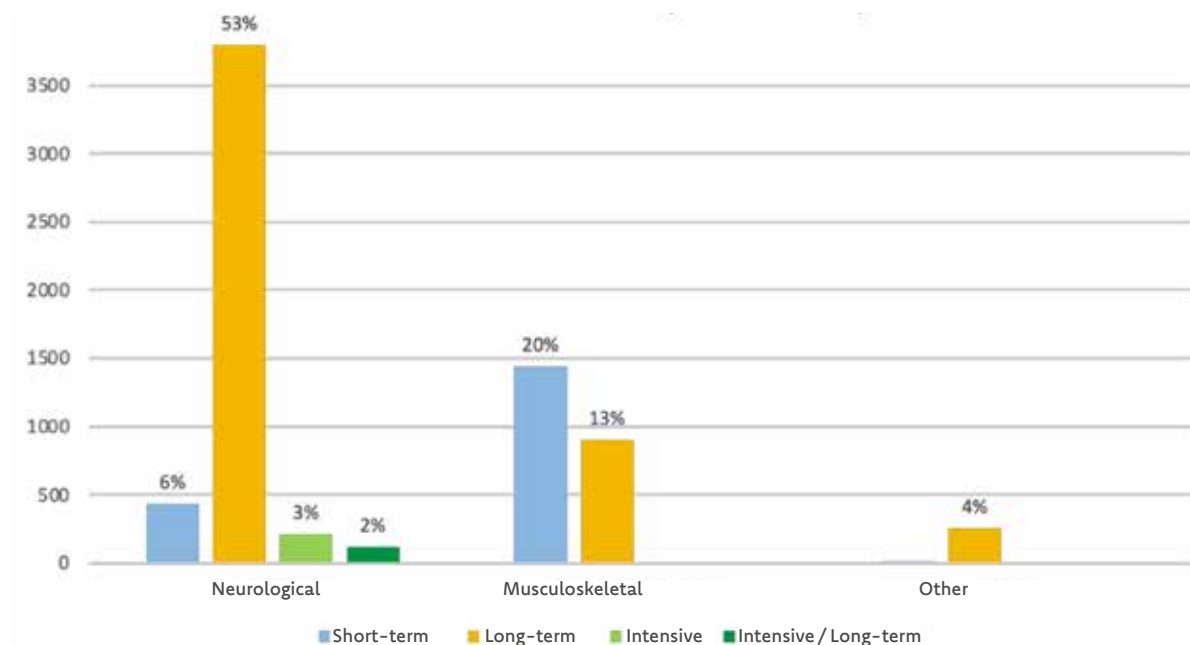
Categories

(Total number of patients per group. Several patients in a group may undergo several types of therapy)

- **Neurological disorders: 212**
(e.g. cerebral palsy, developmental disorders, paraplegia)
 - Physiotherapy: **115** (number of sessions ST: **386** / LT: **2460**)
 - Occupational therapy: **44** (LT: **976**)
 - Physiotherapy on Lokomat®: **23** (ST: **4** / LT: **226**; Intensive: **216**; Intensive / LT: **118**)
 - Osteopathy: **9** (ST: **18** / LT: **7**)
 - MTT / APA: **3** (ST: **9** / LT: **27**)
 - Massage therapy: **6** (ST: **6** / LT: **14**)
 - Speech and language therapy: **12** (ST: **7** / LT: **86**)
- **Musculoskeletal disorders 'MSD': 250**
(e.g. club foot, plagiocephaly, sprained ankle)
 - Physiotherapy: **175** (ST: **1277** / LT: **864**)
 - Osteopathy: **73** (ST: **162** / LT: **9**)
 - MTT / APA: **1** (LT: **29**)
 - Massage therapy: **1** (ST: **1**)
- **Other: 25**
(e.g. cystic fibrosis, cardio-respiratory problems)
 - Physiotherapy: **5** (LT: **143**)
 - Osteopathy: **11** (ST: **19**)
 - MTT / APA: **1** (LT: **16**)
 - Speech and language therapy: **8** (LT: **99**; Assessment: **4**)

The statistics do not include treatment type (ST, LT) for massage therapy and osteopathy, since such treatment is occasional.

Treatment according to pathological group (per number of sessions and all therapies together)



2023 MILESTONES



Cementing the partnership between Centre qap, the region's university hospitals and Clair Bois⁴:

A convention signed in January 2023 between the HUG⁵, Centre qap and Clair Bois, has given us the services of a paediatric neuro-rehabilitation doctor, who will be the link between the various pedagogical and therapeutic facilities, overseeing therapy, and working hand-in-hand with the Centre's team for patient monitoring as well as on project development.

The role of the paediatric rehabilitation specialist is to guide patients through a re-education programme, aiming to improve their quality of life and attenuate the functional, physical, psychological and social effects of illness or long-term sequelae of accidents.

From June 2023, a total of 30 multidisciplinary rehabilitation consultations were held with Centre qap and/or external therapists present.

At the request of the Centre's therapists, the neuro-rehabilitation doctor will participate in treatment sessions or parent meetings. This could include initial meetings, or for specific advice, or close-up monitoring of progress.

⁴**Clair Bois**: Special school for children and adults living with handicaps

⁵**HUG**: Geneva University Hospitals



Treatment with a support therapist (co-therapy) :

Co-therapy is an approach often adopted at Centre qap. In a co-therapy session, an additional therapist is on-hand to assist with the treatment. This second therapist's time is not charged.

A total of 584 such sessions were given in 2023. Despite engendering a non-negligible cost for the Centre, they clearly enrich the quality of certain treatments by, for example, providing a second pair of hands, bringing a different perspective on treatment goals, or the possibility of therapist supervision.



Intensive therapy



During the year 2023, 17 children took part in personalised intensive therapy, which varied in duration and frequency. These intensive sessions were either Lokomat®-based or physiotherapy-based, or a combination of both.

Year-round intensive therapy is a means for patients to break new ground. It has two main objectives:

- For patients with neurological or complex conditions, increased therapy brings them closer to the targets set by families and the medical therapy teams. Triggering progress and boosting confidence, it contributes to overall well-being and greater independence.
- For patients recovering from accidents or surgery, it allows them to benefit sufficiently often from a valuable range of treatment to promote full and speedy recovery in line with desired goals.

Ever since the Centre opened, we have been offering year-round intensive therapy on Lokomat®, and we have several patients who undergo up to five sessions of therapy per week.

The purpose of intensive treatment is to work on specific goals with each patient to improve motor-function impairments, build up strength, encourage independence and spur optimal recovery after an accident.

We have developed a project to expand intensive therapy. At first however, the wider options will be reserved solely to the Centre's own patients, because our therapy teams are currently not large enough to be able to extend intensive therapy to patients outside Centre qap (Lokomat® excepted).

We plan to offer different types of intensive therapy in two-week blocks during school holidays, focusing on:

- 1) gross motor skills
- 2) bimanual motor skills
- 3) combined physio- and occupational therapy
- 4) communication
- 5) group sport (physiotherapy and Adapted Physical Activity, APA)

Augmentive and Alternative Communication (AAC) project



Augmentive and Alternative Communication encompasses communication methods, strategies and tools that replace or supplement natural speech. They are designed to help those who experience difficulties communicating through speech. It concerns children with a variety of conditions such as cerebral palsy or autism spectrum disorders (ASD).

Telethesis, for example, is technology that addresses a deficit in natural communication by using a computer connected to one or more interfaces, for example an eye tracker device, which can be used to control and operate other equipment.

AAC is sub-divided into two types.

Unaided AAC, requiring no external tool, but using:

- facial expressions
- body language
- gestures
- sign languages.

Aided AAC, requiring the use of external tools or materials, such as:

- charts or boards with symbols or pictographs
- keyboards, joysticks or other interfaces
- vocal synthesisers
- AAC apps on mobile devices.



Alternative communication allows children to express themselves much more easily and feel satisfaction in being understood, rather than others guessing at what they are trying to communicate. The impossibility of making needs and desires known often engenders deep frustration. Finding a way to communicate is, therefore, paramount for every child.

One of our priorities this coming year is to bring AAC into Centre qap, because alternative means of communication help to bring these children out of themselves, empowering them and helping them flourish.



Extension of the Centre's premises

After extending our premises, we have been able to engage two further therapists and thereby accommodate more children, in response to an ever-growing demand.

The extension multiplies our pedagogical and therapeutic opportunities and includes:

- a spacious second motricity room with floor markings for athletic activities and an overhead ZeroG® rail;
- a classroom/ homework room for children undergoing intensive therapy;
- new therapy and consultation rooms;
- a kitchen corner for intensive therapy patients as well as for occupational therapy (projects food preparation, handling utensils).



We are fortunate to have acquired a second specialised robotic system, ZeroG®, to assist walking.

ZeroG® has the advantage of being able to be used by smaller children, not yet tall enough for Lokomat®. It also complements work on Lokomat® encouraging freer and more active walking movements.





Training

The Association supports continuing education for the Centre's therapists to hone and develop their professional skills.

During 2023, a number of therapists underwent training courses in different aspects of paediatrics to consolidate and extend the Centre's specialist expertise in the treatment of babies, children and young adults, and enhance the quality of care.



Growing the team

A speech and language specialist, a physiotherapist and an Adapted Physical Activity (APA) specialist joined our team in late 2023.

We are seeking a second speech and language specialist to complete the team to be able to satisfy the very strong demand for treatment.



Virtual reality

In 2023, we made active progress on our virtual reality project. Two new games were designed and created in a collaborative effort between the whole Centre qap team and Campus Biotech.



In addition to the two new virtual-reality-based re-education tools, the Centre forged ahead with other projects for 2024.





PROJECTIONS FOR 2024-2025

- Accomplish one of the Centre's principal objectives: the provision of personalised intensive therapy over given periods of time during school holidays, in addition to the intensive therapy already offered.
- Continue building our partnerships with all external facilities and the various pedagogical and therapeutic teams who share patient care. We aim to strengthen our relationships and optimise communication between us to better monitor patient progress.
- Continue to develop Adapted Physical Activity (APA) to offer adapted training in sports for children whose chronic handicaps or other disabilities prevent them from practising physical activities as part of a community club or a team.
- Continue to develop therapy using virtual reality and robotics, for children to enjoy an immersion in a different world, while working on their balance, coordination and strength.
- **Develop an Augmentive and Alternative communication (AAC) project**
- Continue to improve the quality of our services by acquiring specialist materials for the Centre's needs.
- Support therapist training to constantly refine the quality of our care.
- When necessary, hire new therapists to be able to respond adequately to expectations and the future development of the Centre's services.
- Continue to focus on standards of excellence in welcoming and helping the babies, children and teenagers who attend the Centre.
- **Reflect on the possibility of a Centre qap 2 for patients who are approaching the age of 20 and becoming young adults.**



CONCLUSION



Our statistics show the number of patients currently attending Centre qap, but do not reflect the high numbers awaiting treatment continuing to underline the massive need for such centres in this part of Switzerland.

The partnership with the Geneva University Hospitals and our connections with various cantonal medical-therapy units brings a new surge in requests for care at the Centre each year. It has generated waiting lists for all disciplines at the Centre.

With our intention to develop intensive therapy and extend the practice of Adapted Physical Activity come increased expectations of the Centre. The bar is constantly being raised as we expand further to meet demands, and ensure our quality of services remains as high as ever in every respect.

We strive to help our young patients surpass themselves and surmount obstacles in their path. We aspire to lead them on the road to greater independence, a more enjoyable quality of life and, consequently, better health and general well-being.

This is what Centre qap is about. It is through continuing our sustained, attentive, personalised and compassionate care that we can offer qap's little champions the best hopes of developing their cognitive and motor potential.

WE'RE ALL 'QAP'! LET'S DO IT!

Here are a few letters from children and parents who have chosen to share their experiences at Centre qap. They illustrate the work involved in every care programme.

Hello,
I come to qap because I have a club foot.
Working with my physio, Adèle, is fun. I like the
sensory room a lot, because we do exercises and
then we can make lights come on with remote
controls. There's also a big room with a swing in
it. I do exercises on the swing to make my foot
stronger!
And I really like helping Adèle build circuits, too.
❤️⭐️😊⭐️❤️⭐️😊⭐️❤️
T. B. / 10 y.o. / physiotherapy / March 2024

*Our daughter has been attending Centre
qap for three years now (occupational- and
physiotherapy) and hasn't looked back since.
What I most appreciate is the personalised care
and attention from the therapists, who always
make the effort to understand our family life and
tailor the therapy to our particular needs. Our
daughter generally comes happily to play with
the therapists, who are always patient, ready
to listen and adapt to how motivated our now
4-year-old is feeling, within clear boundaries.
Centre QAP is bright and cheerful, and the
professional atmosphere inspires confidence.
Mother of Y.D.*

Centre qap stands out from other places for three clear reasons: its approach, its efficacy, and the profiles of the therapists who work there. Children are quite clearly placed front and centre. Everything they do here revolves around the young patients, and the smooth running of therapy sessions is exemplary. We have always been reassured by the competence of the staff. Their mastery of a range of therapeutic approaches depending on improvement goals, together with the state-of-the-art equipment make this institution a benchmark from all points of view. From the human aspect, the care is outstanding. The staff always speak directly to our daughter using her name, even the therapists who are not actually treating her, and we are always greeted with genuine and encouraging smiles. Each time, this adds to our conviction that we are doing the right thing, with the right team to unlock our child's potential and help her progress and continue to acquire new skills.

Mother of I. / 6 y.o.

Témoignages

I love coming. I can walk, it's so cool to be able to stand. Walking makes me feel good. It puts me in a good mood. My leg muscles have got stronger since I started coming here and my legs obey me more. They are so much better at doing what I want them to.

T.J. / 17 y.o. / March 2024

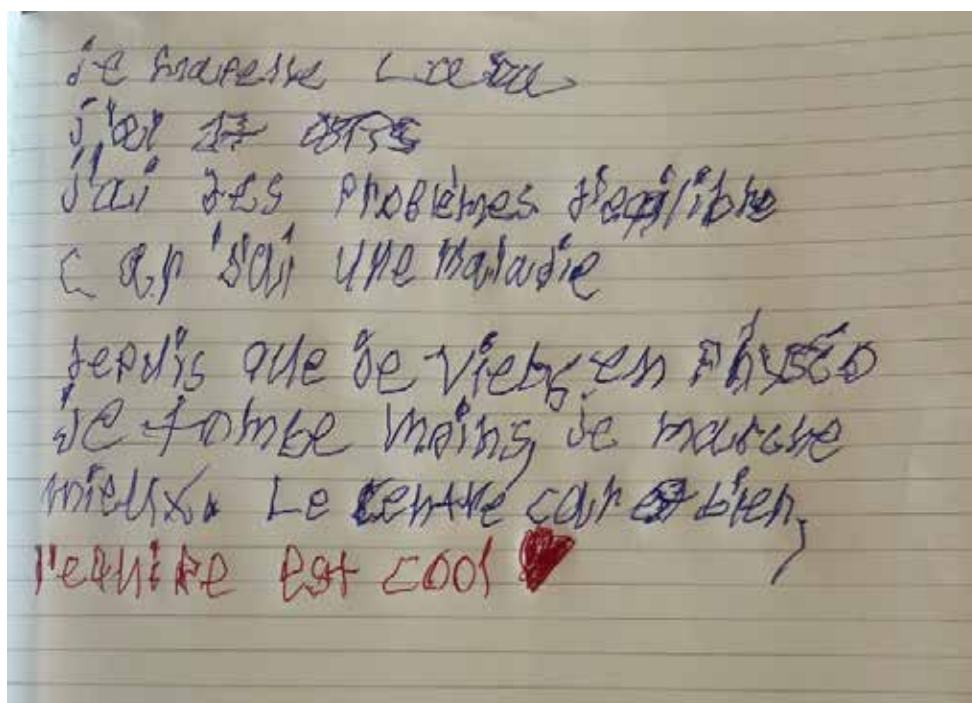
Parents' testimony:

We are very happy that this centre exists, because there never used to be anything like it in Geneva. It complements the HUG and has a dynamic, welcoming atmosphere. The qap team is friendly, efficient, positive and encouraging. Each bit of progress, however tiny, is acknowledged and praised.

For administrative support as well as therapy, we know we can depend on the centre.

Parents are always welcomed here with kindness and respect.

Our deepest thanks go to Centre qap for its commitment and undertaking to do all it can to offer the very best to the children and their families.



«My name is Lana. I'm 17. I have problems with balance because I have an illness. Since I've been coming to physio, I fall less and am walking better. Centre qap is great, they've got a cool team. ❤️»

In the words of R., 7 y.o. (transcription):

"I love coming to the Centre. It's great. I like the Lokomat®, walking on all fours and the ZeroG®... and that they say hello to me! I work hard, and with ZeroG® I feel weightless and I don't fall down, and the machine follows me around. I can also do trampolining and go up and down stairs with ZeroG®. My favourite places are the Lokomat® and ZeroG® rooms because I can walk, run and jump. I'd like to do more on all fours to get stronger, be able to walk and wear shoes! qap is great and I love Irene, Manon and Lindrina and everyone there!"

Geneva, 2 April 2024

Hello, My name is V.T. I'm 15 and I have an illness that's called 'muscular dystrophy', so every Thursday at 8.30 I attend Centre qap (physiotherapist in Carouge) to help me make progress with my illness. I started in September 2023 and I'm still having treatment. I'd like to tell you about how I'm doing after 7 months.

The first time I came, I was afraid I wouldn't be able to do the exercises or trust the person who was going to be my physiotherapist.

Before coming to Centre qap, I had a lot of physical difficulties because of my illness, for example, getting up, keeping my balance, and my left leg hurt a lot because I'd been in a car accident.

And now that's no longer the case. The physiotherapist helped me make a lot of progress and showed me that I could be stronger than my illness. I love doing physiotherapy because it shows me I can live with my illness but also get better. 😊

With the exercises I do there, I feel I'm progressing a lot. It really helps to do them. 😊





Centre qap

Rue Jacques-Grosselin 8
1227 Carouge

+41 22 930 88 88

www.centreqap.ch

Compte Crédit Suisse

IBAN: CH81 0483 5260 9948 9100 0