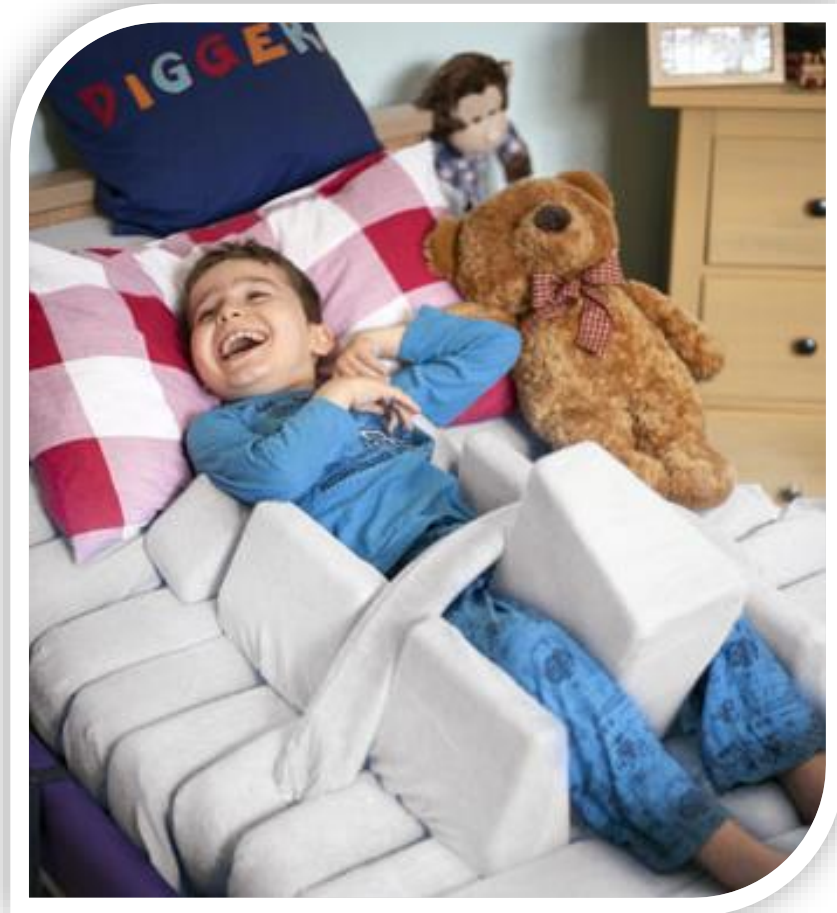




## Sample Letter of Medical Necessity – Dreama



Sample letters of medical necessity are not intended to provide exact guidance on how to apply for funding for any product or service. every patient is unique, with their own individual needs. ultimately, health care providers should undertake a robust clinical assessment of each patient and make an informed clinical decision regarding the appropriateness of a particular product for that patient. applications to any funding source must be factually accurate and accurately reflect the individual needs of the applicant patient.

**Jenx cannot guarantee the success in obtaining insurance or third party funding of any kind.**

## Describe who you are, your role, client's name and state the equipment you are seeking funding for

I am a qualified (insert profession) and I am writing this report on behalf of **X**. As **X**'s therapist, I am requesting funding for a Jenx Dreama. The Dreama is a medical necessity which would not be required in the absence of disability, illness, or injury. The following report explains the medical justification.

## Explain the client's diagnosis, disability and past medical history (Include functional ability and limitations in segmental body control, overview of other impairments)

**X** is 7 years old and has a diagnosis of spastic quadriplegic cerebral palsy, GMFCS level V. **X** is affected by marked dystonia throughout their body and has contractures in both their upper and lower limbs. **X** has bilateral hip displacement, right more so than left, and is at risk of hip dislocation and further orthopaedic intervention. **X** is currently under yearly review with an orthopaedic consultant as part of a hip surveillance programme. **X** has previously had bilateral adductor-psoas and medial hamstring tenotomies approximately 1 year ago and receives 6 monthly botulinum toxin injections bilaterally to their gastrocnemius and soleus muscles. **X** has a percutaneous endoscopic gastrostomy feeding tube in situ. **X** has a history of recurrent chest infections requiring hospital admission and management.

**Tone/Movement/Strength:** **X** has fixed hip adduction contractures bilaterally, only achieving 8 degrees of hip abduction on the right and 12 degrees on the left with passive assessment bilaterally. **X** has fixed hip flexion deformities of 10 degrees on their right and 5 degrees on their left and fixed wrist flexion deformities of 30 degrees bilaterally. **X** has extremely limited purposeful movement through their upper and lower limbs. **X** is unable to control their trunk against gravity and has very poor head control

**Posture:** **X** adopts a windswept posture through their lower limbs to the left in lying and sitting. There is a moderate convexity to the left through their thoracic spine

**Ambulation/Functional Walking Status:** non-ambulatory.

**Cognitive Status:** **X** has a severe cognitive impairment.

**Communication:** **X** has greatly difficulty communicating their needs, but can indicate their happiness/enjoyment/sadness/pain through facial expressions, laughter and crying.

**Hearing:** no history of hearing concerns.

**Vision:** Nystagmus, nil other.

**Skin Condition/Integrity:** **X** is at great risk for skin breakdown secondary being totally dependent for all positioning and the risks of being in sustained postures and positions. Caregivers change position frequently at night and through the day for proper pressure and skin management.

**Cardio-respiratory status:** **X** is affected by recurrent chest infections, sleep apnoea, reflux and has a very poor swallow effort. **X** is at significant risk for aspiration if not supported appropriately as result of these factors and poor head posture. When in bed they require significant external support to align their posture in a more symmetrical position in side and supine lying. In conjunction with their profiling bed, support and appropriate positioning is a necessity to improve respiratory effort, minimise aspiration risk and allow for postural drainage as needed.

**Explain the impact of the client's diagnosis on their life (Discuss the implications and limitations without access to therapeutic equipment)**

**X** is dependent for all care needs and activities of daily living. **X** is unable to stand or sit independently and needs significant postural support equipment to achieve these positions and maintain symmetry. **X** is unable to mobilise and needs assistance of carers for all repositioning

In lying, **X** adopts a windsweeping posture, with a curvature through their spine. **X** is unable to correct this position without support, and as such is a risk of developing a worsening curvature, worsening hip migration and further muscular contractures. These body structure changes can be associated with pain, surgery, compromising of internal organs and even early death.

**Provide an overview of the equipment for which you are seeking funding and the physical benefits in relation to the client (Explain how the equipment will provide physical benefits to the client's individual needs, support with clinical references if able)**

The Jenx Dreama is a whole-body 24-hour positioning system designed to support clients with even the most complex needs. It allows for support in a variety of positions to meet the individual and unique needs of the client, different postural goals and preferred sleeping positions. Lying down in a variety of therapeutic positions supports optimal body system functioning and health. The flexible base and support pieces are robust, modular and adjustable, with a variety of sizes. Therefore, the system will last a very long time, providing consistent night-time therapeutic positioning if the client's body or condition changes. The support surfaces remain in one place once adjusted, and therefore the desired therapeutic posture is maintained throughout the night. The primary sleep surface is softer, more comfortable and better designed to distribute pressure than other postural care systems and promotes a comfortable sleep. Good sleep quality is important for maintaining good physical and mental health, cognitive function and reducing tone. Good skin integrity is promoted by pressure reducing foam in separate individual sections which maximise surface area and allow for air circulation for temperature regulation. The Dreama can be used to support lying postures and function through the daytime as well as overnight.

With proper access to the appropriate equipment, **X** can be supported in symmetrical supine and side – lying positions that can minimise the destructive effects of poor posture and minimise aspiration and respiratory risks. Regarding **X**'s individual needs, a previous clinical study has suggested the Dreama may have positive effects on reducing rate of hip migration, pain relief and ease of caregiving (Hankinson and Morton, 2002).

The Dreama is robust and can be used beneficially to reduce and support **X**'s marked dystonia. The silent glide-lock support pads will enable reduced sleep disruption for **X** alongside truly supportive positioning, where other noisier and less robust systems have failed. It will enable **X** to feel safe and supported in lying and will tolerate the forces of **X**'s tone over long period of time. Once in place, the Dreama base is appropriately sized to support **X** right through to adulthood, allowing for maximal growth and use.

**Describe the psychological benefits of equipment (Include benefits to carers and family as well as client if able, support with clinical references if able)**

**X** has a very disrupted sleep pattern and routine, awakening 5-6 times per night. **X** often requires changes of the full bed sheet and care for hygiene needs due to incontinence and leaking through pads. The features of Dreama in terms of positioning, ease of use, comfort, temperature control and hygiene care are likely to enable improved sleep quality for both **X** and **X**'s carers. Improved sleep quality can significantly improve mood and mental health.

**X** is often affected by pain due to abnormal tone and positioning which is distressing for both **X** and their carers. The comfortable support surfaces and stable positioning achieved with the Dreama can help reduce the abnormal tone and posturing, and ultimately reduce **X**'s pain

**Discuss other equipment experiences that have not been appropriate for client (Why were the other equipment not appropriate in relation to the client's needs? Re-iterate benefits of Dreama in comparison, include specific details of other products as appropriate)**

**X** has previously trialled multiple night-time positioning systems and other simple low-tech methods such as cushions and pillows. None of these have appropriately supported **X**'s dystonia and have not been successful in maintaining stable and symmetrical positioning.

The other systems have not been robust enough and required regular repairs/replacements, and the movement of the accessories have increased risk for aspiration, suffocation and entrapment of limbs

**Describe the equipment and accessories being requested for the client**

**X** will require:

1 extra-long Dreama base and cushion set

2 extra-large positioning pads

4 large positioning pads

4 medium positioning pads

1 large positioning hoop

1 medium abduction block

1 side lying support strap

1 Size 1 Ziggy cushion

1 Size 2 Ziggy cushion




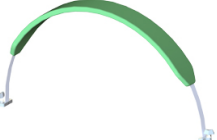
2 sets of locking feet



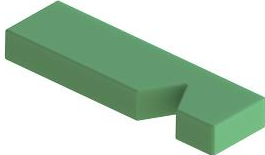

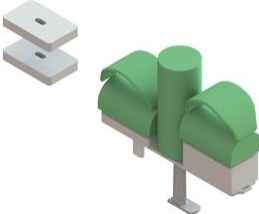

Covers for all accessories




Use descriptions of medical necessity below to assist with the clinical need in relation to the client, delete items as appropriate.

## Jenx Dreama components and medical necessity

(Delete items as required)

Item	Description of Medical Necessity
<p><b>Dreama Base and Modular Cushions</b></p> 	<p>Available in 4 sizes from Cot Size to Extra Long to accommodate users from approx. 9 months of age through to adulthood. The flexible aluminium base contours to create the lying surface of choice for each user, whether it's achieved by placing the base of Dreama on a profiling bed or using rolls, wedges or cushions. This means it can be used for a range of different user requirements in a variety of environments (home, care homes, support centres etc.). Each modular cushion is 150mm deep and upholstered in fire-retardant, water resistant, 2-way stretch antibacterial fabric for infection control, as well as being breathable. The spaces between cushions allow airflow, helping to maintain a comfortable temperature. The individual cushions enable specific areas to be cleaned easily during the night with minimum disturbance. Each cushion is made of pressure reducing foam, with a castellated surface to provide a greater surface area and maximise pressure distribution for each use</p> <p>The base and cushion set comes with a full set of neutral covers that are machine washable and a pair of anchor straps for secure fixing to the bed frame</p>
<p><b>Positioning Pads</b></p> 	<p>Made from comfortable and hygienic polyurethane and available in 4 sizes to accommodate and support the various sizes and body shapes of users. Each positioning pad has optional swivel heads to allow for multiplane movement and positioning to support unique and individual postural needs.</p> <p>The silent Glide lock system enables minimal sleep disruption alongside robust and supportive positioning</p>
<p><b>Slim Support Pads</b></p> 	<p>Slimline alternative to the Positioning Pads. Made from comfortable and hygienic PU.</p> <p>Also available with an optional padded cover for extra comfort. Can be used as an option to provide support around the axilla where larger pads are not appropriate</p>
<p><b>Positioning Hoop</b></p> 	<p>A functional accessory, used to keep bedding away from the body to help with temperature regulation or allow movement within a limited range for a comfortable night's sleep. Available in 4 sizes for growth and varied body shape.</p>

<p><b>Abduction Block</b></p> 	<p>Used to provide an abducted position through the hips and lower limbs, to achieve symmetrical positioning, provide a sustained stretch to musculature and provide optimum positioning though to delay hip migration. Available in 3 sizes for growth and varied body shape.</p>
<p><b>Knee Cups</b></p> 	<p>Use these to comfortably hold knees in a specified position. Available in 2 sizes for growth and varied body shape.</p>
<p><b>Side Lying Pad</b></p> 	<p>Available in different thicknesses to encourage a neutral and comfortable leg separation when side lying. The pad is available in 4 sizes for growth and varied body shape.</p>
<p><b>Side Lying Support Strap</b></p> 	<p>Can be used to secure the upper leg comfortably when side lying. Includes fittings to fit to two standard positioning pads.</p>
<p><b>T-Roll</b></p> 	<p>This is height adjustable and helps to support knees, reduce abdominal pressure and prevent scissoring. The sides are height adjustable and the central pommel is removable. Adaptable to accommodate unique needs and for ease of use for carers.</p>
<p><b>Angle Adjustable Footrest</b></p> 	<p>Designed to support feet in supine and provide a sustained stretch to musculature to maintain range of movement. Can also sometimes be used to support semi – side lying positions with other supports or cushioning.</p>

<p><b>Covers</b></p> 	<p>There are covers available for all Dreama accessories for extra comfort. These are provided in white towelling and are machine washable for ease of cleaning.</p>
<p><b>Locking Feet</b></p> 	<p>These useful items are used to mark the position where an accessory should be placed. It keeps accessories in place for users with high movement.</p>
<p><b>Ziggy Cushion</b></p> 	<p>This highly adaptable product is square in cross section and can be bent at a number of points to create many different shapes. Place behind or in front the user in side lying to contour to the user's body shape and offer additional support and comfort.</p>

**Goals of Recommended Equipment** (Client and Carer's voice should be central to goals, goals should be personal to client's individual needs)

X's carers want to improve their child's comfort and sleep quality, and want to prevent any further deterioration in X's posture.

Goals of the Dreama:

- To improve X's and carer's sleep quality
- To provide functional and safe positioning
- To reduce tone and dystonic movements
- To prevent further postural deterioration
- To maintain and improve internal functioning
- To minimise aspiration risk and improve postural drainage
- To reduce pain
- To improve ease of caregiving overnight for caregiver

**How does prescription of this equipment incorporate the F-Words in Childhood Disability (Rosenbaum & Gorter, 2011)?**

**Fitness** – Nightly use of the Dreama could help prevent further deterioration in X's posture, reduce their tone and reduce their pain. This can be significant for maintaining healthy functioning of their internal functions, including their respiratory, cardiovascular and digestive systems. The Dreama could also improve

**X's** sleep quality and duration, subsequently improving their energy levels and tolerance for functioning through the day.

**Function** – **X** is very smiley when being read a book whilst in their adaptive chair, but they can struggle with attention and focus to finish a whole book. **X** enjoys being positioned on a prone wedge and being assisted with placing their upper limbs into a sensory tray, but can only tolerate a few minutes of this play before fatiguing quickly with their head control. **X** laughs and smiles when accessing their standing frame daily, but worsening postural changes could limit their access to such support. Improved sleep, reduced pain and maintenance of body shape that could be achieved with prescription of the Dreama will enable improved attention, concentration, energy, mood and positioning for **X** to continue to participate in daily activities, and for longer durations.

**Friends** – **X** enjoys being around their friends at school and participating in the same activities as their friends, whatever way possible. **X** is particularly very happy when they are in their standing frame at the same eye level as their peers in class activities. Worsening posture, sleep quality and energy levels that may occur without access to appropriate night-time positioning are just a few examples that may cause barriers to play and inclusion with friends.

**Family** – The features of the Dreama in terms of positioning, ease of use, comfort, temperature control and hygiene care will significantly reduce the care burden for **X's** family overnight, reducing the sleep disruption they also endure. This will in turn positively affect their energy, mood, cognition and functioning to create a less tired, stressful and happier family environment overall.

**Fun** – **X** enjoys accessing their adaptive swing in their garden, or taking part in the school adaptive cycling club with a cycle that accommodates their wheelchair. **X** is at their happiest when being involved in the same activities as their friends and family. Worsening posture and health that may occur without an appropriate sleep system could easily prevent access to all the fun and inclusive activities they currently enjoy.

**Future** – Prescription of a Dreama could help **X** maintain their posture, improve their quality of life and overall health, whilst easing the care burden in the family environment going forwards. The Dreama will grow with **X** and potentially ensure reduced medical and orthopaedic intervention. The Dreama could help with continued inclusion and participation in the activities **X** enjoys in the future.

### **Discuss costs of not having equipment/cost benefits with the equipment in place**

Repeated changes, repairs and replacements of other inappropriate night-time positioning methods have already amounted to a significant cost. The Dreama is the most appropriate system for **X's** individual needs and will grow with **X** and not require regular repairs or replacements due to its robustness.

Without any night-time support, **X** is at significant risk of further postural changes due to immobility and the destructive effects of gravity and tone on the body. This could lead to expensive surgical intervention and follow up care. Generally, it could lead to increases in therapy, medical intervention, care and equipment needs. The Dreama could help prevent these further cost implications when used in conjunction with **X's** current therapy programme.

### **Summary/Conclusion**

The Dreama will provide optimal 24-hour positioning in lying for **X**, ensuring multiple safe, stable and symmetrical positions can be achieved where other devices have failed. The Dreama will help to prevent further posture deterioration and maintain internal functioning. The Dreama will provide a comfortable base and support that should improve **X's** sleep quality and the ease of use should improve overnight care giving



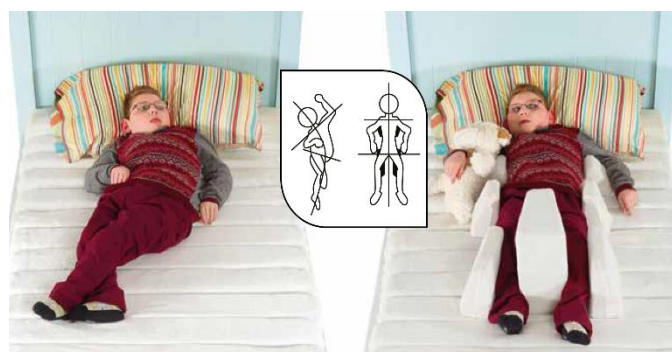
for both **X** and carers. Without the appropriate night-time support, **X** is a significant risk of postural change, reduced internal capacity and even early death.

It is essential funding is provided for the Dreama so **X** can have optimal quality of life.

Signed:

Date:

**Include pictures showing the different positions the Dreama can support**



## References

Hankinson J and Morton R.E. Use of a lying hip abduction system in children with bilateral cerebral palsy: a pilot study. *Developmental Medicine & Child Neurology*. 2002; 44: 177-180.

Rosenbaum, P. & Gorter J. The 'F-words' in childhood disability: I swear this is how we should think! *Child: care, health and development*. 2011; 38(4): 457-463.