

Proposed Adult North Star **Physiotherapy Training** check list:

1. Apply for the OPEN-TACT Personal account. Website link: www.opentact.net
 - The OPEN-TACT website is for individuals who wish to benefit from free training materials and information relating to Neuromuscular Disease. It also contains a virtual clinic which allows for competency in the North Star Ambulatory Assessment to be assessed. This is a requirement for therapists entering data onto the Adult North Star database.
 - APPLY for an account by filling in the form on the website. Once you complete the application, you will be sent an email confirming it. Follow the instructions in the email. Note that OPEN-TACT registration is currently **only** open to users with an email address from @nhs.net, @nhs.uk or @hscni.net
 - OPEN-TACT website allows you to maintain your account with MDUK OPEN-TACT, and keep track of NSAA assessments completed in the Virtual clinic.

2. Go to the **Physiotherapy Guidelines** section.
 - Go to the **Duchenne muscular dystrophy** section where you will find the individual sections to complete. You can then record your training on the assessment sheet which you will find at the end of this document and on the website under Network Resources.
 - User guide to the Virtual Clinic
 - ❖ **GUIDE TO USING VIRTUAL CLINIC**
 - Introduction to Duchenne
 - Assessment and management
 - Duchenne functional scales

❖ **NORTH STAR AMBULATORY ASSESSMENT (NSAA)**

- ✚ North Star Ambulatory Assessment (NSAA) – Introduction
- ✚ NSAA Worksheet
- ✚ NSAA Manual
- ✚ NSAA Timed Tests
- ✚ NSAA - an audio-guided presentation (password: North Star 19)
- ✚ Performing NSAA - Real life video demo (password: North Star 19)

❖ **PERFORMANCE OF UPPER LIMB SCALE (PUL 2.0)**

- ✚ PUL 2.0 Worksheet
- ✚ PUL 2.0 Manual
- ✚ Performing PUL 2.0 assessment - real life video demo
(password: North Star 19)

❖ **ADAPTED BROOKE FOR ARM FUNCTION**

- ✚ Adapted Brooke Scale - summary of arm function

❖ **EGEN KLASSIFIKATION SCALE**

- ✚ EK2 Worksheet
- ✚ EK2 Manual
- ✚ EK2 - an audio-guided presentation (password: North Star 19)
- ✚ EK2 - Example of conducting the assessment in a young man with
DMD
(password: North Star 19)

- Useful links for physiotherapists

3. Go to HOME button (top of the site)

- Enter **Virtual Clinic** where you can practice and complete your competence testing.
 - ❖ Please complete **2 full NSAA assessments**. These should have a green light for a satisfactory order of testing and the total score being within 3 points of the gold standard. See **GUIDE TO USING VIRTUAL CLINIC** for further instructions on using the clinic. Contact Anna.mayhew1@nhs.net for any issues with this.

Competence testing for Adult North Star Physiotherapy

| | | |
|----------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------|
| Name, Surname (printed): | | |
| Data of completion: | | |
| Signature: | | |
| | | COMPLETED (sign) |
| Physiotherapy Guidelines | | |
| Duchenne muscular dystrophy | | |
| User guide to the Virtual Clinic | | |
| | Guide to using Virtual clinic | <input type="checkbox"/> |
| Introduction to Duchenne Assessment and management | | |
| Duchenne functional scales | Password to ALL: (password: North Star 19) NORTH STAR AMBULATORY ASSESSMENT (NSAA) | |
| | North Star Ambulatory Assessment (NSAA) – Introduction | <input type="checkbox"/> |
| | NSAA Worksheet | <input type="checkbox"/> |
| | NSAA Manual | <input type="checkbox"/> |
| | NSAA Timed Tests | <input type="checkbox"/> |
| | NSAA - an audio-guided presentation | <input type="checkbox"/> |
| | Performing NSAA - Real life video demo | <input type="checkbox"/> |
| PERFORMANCE OF UPPER LIMB SCALE (PUL 2.0) | | |
| | PUL 2.0 Worksheet | <input type="checkbox"/> |
| | PUL 2.0 Manual | <input type="checkbox"/> |
| | Performing PUL 2.0 assessment - real life video demo | <input type="checkbox"/> |
| ADAPTED BROOKE FOR ARM FUNCTION | | |
| | Adapted Brooke Scale - summary of arm function | <input type="checkbox"/> |
| EGEN KLASSIFIKATION SCALE | | |
| | EK2 Worksheet | <input type="checkbox"/> |
| | EK2 Manual | <input type="checkbox"/> |
| | EK2 - an audio-guided presentation | <input type="checkbox"/> |
| | EK2 - E.g. of conducting the assessment in a young man with DMD | <input type="checkbox"/> |
| Useful links for physios | | |
| VIRTUAL CLINIC | | |
| | NSAA attempt number 1 | <input type="checkbox"/> |
| | NSAA attempt number 2 | <input type="checkbox"/> |