

# Prechtl's General Movements Assessment

## Information for parents

This information explains an early developmental assessment for your baby. If you have any questions or concerns, please do not hesitate to speak to a member of the team caring for your child.

### What is the Prechtl's General Movements Assessment?

It is a non-invasive standardised assessment which involves taking a video of your baby lying on their back while they are awake, alert and calm. The video allows us to assess their **General Movements** to identify if they are at a higher risk of having difficulties with movements as they grow, such as cerebral palsy or other developmental conditions.

### What are General Movements?

These are distinct movements that your baby makes naturally from before birth until they are 20 weeks corrected age (their age from your due date rather than the day they were born). Whether or not they make these movements at different ages allows us to understand how well your baby's central nervous system is developing and can help us to predict if they may have later difficulties.

Corrected age	Movements
Birth – 6 weeks	'Writhing' phase
10 – 15 weeks	'Fidgety' phase

### Why should my baby have this assessment?

We would like to do this assessment for any baby who is at risk of neurodevelopmental difficulties. This may include babies who:

- are born prematurely (at less than 30 weeks)
- have a birth weight of less than 1.5kg
- have hypoxic ischaemic encephalopathy (HIE) because their brain did not receive enough oxygen and/or blood flow around the time of birth
- have had a neurological examination that is not as expected (atypical).

## What are the risks?

This is a non-invasive assessment which involves no risk to your child.

## How is the assessment done?

For the assessment, a video of your baby when they are awake and alert and lying on their back, usually in their nappy or a short-sleeved vest, is needed. Your baby's movements will be recorded for up to three minutes. These results will then be assessed by a team of experts who specialise in infant development. If the therapist is unable to take the video on the neonatal unit, they may ask you to take it, either on the neonatal unit or once discharged home.

## When will my baby have the assessment?

Following the initial video on the unit, our therapists would then like you to take the video of your baby at home, at around 12 weeks corrected age and send it to us using a secure portal called vCreate.

## What are the benefits?

By having this quick, cost-effective, non-invasive assessment, our team can:

- decide whether your baby will benefit from early intervention
- advise you on how you can support your baby's development
- help to provide a potentially better outcome for your baby and for you.

## Are there any alternatives?

This assessment is often used alongside other physical examinations, but this is the best way to assess how your baby's central nervous system is developing so we can give them early treatment and other care and support if they need it.

## How do I take a video assessment of my baby?

It is very important that you follow these steps:

- Place your baby on a neutral-coloured soft floor. Lay them on a plain towel or blanket if you do not have a neutral-coloured surface.
- Ensure they are wearing only a nappy, or a short-sleeved vest if they are unhappy when undressed.
- Take the video when your baby is quiet but alert and not crying.
- Take it from directly above them, ensuring their whole body and limbs are in view for about **three minutes**.
- Do not talk to them and do not make any sounds because this may affect their General Movements.
- Make sure your baby has no toys and there are no distractions such as hanging mobiles or siblings.

## How do I send the video to you?

The video can be sent securely via vCreate follow up.



**Below explains how you can register for an account.**

- You will receive an email / sms message inviting you to register for an account from your clinical team. Click the link to load the registration form.
- **Read the consent statements and if you agree, check the boxes to provide consent for your videos and photos to be accessed by your clinical team.**
- You will then be able to create a username and password of your choice.  
Note: You will also be sent a one-time passcode to your email address each time you log in.
- Confirm the patient date of birth, check the accept terms box and click "Register". Your username, password and one-time passcode will form your login credentials.
- Once successfully registered, you will be able to login to your account immediately.

## Uploading a Video Clip

- Log in to your dashboard and choose "Upload a Clip"
- Tap on "Step 1: Start" to access the previously recorded videos / photos taken on your device.
- Confirm that consent has been granted before uploading the video or photo
- Enter a title for the video clip / photo in the "Step 2: Enter title" box.
- Click "Step 3: Upload" to upload your video clip / photo to the vCreate system.
- You and your clinical team will receive an email notification when the video clip / photo has been processed. The clinical team will review your upload and respond accordingly.
- You can view your video clips / photos at any time under "View My Clips / Photos" from your dashboard.

## Is the service secure and approved?

The vCreate service has received approval for use within your hospital. It was developed in conjunction with clinical teams in NHS Scotland. Videos are stored in a secure cloud (hosted by Microsoft Azure) and are only available to your clinical team using their secure login.

## What do you do with the video?

Once your video is uploaded onto vCreate, we will be able to access it securely. We will view the video on a large screen in our multidisciplinary meeting of experts who specialise in infant development.

All the videos, photos and data are securely housed on the vCreate platform in line with the trust data retention policy. If you are discharged by your clinical team and not receiving ongoing care, then your account will be made inactive, but your videos, photos and data will be retained in line with the trust data retention policy. When you register you can provide optional consent for research and teaching. If you provide this consent your baby's videos will also be retained by the clinical team for these purposes.

## When will I get the results?

We usually get the results within one month of the video being taken and assessed. We will aim to discuss the results on the neonatal unit (at term) and during your baby's four month corrected age neurodevelopmental follow up appointment but can also contact you by telephone if necessary. If we have any concerns about your baby's General Movements after this assessment, the multidisciplinary team will guide you further through investigations, assessments and early intervention that can help support your baby's development.

## Who can I contact with queries or concerns?

If you have any queries or concerns, please contact the physiotherapist on the Neonatal Unit or you can contact us on **07815 480 647**.

### PLEASE NOTE:

This is not an emergency service. If you need urgent advice or assistance, seek help in the usual way by calling your clinical team, the appropriate emergency service or attending Accident and Emergency depending on the nature of the problem.

## MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email [kings.mychart@nhs.net](mailto:kings.mychart@nhs.net). To find out more visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart)

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

### **PALS at King's College Hospital, Denmark Hill, London SE5 9RS**

Tel: **020 3299 4618**

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**