

Understanding Dyspraxia/Developmental Coordination Disorder (DCD) in General Practice: Recognising, Supporting & Referring Children and Young People with DCD

- Audience: General Practitioners / Primary Care Doctors
- Date – Tuesday 27th October
- Time – 1:00-1:40pm
- Delivery: Live online
- Presenter: Dr Áine O'Dea
- Cost - Free

Developmental Coordination Disorder (DCD), also known as Dyspraxia, is one of the most common but frequently under-recognised neurodevelopmental conditions that can significantly impact a child's daily functioning, emotional well-being, academic participation, and long-term health outcomes. Frequently described as "clumsy" , "awkward" or "anxious and reluctant to complete everyday activities" by their parents and teachers.

Children with DCD/Dyspraxia have difficulty mastering simple motor activities, such as tying their shoes, using a knife and fork and are unable to perform age-appropriate academic activities, such as handwriting and self-care tasks, such as dressing independently. Some children may experience difficulties in a variety of areas, while others may have problems only with specific (gross or fine motor) activities.

This practical and evidence-informed session is designed specifically for General Practitioners and primary care doctors working with children and families. The workshop will support participants in recognising

- the early signs of DCD/Dyspraxia
- the DSM-5 diagnostic process and the role of the GP
- the common co-occurring neurodevelopmental presentations
- appropriate referral and support pathways within the Irish context
- evidence-based intervention to support physical, social and emotional outcomes

Grounded in current research and clinical evidence, the session will also explore the wider psychosocial impact of DCD on the child and family, as well as the important role General Practice can play in early identification, psychoeducation, and family support.

Bio

Dr Áine O'Dea is an Occupational Therapist, researcher, educator, and clinical supervisor with over 20 years of experience working with children, young people, and families. She is one of Ireland's leading experts in Developmental Coordination Disorder (DCD)/Dyspraxia and was the first Occupational Therapist in Ireland to receive the prestigious SPHeRE (Health Research Board) scholarship, through which she completed her PhD in Population Health and Health Services Research.

Her doctoral research focused on evidence-based interventions and participation outcomes for children and young people with DCD/Dyspraxia, with a strong emphasis on translating neuroscience and research into practical clinical application. Áine has extensive clinical experience in the assessment and support of neurodevelopmental conditions and is passionate about promoting evidence-informed practice and early identification of DCD.

She is a published author, speaker, and founder of Radiance Consulting.