

# Premature and Medically Complex Neonates: Applying Critical Thinking to Support Long-term Outcomes

Kati Knudsen, PT, MPT, CNT, PCS, DCS

## Faculty

Kati Knudsen has practiced as a pediatric physical therapist since 1996 and as a therapist in the NICU since 1999. Kati is lead therapist for two NICUs at sister hospitals in Portland, Oregon. She has obtained certifications in neonatal therapy, pediatric physical therapy, lactation education, neurodevelopmental treatment, infant massage, developmental care, and transportation of children with special needs in order to better support infants and families. Kati has published articles about support for preterm and medically fragile infants and has spoken nationally and internationally on care of infants in the NICU. Kati serves as the therapy representative on the Vermont Oxford Network Multidisciplinary Advisory Council and is a founding member and past co-chair of the Neonatal Therapy Certification Board. Kati also sees patients in NICU follow-up clinic where she has helped to redesign care to make it more accessible to families.

**Financial Disclosures:** Kati Knudsen receives an honorarium as a Board Member of Pampers and AngelEye Health.  
**Non-Financial Disclosures:** Kati Knudsen serves on the Neonatal Therapy Certification Board and Vermont Oxford Network Multidisciplinary Advisory Council.

## About this Live Webinar

This advanced NICU therapy course will enable clinicians to collaboratively and dynamically apply strategies that support medically-fragile infants during their NICU stay and upon discharge. Problem-solving techniques specific to this setting will examine modifications to developmental and family-integrated practices to meet infants' unique needs. Clinicians will explore neuroprotective and neuropromotive strategies for multiple NICU scenarios. Within this critical-thinking framework, clinicians will incorporate parent and caregiver advocacy and integration strategies for long-term support of infants' needs. Additionally, participants will explore a broader role for therapy in the NICU from admission through discharge, using a strong developmental perspective and highlighting long-term outcomes and team collaboration. This will culminate in a practical application exercise around continuous quality improvement that will translate to better defined, measured and realized therapeutic outcomes for neonates.

## Learning Objectives

- Utilize three strategies to support infants with extreme prematurity, complex neurological diagnoses, and in utero substance exposure using advanced problem-solving techniques.
- Apply at least two neuroprotective and neuropromotive strategies to support complex patients in the NICU.
- Determine a novel method to support infants beyond the NICU through identification of follow-up concerns, options for long-term support, and family integration to promote parent advocacy.
- Recommend a way to increase therapists' presence or therapeutic practices in the NICU, using the cases provided.
- Determine a quality improvement technique to better assist neonates and therapeutic outcomes.

**Schedule – Day 1 10:10 am - 7:00 pm EST (US)**

10:10–10:30	<b>Webinar Registration/Zoom Course Opens</b>
10:30–12:00	<b>The Complex Neonate</b> <ul style="list-style-type: none"> <li>• Clinical implications of infant &amp; maternal diagnoses</li> <li>• Modification of developmental care strategies to individual care for infants with varying medical needs</li> <li>• Family integration</li> <li>• Increasing the role of neonatal therapy</li> </ul>
12:00–12:15	<b>BREAK</b>
12:15–1:30	<b>Sensory System Development and Strategies for Neuroprotection &amp; Neuropromotion</b> <ul style="list-style-type: none"> <li>• The sensory systems: order, physiology, therapeutic support</li> <li>• Specific neuroprotective &amp; neuropromotive strategies</li> <li>• Practical tools to support sensory development</li> </ul>
1:30–2:30	<b>Case Studies</b>
2:30–3:00	<b>MEAL BREAK</b>
3:00–4:45	<b>Small Babies/Micropremies</b> <ul style="list-style-type: none"> <li>• Lower limits of viability and reduction of morbidities</li> <li>• Systems for micropremies</li> <li>• Neuroprotection &amp; neuropromotion strategies specific to small babies</li> <li>• Therapeutic strategies to support micropremies &amp; families feeding</li> </ul>
4:45–5:00	<b>BREAK</b>
5:00–6:00	<b>Follow Up/Follow Through Care</b> <ul style="list-style-type: none"> <li>• Options &amp; access for post-discharge support</li> <li>• Parent &amp; NICU staff engagement</li> <li>• Comprehensive NICU follow through care</li> </ul>
6:00 – 7:00	<b>Case Studies</b>

**Schedule – Day 2 10:10 am - 7:00 pm EST (US)**

10:10–10:30	<b>Webinar Registration/Zoom Course Opens</b>
10:30–12:00	<b>Complex Neurological &amp; Surgical Scenarios</b> <ul style="list-style-type: none"> <li>• Diagnoses with neurological sequelae</li> <li>• Systems for infants with neurological conditions</li> <li>• Complex surgical conditions</li> <li>• Neuroprotection &amp; neuropromotion therapeutic strategies to support patients &amp; families</li> </ul>
12:00–1:00	<b>Case Studies</b>
1:00–1:15	<b>BREAK</b>
1:15–3:15	<b>In Utero Substance Exposure (IUSE) including Neonatal Opioid Withdrawal Syndrome (NOWS)</b> <ul style="list-style-type: none"> <li>• Clinical implications of in utero exposure to opioid and other substances</li> <li>• Systems for infants with IUSE</li> <li>• Eat Sleep Console for NOWS with family integration</li> <li>• Therapeutic strategies to support infants &amp; families following IUSE</li> </ul>
3:15–3:45	<b>MEAL BREAK</b>
3:45–4:45	<b>Case Studies: Integrating a Trauma Informed Lens</b>
4:45–5:00	<b>BREAK</b>
5:00–7:00	<b>Continuous Quality Improvement (CQI) at the Bedside &amp; Measuring Outcomes</b> <ul style="list-style-type: none"> <li>• CQI strategies for the NICU</li> <li>• Identification of CQI opportunities</li> <li>• Designing a CQI project and sharing results</li> </ul>

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12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

This course meets the criteria for 15 hours that can be applied toward the Neonatal Therapy National Certification. Education Resources Inc. 266 Main St, Suite 12, Medfield, MA 02052.

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## Webinar Dates and Times – 2023

January 19 and 20, 2024

10:10 am EST • 9:10 am CST • 8:10 am MST • 7:10 am PST (US)

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the webinar.



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**WEBINAR: Premature and Medically Complex Neonates: Applying Critical Thinking to Support Long-term Outcomes**  
**Presenter: Kati Knudsen**

**January 19 and 20, 2024**

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