

# Treatment Strategies for the Improvement of Oral, Pharyngeal, Feeding/Swallowing, and Respiratory Coordination Function: The Child with Neuromuscular Involvement

Rona Alexander, PhD, CCC-SLP, BCS-S, C/NDT

## Faculty

Rona Alexander, PhD, CCC-SLP, BCS-S, C/NDT is a speech-language pathologist specializing in the assessment and treatment of oral, pharyngeal, feeding/ swallowing, and respiratory coordination function in infants, children, adolescents, and young adults with primary neuromuscular and musculoskeletal systems impairments. She maintains a private practice; provides consultation services; provides short-term treatment intensives, and conducts workshops /courses/seminars/webinars on oral movement, oral sensory, feeding /swallowing, and rib cage/ respiratory coordination development, assessment, and treatment. As a qualified active speech instructor in Neuro-Developmental Treatment (NDT), Dr. Alexander teaches in basic pediatric certificate courses and advanced NDT courses. She has contributed chapters on oral, pharyngeal, feeding/swallowing, and rib cage/respiratory coordination function in numerous publications; is co-author of the book entitled, *Normal Development of Functional Motor Skills: The First Year of Life*; is author of the CEU product, *Focus on the Rib Cage for Improvement of Respiration, Phonation, Movement, and Postural Control*, and is co-developer of the CEU product, *The ABCs of Pediatric Feeding and Swallowing*.

**Financial:** Rona Alexander receives a speaking fee from Education Resources as well as royalty payments from Clinician's View and The Hammill Institute on Disabilities. **Non-Financial:** She is a member of the NDTA and the NDTA Instructors Group.

## About this Course

This course delivers clinically relevant assessment and treatment strategies for infants and children with neuromuscular impairments and challenges to their oral, pharyngeal, feeding/swallowing and respiratory function. Special emphasis is on postural alignment and control as well as on sensory factors that can influence a child's feeding and swallowing. Effective treatment strategies to improve cheeks/lips, tongue, jaw, pharyngeal and rib cage function will be highlighted. Participants will engage in extensive clinical problem-solving via group case analysis and patient demonstration sessions.

## Learning Objectives

- Clinically assess oral, pharyngeal, feeding/swallowing and respiratory coordination function in infants and young children.
- Detail the essential components of comprehensive intervention programming for young children with neuromuscular involvement.
- Implement effective body alignment/positioning for the modification of oral, pharyngeal, and respiratory function in intervention programming.
- Perform treatment strategies to improve the function of the cheeks/lips, tongue, and jaw in children with neuromuscular involvement.

## Audience

Professionals who have a foundation of knowledge in the components of typical and atypical oral, pharyngeal, feeding/swallowing, respiratory, and general movement development. Participants should have practical experience in providing assessment and treatment services for infants and children with neuromuscular involvement who exhibit problems in oral motor, oral sensory, pharyngeal, feeding, swallowing, phonatory, and respiratory coordination function.

## Schedule – Day 1 9:10 am - 5:00 pm EST (US)

|                     |                                                                                                                                                                                                                                                                                  |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9:10-9:30</b>    | Webinar Registration/Zoom Course Opens                                                                                                                                                                                                                                           |
| <b>9:30-9:45</b>    | Introduction/Discussion of Workshop Plan                                                                                                                                                                                                                                         |
| <b>9:45 – 10:30</b> | The ICF Model and Its Relationship to Pediatric Feeding and Swallowing                                                                                                                                                                                                           |
| <b>10:30-11:30</b>  | Primary Areas Influencing a Child's Feeding and Swallowing Function <ul style="list-style-type: none"> <li>• Oral Issues</li> <li>• Pharyngeal Issues</li> <li>• Gastrointestinal Issues</li> <li>• Respiratory/Airway Issues</li> <li>• Behavioral Management Issues</li> </ul> |
| <b>11:30-11:45</b>  | Break                                                                                                                                                                                                                                                                            |
| <b>11:45-1:30</b>   | Primary Areas Influencing Function (cont.)                                                                                                                                                                                                                                       |
| <b>1:30-2:00</b>    | Lunch                                                                                                                                                                                                                                                                            |
| <b>2:00-3:30</b>    | Primary Areas Influencing Function (cont.)<br>Comprehensive Oral, Pharyngeal, Feeding/Swallowing, and Respiratory Coordination Assessment and Intervention Program Development                                                                                                   |
| <b>3:30-3:45</b>    | Break                                                                                                                                                                                                                                                                            |
| <b>3:45-5:00</b>    | Treatment Strategies: The Influences of Body Movements and Postural Alignment on Oral, Pharyngeal, and Rib Cage/Respiratory Function <ul style="list-style-type: none"> <li>• Therapeutic Handling in Direct Treatment</li> </ul>                                                |

## Schedule – Day 2 9:10 am - 5:00 pm EST (US)

|                    |                                                                                                                                                                                 |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9:10-9:30</b>   | Webinar Registration/Zoom Course Opens                                                                                                                                          |
| <b>9:30-11:30</b>  | Treatment Strategies: The Influences of Body Movements... (cont.) <ul style="list-style-type: none"> <li>• Body Alignment and Positioning for Improved Oral Function</li> </ul> |
| <b>11:30-11:45</b> | Break                                                                                                                                                                           |
| <b>11:45-1:30</b>  | Preparation of the Oral Mechanism for Function                                                                                                                                  |
| <b>1:30-2:00</b>   | Lunch                                                                                                                                                                           |
| <b>2:00-3:30</b>   | Mealtime Feeding Strategies and Treatment Strategies: Sensory Influences, Utensils, Presentation, Timing, and Modifying Oral and Pharyngeal Function                            |
| <b>3:30-3:45</b>   | Break                                                                                                                                                                           |
| <b>3:45-5:00</b>   | Mealtime Feeding Strategies and Treatment Strategies (cont.)<br>Wrap-Up                                                                                                         |

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## Credits

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## Webinar Dates and Times

September 27 and 28, 2024

9:10 am EST • 8:10 am CST • 7:10 am MST • 6:10 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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☐ September 27 and 28, 2024

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