

# Baby Beats and Breaths:

## Therapeutic Interventions for the Premature Infant with Cardiopulmonary Compromise

Holly Schifsky, OTR/L, CNT, NTMTC, CBIS



### Faculty

Holly Schifsky has worked in pediatrics for 22 yrs., with 15 yrs. in a level 4 NICU. She is a Certified Neonatal Therapist, Certified Neonatal Touch and Massage Therapist, Certified Brain Injury Therapist, a member of National Association of Neonatal Therapists, and has completed 6-month mentorship in infant/child NDT. She has worked within the NICU and NICU follow-up clinic to maximize patient and family outcomes for the most complex premature and medically-fragile term infants. Holly received her BA in OT from the University of North Dakota. She is a faculty member for the Neonatal Touch and Massage certification. She received the National Association of Neonatal Therapists Clinical Excellence award in 2018 for her clinical expertise and dedication to advancing the therapeutic interventions for NICU infants with cardiopulmonary conditions.

Disclosure - Financial: Holly Schifsky receives an honorarium. Non-Financial: She has no non-financial relationships to disclose.

### Course Requirements

In order to maximize the learning experience during lab time, each participant needs to bring a soft body doll. The ideal size would be 10-15", but any soft body doll will work.

### About this Webinar

This intermediate-advanced course will focus on the cardiopulmonary implications for the premature or medically-complex infant as related to physiological stability, evolving motor control, sensory stability, and transition to oral motor skills that support feeding. It will focus on advancing the critical reasoning skills of the neonatal therapist to support the infant's ability to obtain foundational motor and sensory skills. These skills include the ability of the infant to cough, produce audible phonation, oral motor skills, swallow skills, trunk facilitation, gestational age appropriate positioning/handling to support the emergence of gross motor skills for postural stability. You will learn movement analysis skills (via lab time and video presentations) to assess breathing patterns, facilitation techniques to support trunk development, positioning strategies to support chest wall development, and feeding techniques to maximize postural control. We will discuss current literature as relevant to this topic and apply a systems theory approach for case study treatment planning.

### Objectives

- ④ Integrate chest wall movement assessment and treatment strategies to maximize infant outcomes
- ④ Utilize developmental positioning and handling interventions to reduce chest wall deformities
- ④ Assess the effects of invasive and non-invasive pulmonary support to the facial and oral structures as related to non-nutritive sucking and oral feeding progression
- ④ Incorporate postural support with positioning and handling of infants for improved chest wall mobility during oral feeding
- ④ Integrate a systems approach to individualized care plan for the infant with cardiopulmonary compromise

### Audience

This course is recommended for intermediate to advanced neonatal therapists, PTs, PTAs, OTs, OTAs, and SLPs working with infants in the Neonatal Intensive Care Unit.

Help your patients achieve better outcomes.

## Schedule – Day 1 5:40 pm to 10:00 pm EST (US)

- 5:40–6:00** Webinar Registration/Zoom Course Opens
- 6:00–6:30** Updates on Evidence: research to support material presented on day 1
- Literature to advance neonatal therapy practice for positioning, handling, cardiopulmonary medical interventions
  - Discussion of resources available to further participant learning
- 6:30–7:30** Typical Development of the infant chest wall
- Anatomy and kinesiology of the chest wall, ribcage, and spine
  - Developmental changes to the anatomical shape and function of these structures as related to gross motor development, postural control, feeding, and maturation
- 7:30–8:30** Cardiopulmonary system of the premature or critically ill term infant: anatomical differences, congenital heart defects, and vascularization. A therapist's guide for critical reasoning.
- The cardiopulmonary system and the unique changes required for the infant to have a successful in-utero to extra-utero transition
  - Common congenital heart defects and effects on infant development
  - Post-surgical cardiac repair on the developing chest wall
- 8:30–10:00** Critical reasoning to assess breathing patterns for the premature infant, effects of pulmonary co-morbidities, and chest wall development.
- Premature infant anatomy, risk for pulmonary dysfunction
  - Common pulmonary co-morbidities
  - Types of pulmonary support: ventilator settings, non-invasive support

## Schedule – Day 2 5:40 pm to 10:00 pm EST (US)

- 5:40–6:00** Webinar Registration/Zoom Course Opens
- 6:00–8:00** Assessment of breathing with movement analysis
- Components of adaptive and maladaptive breathing patterns
  - Use of video presentation to analyze and assess breathing patterns for infants in the NICU
- 8:00–9:30** Positioning and Handling of the 22-32 week premature infant with focus on chest wall development  
Rationale for positioning strategies to support trunk development  
**LAB** and lecture time for positioning and handling
- 9:30–10:00** **Case Study:** Positioning Strategies

## Schedule – Day 3 9:40 am to 5:30 pm EST (US)

- 9:40–10:00** Webinar Registration/Zoom Course Opens
- 10:00–10:30** Updates on Evidence: research to support material presented on day 2
- Literature to advance neonatal therapy practice for postural control facilitation, development of musculoskeletal system as it supports cardiopulmonary function, feeding strategies for infants post cardiac repair, developmental feeding strategies for premature infants with cardiopulmonary compromise
- Discussion of resources available to further participant learning
- 10:30–11:30** Lecture and **LAB:** Musculoskeletal positioning/handling for the 32-week infant and older
- Facilitated pelvic tuck
  - Abdominal activation
  - Transition away from developmental positioning devices and back to sleep
- 11:30–12:30** Lecture and **LAB:** Musculoskeletal assessment and facilitation for infants 32 weeks and older
- Spinal assessment for maladaptive breathing
  - Scapular and pelvic assessment and movement facilitation
- 12:30–12:45** Break
- 12:45–2:00** Lecture and **LAB:** ADLs with consideration for the cardiopulmonary system
- Diapering
  - Swaddling
  - Active prone for transition to Tummy Time
  - Oral motor development for pre-feeding skills
- 2:00–2:30** Break
- 2:30–3:30** Lecture and **LAB:** Feeding Interventions
- Anatomical oral/facial assessment post invasive pulmonary support
  - Postural support
  - Auditory assessment
  - Motor behaviors
- 3:30–4:30** Infants with tracheostomy tubes
- Effects on postural control development
  - Modification to therapeutic interventions
  - Postural control facilitation with trunk development
- 4:30–4:45** Break
- 4:45–5:30** Advancing critical reasoning using a systems approach: consideration of scars, fascia limitations, edema, reflux (GERD)  
**Case Study:** Group discussion and Collaboration  
Resources & Questions

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## Credits

This course meets the criteria for 14.5 contact hours (1.45 CEUs) Intermediate level. Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Application has been made to the **FL** Physical Therapy Association for 17 CE Hours. Application has been made to the **IL** EI Training program and the **NM** Physical Therapy Board. This course has been approved by the **MD, KY, MN, NJ, OH, OK, TN** PT State Boards of Physical Therapy.

Approved by the **NY** State Board of Physical Therapy for 17.4 contact hours (1.74 CEUs). Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 17 contact hours.

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY, and TX**. The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY**

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA**



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14.5 contact hours (1.45 CEUs) - Intermediate Level Occupational Therapy Process: Assessment, Intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

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Education Resources, Inc is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. This course meets the criteria for 14.5 hours towards Neonatal Therapy Certification.

Please contact us with any special needs requests: [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

## Webinar Dates and Times – 2021

February 11, February 12, 2021

5:40 pm EST • 4:40 pm CST • 3:40 pm MST • 2:40 pm PST (US)

and February 13, 2021

9:40 am EST • 8:40 am CST • 7:40 am MST • 6:40 am PST (US)

Registration is for all Three Sessions.

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.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

**WEBINAR: Baby Beat and Breaths:  
Therapeutic Interventions for the Premature Infant with Cardiopulmonary Compromise**

February 11, February 12 & February 13, 2021

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