

Intervention in the NICU: A Neurodevelopmental Approach

Roberta Gatlin, PT, DSc, PCS

Faculty

Roberta “Bertie” Gatlin, PT, DSPT. Is currently providing services in the early intervention setting specifically assessing the transition of infants and families from the NICU to EI. She completed her career as an Associate Professor and Director of Admission for South College Department of Physical Therapy in July 2023. She graduated from University of Memphis in 1986 with a BS in Special Education and from the University of Tennessee Health Science Center Department of Physical Therapy in 1989 with a BS in Physical Therapy and in 2013 with her Doctor of Science with an emphasis in Neurological and Pediatric Physical Therapy. She has been a Board Certified Pediatric Clinical Specialist from 2001 thru 2021. Her experience draws from over 30 years in the field of pediatric physical therapy. She is an adjunct professor in the Physical Therapy Department at Emory & Henry College, Marion, Virginia. She provides post-professional education for Educational Resources Inc. and Medbridge Education. Bertie provides programming instruction for Brooks Institute of Higher Learning Pediatric Physical Therapy Residency. Bertie’s experience encompasses physical therapy within the NICU, developmental follow-up clinic and outpatient pediatrics, servicing all age levels. She has been a department director for an acute care hospital and an outpatient pediatric rehabilitation center. Her research has focused on the infant with Neonatal Abstinence Syndrome and the outcome measurements used to identify their developmental needs. Bertie currently holds the Treasure Position for the APTA Academy of Pediatric Physical Therapy Executive Board and is Past Chair of the Neonatology Specialty Interest Group.

About this On-Demand Course

This course is designed to provide participants with evidence-based research that will contribute to their development and implementation of best practices of therapeutic intervention programs within a NICU environment. This course will arm the NICU therapist with the ability to apply evidence-based assessment, application and intervention services for the babies and families they work with.

Learning Objectives

- Discuss the theoretical basis and the evidence-based outcomes for therapeutic services in the NICU
- Identify common self-regulation signals and different state behaviors displayed by premature infants
- Discuss typical motor and sensory development observed in premature infants; 23-24 weeks gestational age to one-month old post conceptual age
- Discuss the pathophysiology of common medical diagnoses found in the NICU, the outcome of these diagnoses and potential impact a therapeutic management/treatment intervention may have with the infant and family/caregiver
- Apply evidence-based research to clinical application for therapeutic evaluation, assessment and intervention in the NICU and after discharge
- Provide evidence-based recommendations of follow-up collaborative care of an infant and family/caregiver after discharge from the NICU

Audience

This course is designed for therapists and developmental specialists working with the infant and family in the NICU, PICU, EI and home, up to their first year after discharge.

Participant Requirements

Participants should have a doll, two baby blankets, and a baby bottle and nipple (any kind).

Disclosure: Financial: Roberta Gatlin receives a speaking fee from Education Resources. **Non-Financial:** She is a committee member for the Neonatal Special Interest Group and Finance Committee of APPT.

SCHEDULE (13.5 HOURS total)

1 hr

NICU Abbreviations and History of NICU
Levels of Neonatal Care from Well Baby Care Nurseries to Pediatric Intensive Care Unites

30 minutes

Rehabilitation Therapists Advance Clinical Competencies for Practicing in a NICU

30 minutes

Family Centered Care

50 minutes

Equipment and Medical Technology in the NICU

20 minutes

Vascular Access of the Neonate in the NICU

50 minutes

Embryological & Fetal System Development

1 hr 45 minutes

Theoretical Frameworks for Providing Rehabilitative Services in the NICU/ Why Developmental Care in the NICU in Important

- Synactive Theory of Development of the Neonate
- Dynamic System Theory of Development of the Neonate
- Motor and Behavioral Communication Strategies of the Neonate in the NICU
- Brazelton Levels of Alertness
- How do we identify a neonate in the NICU; Gestational Age, Birthweight
- Diagnosis(es)
- A Preparation for Assessment of the Medically Fragile Nand Medically Stable Neonate

Continued...

10 minutes

Assessment of the Positioning

1 hr 20 minutes

Muscle Tone and Motor Activity

30 minutes

Neuroplasticity and Neuroprotection of the Neonate

7:45

45 minutes

Oral Motor Assessment of the Neonate

1 hr

Assessment Tools available for the Neonate in the NICU

1 hr 45 minutes Therapeutic Interventions in the NICU

- Documentation
- Cluster Care Interventions
- Positioning, Range of Motion and Motor Activities
- Includes Lab time for positioning dolls representative of neonates in the NICU, Participants provided coaching and modeling of positioning in all four postures, prone, side lying both sides and supine. Participants use strategies to transfer infants from incubator setting to being held.

1 hr

Discussion: Neonates in the NICU

- Splints
- Infant Massage
- Sensory Processing
- PO Feeding
- Wound Care

1 hr

Diagnoses Commonly seen in the Neonatal Intensive Care Unit

30 minutes

Post-test

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Credits:

This course meets the criteria for 13.5 contact hours (1.35 CEUs) Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. Course approval ID#07121. This Distance Learning-Independent course is offered at 13.5 contact hours 1.35 CEUs. (Intermediate level, OT Service Delivery & Foundational Knowledge). AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 13.5 units.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 16 hrs.

This course meets the approval of the **TX** Board of OT Examiners.

Application has been made to the **MD** Board of Physical Therapy Examiners.

Application has been made to the **NJ** Board of Physical Therapy Examiners.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 16 contact hours.

Application has been made to the **Illinois** EI Training Program.

Approved provider by the **NY** State Board of Physical Therapy for 16 contact hours (1.6 CEUs).

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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, ME, MT, NE, ND, NH, SD, WA**.

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 13.5 hours that can be applied toward the Neonatal Therapy National Certification.

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COST - \$329