

# Neonatal Therapy – Establishing Skills for Independent Practice - Part 1

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## Faculty

Anjanette Lee, MS, CCC/SLP, CNT, NTMTC has over 25 years' experience in the NICU, receiving NIDCAP certification in 1999 and then helping her NICU's quality improvement team incorporate family centered, neuroprotective, and neuropromotive care practices as standards of care. As an imbedded NICU therapist, she is passionate about sharing knowledge with and utilizing all members of the neonate's care team to support best neurodevelopmental outcomes. As a result, Anjanette provides ongoing education and mentorship for other Neonatal Therapists and NICU staff both within her hospital system and across the nation. Anjanette is certified in Neonatal Touch & Massage and was one of the first Certified Neonatal Therapists in the nation. She has co-authored chapters in Kenner & McGrath's 1st edition of *Developmental Care of Newborns & Infants*, and Case-Smith & O'Brien's 7th edition of *Occupational Therapy for Children*. She serves as co-leader of the National Association of Neonatal Therapists Professional Collaborative and has co-authored NANT's Neonatal Therapy Core Scope of Practice and Practice Competencies for the Neonatal Therapist. Anjanette also serves on the NANT national conference planning committee and is part of the teaching faculty for the NANT Ignite program.

### Disclosure:

Financial: Ms. Lee receives an honorarium from Education Resources, Inc.  
Non-Financial: No non-financial disclosures to report.

## About this Course

This first of a 4-part series focuses on three Fundamental Knowledge components: the NICU Environment and its impact on premature infant development, the building blocks of neonatal therapy practice and a thorough dive into neonatal body systems. This beginner to intermediate course will explore normal and abnormal functions and how the systems are interconnected. In addition, you'll learn how comorbidities, medical/surgical interventions and disease processes affect supportive strategies, safe intervention parameters and short/long term outcomes. This series will be perfect for NTs studying for the Neonatal Therapy Certificate Exam and for those beginning to establish competency by 1) laying a foundation of fundamental knowledge, 2) closing gaps within core competencies, and 3) assuring both fundamental knowledge and core competency knowledge are applied during NICU interventions.

## Learning Objectives

- Recognize how proficiency for independent practice can be established
- Determine the impact of the NICU environment on premature infant development.
- Recognize the role of the Hypothalamic-Pituitary-Adrenal Axis in influencing reactions to stress and regulating body processes.
- Relate the philosophical assumptions, underlying perspectives and basic principles of theoretical models & structural frameworks to the basis of neonatal therapy evaluation and treatment.
- Apply understanding of body system functions, interconnectedness, vulnerabilities, and changes over time in relation to infant post-menstrual age.
- Analyze the influence of common comorbidities, associated medical/surgical interventions, of disease processes on supportive strategies, safe intervention parameters and short/long term outcomes.

## Audience

Neonatal therapists, PTs, OTs, SLPs with experience working with infants in the Neonatal Intensive Care Unit.

## SCHEDULE (5.5 HOURS total)

### Proficiency in the NICU – The What, Why & How

- What is clinical competency?
- Why NICU-specific skills?
- How can Neonatal Therapy proficiency be established?

### Impact of the NICU Environment on Premature Infant Development and What You Can Do to Improve Outcomes

- Intrauterine Environment
- Extrauterine Environment
- Hypothalamic-Pituitary-Adrenal Axis
- Chronic Stress & Trauma Exposure

### Using the Foundations of Neonatal Therapy to Guide our Clinical Decisions, Assessments and Treatments

- Synactive Theory
- Universe of Developmental Care Model
- Neonatal Integrative Developmental Care Model
- Dynamic Systems Theory
- Neuronal Group Selection Theory
- Polyvagal Theory
- Attachment Theory
- Transactional Theory of Development
- Trauma Informed Care
- Patient and Family Centered Care Coordination Framework

*Continued...*

### Impact of Body Systems on Development – What Do You Need to Consider to Progress Infants Safely?

Neonatal Body Systems: normal and abnormal function including interconnectedness of systems.

Impact of comorbidities associated medical/surgical interventions and disease processes on supportive strategies, safe intervention parameters and short/long term outcomes.

- Cardiovascular
- Nervous
- Gastrointestinal
- Respiratory
- Musculoskeletal
- Aerodigestive
- Integumentary
- Immune
- Lymphatic
- Renal

### Post-test

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## Credits:

This course meets the criteria for 5.5 contact hours (0.55 CEUs) Intermediate Level.



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This course can be used toward your NBCOT renewal requirements for 5.5 units. Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 6.5 hrs. This course meets the approval of the **TX** Board of OT Examiners



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

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

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

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 6.5 contact hours.

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**Cost - \$199**