

Babies' Bodies and Brains: Multi-System Assessment and Treatment of the Premature/Medically Complex Infant for the Rehabilitation Professional

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

Faculty

Holly Schifsky has worked in pediatrics for 28 yrs., with 17 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 BS 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 On-Demand Course

This intermediate-advanced course will provide a systems-based approach to assess the premature/medically complex infant in the NICU/PICU setting. This course will focus on understanding the co-morbidities associated with prematurity and medically complex infants and increase critical reasoning skills for the clinician to create treatment plans to advance motor and feeding skills for the infant. It will build on information provided during the "Baby Beats and Breaths" course but can be a stand-alone course for advanced clinicians working with medically complex infants. This course will provide the clinician with hands-on treatment techniques for positioning/handling infants in the Small Baby unit (infants under 32 weeks gestation), oral motor interventions to support pre-feeding/feeding development, edema management including lymphatic facilitation, post-surgical considerations for infants, trunk facilitation to support cough development, extremity facilitation to support ribcage development, pelvic floor activation for stooling, abdominal facilitation for infants with GI complications, scar assessment/treatment, and feeding techniques for infants with multi-system co-morbidities.

Learning Objectives

- Identify three anatomical and kinesiological developmental changes for the premature and newborn thoracic and abdominal cavity as related to motor development for oral feeding and postural control
- Apply at least two positioning/handling interventions for small babies, with focus on interventions for infants 28 weeks and younger
- Identify three neurological and gastrointestinal co-morbidities of prematurity (including anatomical changes post-surgical interventions for necrotizing enterocolitis) and the effects those co-morbidities have on feeding/motor development for the infant
- Differentiate the lymphatic system of the premature infant from that of the full-term infant and how those differences affect feeding skills
- Assess infant edema within face, extremities, and trunk using objective measurements
- Apply two treatment strategies with positioning, handling and edema management using the provided case study
- Integrate a systems approach to a current individualized care plan for a premature and/or medically complex infant

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.

Schedule – Day 1

1 hour	Updates in Literature -Resources and References, GI, Neuro, Feeding, Sleep safe, Evidence-based Outcomes, Renal, Oral Motor
50 mins	Typical Development of Premature Infant -Anatomy and Kinesiology of trunk, extremities, and oral cavity
10 mins	NICU Admissions -A Systems Perspective
2 hrs 30 mins	Small Baby Unit -Neonatal Therapy Interventions -Evidence Based Practice for Infant Driven Care, Neurodevelopmental/Neuro Protective Care, Sleep Protection -Handling/Protection for Skin protection -STOP Approach -Core Concepts – Side lying

Schedule – Day 2

51 mins	Core Concepts Continued Manual Techniques and positioning Prone, Supine, Flexion Swaddling, Developmental Diapering and family support. Positioning Considerations for medically fragile neonate
30 mins	Metabolic Bone Disease (MBD) Boney development and cycle and Application to clinical practice LAB
50 mins	Oral Sensory Motor Development Review of gestational development of oral skills. Oral Cares and evidence-based practice Manual Techniques for Oral Motor Development Advancing to pacifier and milk drops Environmental modifications
1 hr 30 mins	Oral Feeding -SPIN program Feeding Dyad, Assessing readiness and cues. -Strategies for Oral Motor interventions -Bottle selection and considerations -Postural support and positioning -Oral motor supports and treatment interventions -Atypical Feeding -GI Development and considerations -Intro to NEC and Chart Reviews

Schedule – Day 3

57 mins	NEC/LAB Lecture GI Considerations -Critical Reasoning and chart reviews -Line management, TMJ mobilizations, stool facilitation, controlled oral feeding, surgical plans, scar assessment and wound healing, scar mobilizations, MFR, facilitating movement. Foot reflexology
25 mins	Nutritional Considerations and Positioning options to support GI -LAB Positioning, burping techniques, considerations for thickening feeds, tech for stooling
1 hr 45 mins	Abdominal Wall Defects -Gastroschisis, Omphalocele -Strategies and Surgical outcomes -Therapy assessment and treatment -Abdominal Facilitation Lab demo - Lit Review
25 mins	Neurological System -Review of PVL, IVH, Cerebellar Hemorrhage, hydrocephalus
20 mins	LAB for premature infants with Brain injuries -Motor facilitation and postural control

Schedule – Day 4

26 mins	Oral Motor Facilitation for “Term” babies, with Brain injury -Alignment and Support for feeding
25 mins	Hypoxic Ischemic Encephalopathy (HIE) -Equipment, Monitoring, complications, clinical and oral feeding considerations
15 mins	Skeletal System -Arthrogyrosis -Hip Dysplasia -Osteogenesis imperfecta
2 hrs	Cardiopulmonary System -Fetal vs Newborn circulation and Anatomy -Preterm vs Term -Impacts on Chest Wall development -CHD Types and screenings -Surgical Options, precautions, addressing scar tissue, Red Flags -Outcomes and Developmental Care -Case Studies -Post surgical Oral Feeding outcomes
30 mins	Lymphatic and circulation System -Development, assessment, management, clinical reasoning, contraindications -LAB Extremity Sequences, face sequence for fluid movement
5 mins	Goal Writing/Charting/Documentation and closing Post-test

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Credits

This course meets the criteria for 15.5 contact hours (1.55) CEUs, Intermediate Level.



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Approved provider of the **FL** Board of Occupational Therapy-CE Broker. This course meets the approval of the **TX** Board of OT Examiners.



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This course meets the criteria for 15.5 hours that can be applied toward the Neonatal Therapy National Certification.

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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.

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