

# Bridging the Gap: Outpatient Rehabilitation Considerations for the Infant with Cardiopulmonary Compromise

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



## Faculty

Holly Schifsky has worked in pediatrics for 24 yrs., with 16 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 Live Webinar

This intermediate-advanced course will focus on the cardiopulmonary implications for the premature or medically fragile infant as related to their transition from inpatient hospitalization (NICU, PICU) to an outpatient rehabilitation level of care. The course will focus on congenital cardiac conditions, medical/surgical management, and outpatient rehabilitation interventions to maximize the infants developmental and feeding skills. Discussion regarding primary heart repair and staged palliative surgical interventions with treatment considerations for each care plan. Clinical assessment and treatment skills will be presented that will assess the infant's physiological stability, evolving motor control, sensory stability, and transition to oral motor skills that support feeding. This outpatient-focused course will advance the critical reasoning skills of the pediatric 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. Learn movement analysis skills (via lab time and video presentations) to assess breathing patterns, facilitation techniques to support trunk development, positioning strategies to support maximal cardiac perfusion, and feeding techniques to optimize weight gain with energy conservation considerations. We will discuss current literature as relevant to this topic and apply a systems theory approach for case study treatment planning.

## Objectives

- Compare and contrast the anatomical and kinesiological developmental changes for the newborn chest wall as related to infants born with and without congenital heart defects
- Choose at least three influences of prematurity and cardiopulmonary co-morbidities on chest wall development and efficacy of movement development
- Identify the different classifications of congenital heart defects in infants
- Analyze the effects of surgical heart interventions on gross motor movement, trunk-development, swallow, and feeding as related to infant development
- Incorporate postural support with positioning and handling of infants for improved chest wall mobility post heart repair during feeding and gross motor movement using the provided case study.
- Integrate a systems approach to an individualized care plan for the infant with cardiopulmonary compromise

Help your patients achieve better outcomes.

## Schedule – Day 1 11:40 am to 6:30 pm EST (US)

- 11:40-12:00** Webinar Registration/Zoom Course Opens
- 12:00-1:00** 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
- 1:00-2:00** Cardiopulmonary system of the premature or critically ill term infant: anatomical differences, congenital heart defects, and vascularization. A therapist's guide for critical reasoning.
- Cardiopulmonary system: 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
- 2:00-2:15** Break
- 2:15-4:00** Assessment Techniques: Critical reasoning to assess breathing patterns for the premature or medically fragile infant, effects of cardiopulmonary co-morbidities, chest wall development, oral motor skills, and feeding skills
- Components of adaptive and maladaptive breathing patterns
  - **VIDEO:** analyze and assess breathing patterns for infants with cardiopulmonary conditions

## Schedule – Day 1 (continued)

- 4:00-4:15** Break
- 4:15-5:45** Treatment Interventions: Handling techniques to facilitate core development, oral motor skills, chest wall movement, feeding/swallowing, and caregiver education
- **LAB & VIDEO:** trunk facilitation to maximize infant motor development with concepts of energy conservation and breathing synchrony: facilitated tuck, abdominal activation, rolling facilitation, upright active sitting
  - Integration of sternal precautions into care plan and progression to upper extremity weight bearing
  - Oral motor assessment techniques: facilitation of tongue movement, oral structure support, and swallow activation
  - Feeding assessment to reduce risk of aspiration, increase caloric intake, and reduce weight loss
- 5:45-6:30** Additional considerations
- The effect of scars on movement development
  - Gastrointestinal and Aerodigestive development as related to oral feeding with congenital cardiac condition
  - Pharmacological side affects
  - Caregiver Education
  - **CASE STUDY**

### Audience

This course is recommended for intermediate to advanced outpatient pediatric or neonatal therapists (PTs, PTAs, OTs, OTAs, and SLPs), working with infants that have congenital cardiac defects.

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## Credits

This course meets the criteria for 6 contact hours .6 CEUs, Intermediate Level.



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Approved provider of the **FL** Board of Occupational Therapy-CE Broker – 7 hrs.

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

NBCOT professional development provider – 6 PDUs.



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This program has been submitted for approval of 6 clock hours of continuing education credit by the **TX** Speech Language-Hearing-Association (TSHA). TSHA approval does not imply endorsement of course content, specific products or clinical procedures offering. 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 **NJ** Board of Physical Therapy Examiners. Application has been made to the **FL** Physical Therapy Association for 7 continuing education contact hours. Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 7 contact hours. Application has been made to **Illinois EI** Training Program. Approved provider by the NY State Board of Physical Therapy for 7.2 contact hours (.72 CEUs). 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**.

This course meets the criteria for 6 hours that can be applied toward the **Neonatal Therapy National Certification**. 6 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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## Webinar Dates and Times – 2022

**March 10, 2022**

**11:40 am EST • 10:40 am CST • 9:40 am MST • 8:40 am PST (US)**

Registration is for all 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.



\$209 fee. Early Bird Rate: Register before January 27, 2022, and use code **SCHIFSKYMARCH** at checkout to save \$10. **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. We encourage you to register online!

**WEBINAR:**  
**Bridging the Gap: Outpatient Rehabilitation Considerations for the Infant with  
Cardiopulmonary Compromise**  
**☐ March 10, 2022**  
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