

# Therapeutic Interventions in the NICU

Tracilyn Urruela , PT



## Faculty

Tracilyn Urruela is a pediatric physical therapist and skilled educator who has practiced early intervention since 1993. She has developed both NICU and Outpatient Developmental Follow Up therapy programs as well as an extensive staff training curriculum for this highly specialized area. Her philosophy follows a developmental care and family centered approach. She is T.O.P.S.E.I. (Training for Occupational and Physical Therapy Services in Early Intervention) certified through the University of Florida and is also a Certified Infant Massage Instructor. She is currently the Director of Rehab Services at a hospital in Miami, FL and has been a member of the Pediatric Section of the APTA since 1996.

Disclosures: Financial: Disclosure: Financial: Tracilyn Urruela receives a speaking fee from Education Resources, Inc. for this course. Non-Financial: She has no non-financial relationships to disclose

## About this Course

This course focuses on developmental and therapeutic research-based interventions in the NICU. It covers assessment and treatment, transition to home, post discharge follow-up and identification of emerging disabilities. Strategies to optimize behavior, development and feeding of the neonate will be offered in addition to practical approaches to facilitating teamwork and caregiver engagement in the NICU setting and through the transition home.

## Objectives

- ① Describe how neuroembryology of the sensory system develops and how our interventions impact the NICU infant
- ① Discuss vital information needed before entering the NICU
- ① Evaluate the developmental level of the NICU infant and implement appropriate collaborative treatment interventions
- ① Discuss components of a successful feeding in the NICU
- ① Identify behaviors that may indicate emerging disabilities in the NICU graduate
- ① List the six developmental steps of staff dynamics when implementing new practices in your NICU

## Audience

Physical Therapists, Occupational Therapists and Assistants, Speech Therapists, Dietitians, and Nurses working in the NICU setting.

## Course Requirements

Wear comfortable clothing appropriate for floor activities. Please bring a doll (preferably with flexible joints, a baby blanket, a hand towel and washcloth, a baby bottle with nipple.

Help your patients achieve better outcomes.

## Schedule – Day 1

<b>7:30-8:00</b>	Registration/Continental Breakfast
<b>8:00-9:30</b>	Neuroembryology: How our Interventions Impact the Premature Infant
<b>9:30-10:15</b>	The NICU Team: Implementing a family centered care approach strategy to engage the caregiver
<b>10:15-10:30</b>	Break
<b>10:30-11:00</b>	Strategies to deal with challenges within the team: Getting by-in from resistant team members to adopting a developmental approach
<b>11:00-12:00</b>	What every experienced and novice therapist needs to know before entering the NICU
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:30</b>	Evaluating the NICU Infant: Selecting and implementing the most appropriate standardized vs. non-standardized assessment tool
<b>2:30-3:00</b>	Positioning the High-Risk Infant: Strategies to promote physiological stability and postural/motor and visual development
<b>3:00-3:15</b>	Break
<b>3:15-3:45</b>	Handling: “listening” to what the infant is “telling” you
<b>3:45-4:15</b>	Environmental Modifications
<b>4:15-4:45</b>	Strategies to overcome challenges when implementing Kangaroo Care
<b>4:45-5:30</b>	Infant Massage

## Schedule – Day 2

<b>7:30-8:00</b>	Continental Breakfast
<b>8:00-10:00</b>	Feeding: It isn't as easy as it looks Essential components of feeding evaluations
<b>10:00-10:15</b>	Break
<b>10:15-12:00</b>	Identifying Emerging Disabilities: Transition home - what kinds of outcomes are we seeing?
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:00</b>	Feeding case studies
<b>2:00-3:15</b>	LAB: Demonstration and Practice of Evidence Based Treatment Applications: <ul style="list-style-type: none"> <li>④ Case studies</li> <li>④ Feeding Interventions</li> </ul>

"Course is full of useful, practical information that can be implemented immediately to help practitioners of various disciplines strategize care plans for their patients in the NICU."

- Valerie Callahan, PT

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## Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). The **GA** Board of Physical Therapy recognizes other state board approvals Approved Provider by the **NY** Board of Physical Therapy for 16.8 contact hours.

Application has been made to the **FL** Physical Therapy Association for 16.5 continuing education contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours - 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.

This course is offered for up to 1.4 ASHA CEUs (Intermediate level, Professional area).

This course meets the criteria for 14 hours towards NTNCB Neonatal Therapy certification.

This activity has been approved by the Commission on Dietetic Registration for 14 CPEUs.

NBCOT professional development provider - 14 PDUs

Please contact us with any special needs requests:  
info@educationresourcesinc.com or 508-359-6533

## Locations and Dates - 2020

**March 20-21** Boynton Beach, FL      Bethesda Hospital West Campus



\$435 fee. Group rate (3 or more) must be made together \$410. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

### Therapeutic Interventions in the NICU/Urruela

☐ March/FL

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