

# NTMC

## *Neonatal Touch & Massage Certification*



Hosted by:

CHOC Children's  
Orange, CA  
October 4 & 5, 2019



**CREATIVE THERAPY  
CONSULTANTS** ———  
INFANT-DRIVEN EDUCATION

# Neonatal Touch & Massage Certification

*Neonatal Touch & Massage Certification (NTMC®) is an exclusively neonatal certification that combines a holistic, neonatal and systems theory approach to massage with an emphasis on families and nurturing opportunities, while elevating the standard of care that neonatal caregivers provide in their daily practice.*

This certification is designed by and for neonatal healthcare providers. The purpose of NTMC is to optimize infant development and outcomes, maximize parent comfort and confidence, and further your knowledge and skill in neonatal caregiving and handling.

## Benefits of Becoming Certified

- Earn credentials for your professional signature: NTMTC for Therapists and NTMNC for Nurses
- Raise your understanding of the latest research on neuroprotective care, including touch and massage
- Increase your knowledge of neonatal and infant development
- Enhance your skill with daily caregiving activities such as skin-to-skin holding, 2-person caregiving, swaddled bathing, positioning, and handling.
- Learn specific touch and massage techniques to maximize sleep, comfort, and neurodevelopment
- Sharpen your observation and assessment skills
- Learn from the experts who are actually completing and publishing research in neuroprotective care
- Obtain an advanced practice neonatal certification
- Earn knowledge and contact hours to prepare for other neonatal certifications

NTMC® is an advanced level course and designed to minimize your time away from family and work, while maximizing your education from experts throughout the United States and Canada.

NTMC will begin with the On-Line Education where you will hear experts discuss their area of passion, research, and expertise in 15 pre-recorded webinars from the comfort of your own home.

You will then attend the Hands-On Training to develop hands-on skills and caregiving strategies for optimal developmental and family centered care. The Hands-On Training is 1-2 days of lecture, demonstration, video analysis, and a lab on Day 2 to practice specific techniques with a participant to faculty ratio of 16:1. Nurses attend 1 day and Therapists attend 2 days.

## Who Can Become Certified

- Occupational Therapists
- Physical Therapists
- Speech Language Pathologists
- Registered Nurses
- Neonatal Nurse Practitioners

Participants must have a minimum of 1000 hours of neonatal bedside care experience and be in good standing with their licensing board in order to be accepted.



# NTMC Phase I & II

## Phase I Application and Registration

Applications for the Neonatal Touch & Massage Certification (NTMC) are accepted from neonatal RNs, OTs, SLPs, PTs, and NNPs who have completed a minimum of 1000 hours of bedside care in the NICU or SCN. Spots are limited, so apply and register early! Apply at [www.neonatalcertification.com/certification/application/](http://www.neonatalcertification.com/certification/application/), and once accepted go to [www.neonatalcertification.com/certification/registration/](http://www.neonatalcertification.com/certification/registration/) to register. Any Special Needs Requests can be made directly to [info@infantdriven.com](mailto:info@infantdriven.com).

## Phase II On-Line Education

The On-Line Education is designed to further your knowledge in a vast array of neonatal topics ranging from brain and sensory development to the lymphatic system. The education allows you to develop an improved understanding of the developing premature infant, as well as the significant impact the environment and a variety of caregiving activities have on the infant. The topics are presented in pre-recorded webinar format from neonatal experts around the United States and Canada. Most of the presenters have completed the research, provided literature, or lectured nationally on their topic. The course takes 15.5 hours to complete, and requires an 80% on-line test score following each webinar. No partial credit is available and learners must register for NTMC to participate.

## Phase II On-Line Education Topics

|                                   |                                 |  |
|-----------------------------------|---------------------------------|--|
| <i>Living A Great Story</i>       | <i>Neonatal Theories</i>        | <i>Brain &amp; Sensory Development</i> |
| <i>Neonatal Pain &amp; Stress</i> | <i>Importance of Sleep</i>      | <i>Anatomy: Bones &amp; Muscles</i>    |
| <i>Positioning &amp; Handling</i> | <i>Infant-Driven Caregiving</i> | <i>The Parent Experience</i>           |
| <i>Neonatal Skin &amp; Touch</i>  | <i>Going Green in the NICU</i>  | <i>The Lymphatic System</i>            |
| <i>The Respiratory System</i>     | <i>Opioids in the NICU</i>      | <i>Massage Literature Review</i>       |

## Phase II On-Line Education Learning Objectives

- Recognize three benefits of massage identified in the research literature.
- Name three developmental care practice changes that you can implement based on brain and sensory development, positioning, and protecting sleep.
- List two neonatal care practice changes you can make based on principles of infant-driven caregiving, going green, and supporting parents' experience.
- Identify the role of the lymphatic and respiratory system for the developing premature infant.

# Phase III Hands-On Training

## Phase III Hands-On Training

The Hands-On Training is the final phase to complete NTMC. This phase focuses on integrating knowledge to adapt daily care, while developing hands-on skills needed for advanced neonatal practice. You will develop a more in-depth understanding of preterm and term infant development and how your touch, handling, treatment, and caregiving can alter that development. Videos will be utilized to sharpen your observation and assessment skills. Specific techniques related to neonatal touch, massage, and myofascial trigger point releases (therapists only) will be taught to facilitate normal alignment, movement, and comfort of the high-risk infant. Throughout, you will learn how to facilitate parent involvement and infant attachment for long-term optimal development. Completion of the Hands-On Training includes participation in a skills lab, question and answer discussion, and an 80% test score each day.

### DAY ONE

|                      |   |
|----------------------|---|
| 7:30 AM to 8:00 AM   | Registration  |
| 8:00 AM to 9:00 AM   | Observation and Assessment of Neurobehavioral and Neuromotor Stress                   |
| 9:00 AM to 10:30 AM  | Touch, Handling, and Caregiving activities in the NICU; Fostering Optimal Development |
| 10:30 AM to 10:45 AM | Break   |
| 10:45 AM to 12:00 PM | Touch and Massage Facts, Benefits and Literature Review                               |
| 12:00 PM to 12:45 PM | Lunch   |
| 12:45 PM to 2:15 PM  | Massage Techniques for Infants in the NICU and how to set up a program for success    |
| 2:15 PM to 2:30 PM   | Break   |
| 2:30 PM to 3:15 PM   | Touch and Massage related to specific conditions: Prematurity, NAS, CLD, Teen Parents |
| 3:15 PM to 4:30 PM   | Facilitating Parent and Infant Relationships through Touch and Massage                |
| 4:30 PM to 5:00 PM   | Testing, Review, and Adjourn  |

### DAY TWO

|                      |  |
|----------------------|--|
| 8:00 AM to 9:30 AM   | Neuromotor, Behavioral, and Systems Development in the 1st Year of life                        |
| 9:30 AM to 10:00 AM  | Implications of NDT Principles: Alignment, Movement, and Tone                                  |
| 10:00 AM to 10:30 AM | Myofascial System and Myofascial Techniques to optimize neonatal development                   |
| 10:30 AM to 10:45 AM | Break  |
| 10:45 AM to 11:30 AM | Myofascial System and Myofascial Techniques (Cont.)  |
| 11:30 AM to 12:00 PM | Myofascial Trigger Point Releases: Rational, Implications, and Techniques for NICU infants     |
| 12:00 PM to 12:45 PM | Lunch  |
| 12:45 PM to 2:15 PM  | Myofascial Trigger Point Releases (Cont.)  |
| 2:15 PM to 2:30 PM   | Break  |
| 2:30 PM to 4:30 PM   | Cranial Sacral and Lymphatic System Implications for handling, therapy and overall development |
| 4:30 PM to 5:00 PM   | Testing, Review, and Adjourn   |

# Professional Credentials & CEUs

## Phase III Hands-On Training Learning Objectives

- Identify the neurobehavioral and neuromotor development of preterm and term infants.
- Demonstrate appropriate handling and caregiving activities to promote optimal neurobehavioral and neuromotor development of the high-risk neonate.
- List specific treatment techniques that promote optimal movement, alignment, and comfort of the infant without causing stress.
- Explain how to promote infant-parent attachment and bonding, through the use of touch and massage.

## NTMC Professional Credentials

Nurses will participate in the 1 - Day Hands-On Training on October 4, 2019 and will obtain the credentials NTMNC (Neonatal Touch & Massage Nurse Certification) after passing the final test at the end of the day.

Therapists will participate in the 2 - Day Hands-On Training on October 4 & 5, 2019 and will obtain the credentials NTMTC (Neonatal Touch & Massage Therapist Certification) after passing the final test at the end of day one and day two.

## Contact Hours

### Phase II On-Line Education

- 20.1 contact hours have been approved by the California Board of Registered Nurses
- The Texas Board of Physical Therapy Examiners have approved 15.5 CCUs for the On-Line Education for PTs and PTAs
- Creative Therapy Consultants is an Approved Provider of Continuing Education through the American Occupational Therapy Association (AOTA). This activity has been reviewed and approved for 15.5 contact hours 1.55 CEUs for occupational therapists. Approved Provider # 10629

### Phase III Hands-On Training

- 8.7 contact hours have been approved by the California Board of Registered Nurses
- 15.5 CCUs has been applied for from The Texas Board of Physical Therapy Examiners for the Hands-On Training for PTs and PTAs
- Creative Therapy Consultants is an Approved Provider of Continuing Education through the American Occupational Therapy Association (AOTA). This activity has been reviewed and approved for 15.5 contact hours/1.55 CEUs for occupational therapists. Approved Provider # 10629



OT Classification Codes: Domain of OT & Occupational Therapy Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.\*

\*Only those NTMC professionals who meet satisfactory completion requirements will earn contact hours. Partial credit for course will not be given.

# Space is Limited – Apply and Register

Become a Neonatal Expert through the Neonatal Touch & Massage Certification!

Register online at [www.neonatalcertification.com/certification/registration/](http://www.neonatalcertification.com/certification/registration/)

| Registration Fees | 1-2 Candidates | 3 or More Candidates 10% Off * |
|-------------------|----------------|--------------------------------|
| Therapists        | \$875          | \$787                          |
| Nurses            | \$650          | \$585                          |

\*Discounts are available based on multiple candidates registering from one hospital.

Fee includes On-Line Education, Hands-On Training and course materials.

**Therapists** must complete the **Two** Day Certification while **Nurses** must only complete the **One** Day Certification. Payment through credit card (Mastercard & Visa) or check accepted

Access the cancellation policy at [www.creativetherapyconsultants.com/cancellation-policy/](http://www.creativetherapyconsultants.com/cancellation-policy/)

## CHOC Children's

CHOC NICU is a level 4 NICU that ranked in the Top 25 for US News and World Report in 2018. Our NICU has 3 sections: Our 36 private room NICU just celebrated it's 1 year anniversary and incorporates technologies such as real time seizure monitoring, NIC-View cameras, and ECMO. Our Small Baby Unit is specially customized care for babies born less than 28 weeks and/or weighing less than 1,000 grams. Our 3rd NICU space is housed within the neighboring adult hospital to provide NICU level care in close proximity to baby's mom, promoting skin to skin time and breastfeeding. We have a full range of pediatric specialty care within our NICU as well as many interdisciplinary teams and committees that work together to meet patient and family needs.

## Accommodations

### Courtyard Inn

Approximately \$119 + tax/night\*  
~2 miles from NTMC Training  
939 E 17th St  
Santa Ana, CA 92701  
(714) 558-3700

### Holiday Inn Express

Approximately \$98+ tax/night\*  
~4 miles from NTMC Training  
12867 Garden Grove Blvd  
Garden Grove, CA 92843  
(714) 539-3535

### Marriott Suites

Approximately \$109 + tax/night\*  
~4 miles from NTMC Training  
12015 Harbor Blvd  
Garden Grove, CA 92840  
(714) 750-1000

\* These prices are not group rates and are not guaranteed.

### Airport

The closest airport is John Wayne Airport, Santa Ana (SNA) which is an approximately 15 minute drive to hosting location.

### Location

NTMC Hands-On Training will occur at CHOC Children's at the WADE Education Center, CHOC West, 2nd Floor, 1201 W. La Veta, Orange, CA 92868

### Parking

Parking is available in the visitor parking lot. CHOC Children's will provide validation. The rate per entry is \$2.00/vehicle. Click [here](#) for campus map.

### Questions

Feel free to contact us at [karawaitzman@infantdriven.com](mailto:karawaitzman@infantdriven.com) or call us toll free at 855-CTC-NTMC (855-282-6862)

# Neonatal Touch & Massage Faculty

**\* Aune Hjartarson Nunn, OT Reg (Ont)**  
McMaster Children's Hospital  
Hamilton, Ontario  
*Brain & Sensory Development*

**Jennifer Beaver, LMT**  
Miami Jacobs Career College  
Englewood, OH  
*Anatomy: Bones & Muscles*

**Mary Coughlin MS, NNP, RNC-E**  
Caregiving Essentials  
Boston, MA  
*Neonatal Theories*

**Ann Davis RRT-NPS**  
Miami Valley Hospital  
Dayton, OH  
*The Respiratory System*

**Kiera Sorrell, BSFCS**  
Founder & President Preemie Parent Alliance  
Madison, MS  
*Partnering with Families*

**Gail Poskey PhD, OTR/L**  
Assistant Professor, OT  
Galveston, TX  
*Importance of Sleep*

\*Faculty for NTMC Hands-On Training

**Elizabeth Jeansen, PT, DPT, NTMTC**  
Sanford Health  
Sioux Falls, SD  
*Neonatal Pain & Stress*

**Susan Strzyzewski, Ed. PT, D, OTR/L, CNT, NTMTC & Faith Knowles, MSN, RN**  
University of Utah, Dept of Pediatrics  
Salt Lake City, UT  
*Neonatal Touch & Skin*

**Kathi Randall RNC, MSN, CNS, NNP-BC**  
Green NICU  
Rancho Bellago, CA  
*Going Green in the NICU*

**Virginia E McGill, DPT, CLWT, NTMTC**  
Providence Alaska Medical Center  
Anchorage, AK  
*Positioning & Handling*

**Holly Schifsky, OTR/L, CNT, NTMTC, CBIS**  
University of Minnesota  
Masonic Children's Hospital  
Minneapolis, MN  
*The Lymphatic System*

**\* Shannon Usher, MSOT, OTR/L, NTMTC**  
St. Francis Medical Center  
Colorado Springs, CO  
*Massage Literature Review*

**\* Kara Ann Waitzman, OTR/L, CNT, NTMTC**  
Creative Therapy Consultants  
Tipp City, OH  
*Living A Great Story  
Infant-Driven Caregiving*

**Lisa Cleveland, PhD, RN, PNP-BC, IBCLC, NTMNC**  
UT Health San Antonio School of Nursing  
San Antonio, TX  
*Opioids in the NICU*



Kara Ann Waitzman OTR/L, CNT, NTMTC is passionate about changing the lives of infants and families through neonatal education. She believes education should be fun, relevant, practical, evidence-based, and easily implemented into NICU daily practice.

With over 30 years of neonatal experience in a large level III NICU, along with certifications, trainings, and publications, Kara Ann has been a sought after mentor, consultant, speaker and educator for almost 2 decades. She is president of Creative Therapy Consultants, founder of the Neonatal Touch & Massage Certification®, co-founder of Infant-Driven Feeding®, LLC, and co-developer of the Infant-Driven Feeding Scales©.

Kara Ann has received professional awards including the Ohio Occupational Therapy Pediatric Model Practice Award, the March of Dimes Healthcare Worker of the Year Award, the 2011 MVH Excellence in Service Award, and most recently the National Association of Neonatal Therapists' 2015 Inaugural Pioneer Award.