

NTMC

Neonatal Touch & Massage Certification



Hosted by:

WakeMed Health & Hospitals
Raleigh, NC

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**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/, and once accepted go to www.neonatalcertification.com/certification/registration/ to register. Any Special Needs Requests can be made directly to 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 & Sensory Development</i>
<i>Neonatal Pain & Stress</i>	<i>Importance of Sleep</i>	<i>Anatomy: Bones & Muscles</i>
<i>Positioning & Handling</i>	<i>Infant-Driven Caregiving</i>	<i>The Parent Experience</i>
<i>Neonatal Skin & 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 Continued
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 March 21, 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 March 21 & 22, 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 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
- The Texas Board of Physical Therapy Examiners have approved 15.5 CCUs 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 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.

Neonatal Touch & Massage Faculty

*** Aune Hjartarson Nunn, OT Reg (Ont), CNT**
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, CNT, 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.