NTMC #	Question	Your Goal Response
NTMC25069	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next two weeks, I will practice sidelying diapering on at least 8 different babies over 32 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next six months, I be utilizing the hold-hug-roll for transitions in 100% of opportunities.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next year, I will teach listening touch massage to at least 52 families.
NTMC25108	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice the Listening Touch Massages on three different infants over 35 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will practice swaddle baths on five different infants over 32 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will teach five different families how to complete the Listening Touch Massage with their infants over 35 weeks PMA.
NTMC25149	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will implement I Love U Massage with at least 2 constipation patients to decrease GI distress and support emotional regulation within the next two weeks.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Practice listening touch massage with current newborn caseload including UE challenges/developmental delays/torticollis/failure to thrive and educate parents in home program. Integrate I LOVE YOU massage for constipation patients to support regulation for current caseloads within 2 weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will complete listening massage techniques on 90% of appropriate pt caseload 0-12 months of age within 6 month time frame Support initiative for inclusion of occupational therapy therapy services in NICU and NICU newly discharged patients to optimize transition of care to home.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 1 year, I will be able to increase pt caseload to 25% of same being infant support (currently less than 10) with use of infant massage techniques Establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will practice hand, hug, roll on all infants during transitions 100% of the time.

NTMC #	Question	Your Goal Response
NTMC25283	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months I will practice listening touch massages on five different infants over 35 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will introduce and implement swaddle baths within my NICU for all infants.
NTMC25302	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks I will adapt my handling in the NICU to always include hold, hug and roll.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next 6 months I will assist 10 families with parent led skin to skin transfers.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next year I will work alongside my OT colleague and the matron to have the use of oil approved in the unit.
NTMC25397	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will practice the Listening Touch Massages on two infants over 32 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months, I will be practice Listening Touch Massage on at least two infants each week.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will be able to teach one set of parents each week how to safely perform Listening Touch Massages for their infants.
NTMC25411	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	S- Practice strokes 20times by 2weeks M- 20 times A-on course completion R+T - within 2 weeks
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Teach 3 parents Listening touch massage within 6 months
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	QI project on Listening touch massage
NTMC25412	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice the Hold, Hug, and Roll with transfers from isolette/bassinet prior to bottle feedings.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will have initiated a skills check off for all staff, covering the swaddling technique prior to feedings for optimal positioning, alignment, and success. Emphasis on facilitating at hips what you want to happen at lips.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will have confidently taught RN/therapy staff the 'I Love You' massage to aid in infant's digestion and comfort with 100% of staff reporting a fist of five of 4 or 5 and report it has become a common tool utilized in our department when appropriate.

NTMC #	Question	Your Goal Response
NTMC25416	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will perform back stroke massage with 5 of the babies on my unit over 34 weeks PMA. In 2 weeks, I will demonstrate to 2 nurses how to complete a side lying diaper change for the infants <32 weeks PMA for improved neuroprotection.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will perform swaddle bathing with 6 infants over 32 weeks PMA. In 6 months, I will perform 2 person care with infants <32 weeks PMA for improved neuroprotection and provide unimodal sensory experience.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 1 year, I will advocate for our department/unit to allow skin to skin Listening Touch massage with the use of oils. In 1 year, I will educate our nursing team on the importance of swaddle bathing and 2 person care for infants in our unit.
NTMC25423	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will practice the Listening Touch Massage on 6 different infants over 34 weeks PMA who are in the green zone of the CARE Umbrella.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months, I will educate and demonstrate the Listening Massage to the parents on 2 different infants over 34 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year I will be able to complete a standing transfer for skin to skin holding with the medical staff at Cardinal Glennon Children's Hospital.
NTMC25424	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, i will be a part of a 2 person care on our actual three 28 preterm babies on our unit.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six month, i will practice the LTM weekly on every preterm baby that i am involved at our unit.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, i will educate every parent on the listening touch massage, if the preterm baby has no contraindications.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By 2 weeks, I will demonstrate therapeutic touch techniques with my infant patients that result in measurable comfort indicators (decreased heart rate, stable oxygen saturation, relaxed body posture) in 95% of documented touch interactions during my shifts, as evidenced by patient assessment documentation and validated through peer observation at least once per week.

NTMC #	Question	Your Goal Response
NTMC25429	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By 6 months, I will successfully train 100% of RNs on my unit in the safe standing transfer technique for moving stable infants to parents' chests, with each staff member demonstrating competency through return demonstration and achieving a passing score of 85% or higher on the skills checklist, resulting in increased parent-infant skin-to-skin contact opportunities by 40% unit-wide as measured by monthly skin-to-skin documentation audits.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By 1 year, I will successfully teach listening touch massage techniques to 15 families of NICU patients, with each family completing 2 structured training sessions and demonstrating competency through return demonstration, resulting in 90% of participating families independently performing listening touch massage with their infant at least 2 times per week during their NICU stay, as documented through bedside nursing observations.
NTMC25431	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Therapist will assess tension in 100% of infant nicu graduates for appropriateness and/or need of listening touch massage within treatment plan in 2 weeks
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Practice listening touch massage with current newborn caseload including constipation/deformities/torticollis/failure to thrive and educate parents in home program in 2 weeks
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Therapist will effectively incorporate listening touch massage in 100% of appropriate infant nicu graduates to improve tension and heightened nervous system for progression of goals in 6 months Support initiative for inclusion of physical therapy services in NICU and NICU newly discharged patients to optimize transition of care to home in 6 months
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Therapist will be able to incorporated listening touch massage concepts in nicu with progresion of therapist integration into N.E.W HSHS NICU with appropriate patients in 1 year to meet goals Establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge in 12 months

NTMC #	Question	Your Goal Response
NTMC25432	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Seek out practice opportunities on other professionals and my family to ensure consistent ability to complete massage concepts. Seek out practice opportunities related to rehearsing parent education and instruction related to infant massage techniques by explaining these concepts to other professionals. Practice listening touch massage with current newborn caseload including feeding difficulties/NICU graduate and failure to thrive and educate parents in home program.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Use of patient/parent education related to use of massage to calm infants for feeding and oral motor intervention for feeding with emphasis on I love you massage prior to and post feeding with at least 80-90% of infant caseload. Support initiative for inclusion of speech therapy services in NICU and NICU newly discharged patients to optimize transition of care to home.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Support improved multi-disciplinary support within NICU and for discharged NICU and full term labor and delivery graduates, to improve parent education/advocacy abilities and consistency of therapy support for infants experiencing feeding issues. Establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge.
NTMC25433	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Integrate infant touch massage techniques into feeding sessions with at least 3 appropriate clients within the next 2 weeks.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will utilize infant touch massage 5x to best support patients and families related to feeding skills and bonding in a two week time period.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Track and evaluate the effects of infant massage on 2–3 key clinical outcomes (e.g., feeding readiness, state regulation, bonding) across 5 infants over the next 6 months. support initiative for inclusion of speech therapy services in the nicu and nicu newly discharged patients to optimize transition of care to home.

NTMC #	Question	Your Goal Response
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 12 months, I will integrate infant touch massage techniques into my SLP with at least 10 appropriate infant-caregiver pairings. I will track outcomes related to feeding, state regulation, and parent-child bonding using caregiver feedback and clinical observations, and present the results to my interdisciplinary team to support continued integration. establish improved parameters for infant appropriations in NICU for tri-discipline care as well as NICU discharge.
NTMC25434	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	1. I will review the content from the course within the next two weeks in order to assist with carryover when I get orders for NICU grads in my outpatient clinic.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Practice listening touch massage with current newborn caseload including LE deformities/torticollis/failure to thrive and educate parents in home program. (2 week)
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	1. I will utilize the techniques learned in the NTMC course (specifically positioning, back massage, and ILU massage) with NICU grads in the clinic where I work in order to help the families and babies that I treat x 6 months. Support initiative for inclusion of physical therapy services in NICU and NICU newly discharged patients to optimize transition of care to home. (6 months)
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	1. I will collaborate with colleagues at meetings, going over challenges and wins, regarding NTMTC training in order to work together as a team and improve my treatment of infants x 1 year. Establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge. (1 year)
NTMC25435	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will implement at least one NTM strategy into at least 50% of therapy sessions with within the next 2 weeks. I will incorporate Neonatal Touch and Massage within therapy sessions with 90% of infant patients in the outpatient setting over the next 2 weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will pair NTM strategies with pre-feeding routines in at least 10 infants, measuring outcomes such as improved alert state or readiness score. I will support the initiative for inclusion of speech therapy services in NICU and NICU newly discharged patients to optimize transition of care to home in the next 6 months.

NTMC #	Question	Your Goal Response
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will demonstrate independent, confident implementation of NTM techniques across infants of varying gestational ages validated by peer/mentor observation. I will establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge in the next year.
NTMC25437	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Will complete I love you massage on baby in outpatient setting to help with digestive concerns, 6x in 2 weeks
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Support need/inclusion for OT in NICU and newly NICU discharged babies
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Establish improved parameters for infant appropriateness in NICU
NTMC25438	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will coordinate with colleagues who have taken NTMC course to develop initiatives to start integrating techniques learned into NICU within next two weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	When starting to see infants in my practice, I will educate and support parents in learning Learning Touch Massage to improve feeding skills in outpatient setting within six month.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	To support the inclusion of consistent and educated occupational therapy services in our NICU in order to best support patients and families for discharge in order to limit morbidities within next year.
NTMC25442	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within two weeks, I will perform Listening Touch Massage back strokes on five or more infants rated within the green neurodevelopmental umbrella of CARE.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within six months, I will perform the Listening Touch Massage on 10 or more infants rated within the green neurodevelopmental umbrella of CARE, performing back, arm, leg, and I Love You strokes, as indicated and tolerated by each infant.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within one year, I will perform the Listening Touch Massage on 20 or more infants rated within the yellow or green neurodevelopmental umbrella of CARE, performing back, arm, leg, and I Love You strokes, as indicated and tolerated by each infant.

NTMC #	Question	Your Goal Response
NTMC25443	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within the next two weeks, I will incorporate neonatal touch and massage into at least three outpatient therapy sessions with infants who present with feeding concerns, documenting parent education and infant response in each session note. I will also provide families with demonstration on carryover strategies to promote consistency at home. In 2 weeks, use listening touch massage with current newborn caseload including feeding concern infants and educate parents in home program.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Over the next six months, I will integrate neonatal touch and massage techniques into my outpatient practice by using them with at least 75% of eligible infants on my caseload (as clinically appropriate). I will track outcomes by documenting infant feeding readiness and caregiver carryover strategies in session notes. In 6 months, I will support initiative for inclusion of speech physical therapy services in NICU and NICU newly discharged patients to optimize transitions of care to home.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within the next 12 months, I will establish neonatal touch and massage as a consistent part of my outpatient practice by implementing these techniques with at least 90% of eligible infants on my caseload (as clinically appropriate). In addition, I will complete at least one continuing education course or in-service training to advance my skills in neonatal touch and massage and share key takeaways with colleagues. In 1 year, I will establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge.
NTMC25444	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will use Listening Massage, including ILU massage, with at least 2 infants over the course of the next two weeks to promote improved comfort and quality of life .
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within the next 6 months, I will provide parent education to at least 10 families as it pertains to infant massage and positioning to improve their transition to parenthood and decrease infant stress.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within the next year, I will use my NTMC certification to better support our local NICU by improving parameters as it relates to infant care and facilitate outpatient therapies after NICU discharge.

NTMC #	Question	Your Goal Response
NTMC25446	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next 2 wks, I will trial back massage in the NICU with 1 patient during orientation next week, if appropriate based on developmental needs.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will educate a parent on at least 5 bedside skills to better support their baby during my NICU orientation period during the next 6 mos.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next year I will successfully educate 5 families on massage techniques to support their infants development during my NICU orientation periods.
NTMC25447	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within the next two weeks I will incorporate back glides listening massage techniques with a child with abnormal LE development/arthrogryposis. Practice listening touch massage with current newborn caseload including LE deformities/torticollis/failure to thrive and educate parents in home program.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	As the current champion for NICU program development, I hope to establish parameters for therapy involvement for babies utilizing the research and techniques from this course to compliment current practice model. Regularly perform multiple techniques, as appropriate and goal aligned, within single treatment sessions on babies with ability to assess/interpret/adjust techniques for optimal outcomes of positioning, range, steady state, and parent cares. Support initiative for inclusion of physical therapy services in NICU and NICU newly discharged patients to optimize transition of care to home.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year I hope to be able to say that our Level III NICU will have a comprehensive, collaborative PT, OT and SLP team supporting our robust medical team to demonstrate best practice leading to improved infant outcomes. (Length of stay, feeding initiatives, transfer of care to home/outpatient with discharge). In one year, I will have confidence regularly pivoting between techniques of massage, trigger point release, positioning and myofascial release on medically fragile neonates/premature babies. Establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will teach the Listening Touch Massages to 4 different caregivers to provide for their 32 weeks PMA infants in the NICU.

NTMC #	Question	Your Goal Response
NTMC25452	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will provide Listening Touch Massage to every infant I touch and care for over 32 weeks PMA
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will have encouraged 4 nurses or therapists to get their NTMC and provide caring touch to babies and their families in the NICU,
NTMC25453	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, i`m going to prepare a parent document focusing on to interact with their baby in the NICU/SCU in Arabic and discuss about it with the team. In 2 weeks, i will perform positioning support with whatever we have in our NICU and educate our staff nurses on hold, hug and roll everytime i'm at the bedside. In 2 weeks, i will talk gently with myself and others and "just be" with caregivers, staff and the team even with i struggle with some things around.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, i will do further training on neuroprotection and neuropromotion principles and educate others around me like therapists and medical staff. In 6 months, i will try to activate a sensory integration policy incorporating listening massage therapy within our SCU unit. and discuss with the team.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, i will try to do a NICU/SCU whatsapp group for neonatal OTs in Kuwait to support them further with CE opportunities. In one year, i will search for hands on training & mentorship internationally ,so i can travel and get further training in the NICU setting to support my region.
NTMC25455	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By two weeks I will be able to teach touch massage to one family for improved outcomes with their infant. Practice listening touch massage with current newborn caseload including LE deformities/torticollis/failure to thrive and educate parents in home program.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By 6 months I will be able to promote team based approach in the NICU and promote appropriate 2 person cares when needed. Support initiative for inclusion of occupational therapy services in NICU and NICU newly discharged patients to optimize transition of care to home.

NTMC #	Question	Your Goal Response
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By one year I will be able to fully integrate my certification into the NICU to support earlier NICU discharge and improved outcomes. Establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge.
NTMC25456	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will provide at least 3 neonatal touch or massage (Listening Touch, Containment Hold, or Gentle Human Touch) with infants under my care to reinforce my NTMT skills and support developmental care in the NICU.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will confidently teach at least 5 parents how to provide neonatal massage by demonstrating the techniques, supervising their return demonstration, and documenting successful completion.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 12 months, I will consistently integrate neonatal touch and massage into my NICU practice by completing and documenting at least 25 sessions with infants of varying gestational ages, and by teaching a minimum of 10 parents how to perform massage techniques.
NTMC25457	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Practice skills learned in this course 10 times on adults/children to reinforce comfort with information learned, within 2 weeks. Practice listening touch massage with current newborn caseload including LE deformities/torticollis/failure to thrive and educate parents in home program.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Support increase in referrals to therapy to children within NICU/PICU by introducing benefits/rationale of techniques learned to pediatric intensivist team, within 6 months. Support initiative for inclusion of physical therapy services in NICU and NICU newly discharged patients to optimize transition of care to home.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Be a part of the therapy team integrating tri-disciplinary services within the NICU, within 1 year. Establish improved parameters for infant appropriateness in NICU for tri-discipline care as well as NICU discharge.
NTMC25473	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will practice ILU massage with 4 different babies over 32 weeks with clinical signs of GI discomfort.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months, I will teach 10 different families nurturing touch massage.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will increase frequency of standing skin-t0-skin transfers on our unit as measured by our QI team.

NTMC #	Question	Your Goal Response
NTMC25474	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will teach 2 parents in skin to skin transfers to be performed in the NICU. In two weeks, I will teach 2 parents how to perform a diaper change in side lying position.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will instruct 1 parent(s) a week in Listening Touch Massage to perform on their infant at bedside. In 6 months, I will practice the Listening Touch Massage on 1 infant per PMA from 34 weeks to 40 weeks of age.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will be able to teach Listening Touch Massage to staff in NICU to be able to promote more carryover at home. In one year, I will perform full Listening Touch Massage (back stroke, arm stroke, and leg stroke) on 5 infants a week.
NTMC25479	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice the Listening Touch Massages on five different infants over 35 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months, I will teach Listening Touch Massages to 10 different parents with infants over 35 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will provide an inservice to request decibel meter app on hospital iPhones in attempt to objectively measure and monitor sound throughout the unit..
NTMC25488	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	1. In two weeks I will practice a standing transfer with six different infants over 32 weeks PMA with a nurse during care times.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	1. In six months I will educate and practice with ten different NICU therapists/nurses/parents on the process of immersion bathing with infants over 32 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	1. In one year I will implement and educate NICU staff (nurses, imaging techs, staff, therapists) via hand-outs and physical demonstration and practice on sustained comforting touch during all tasks that involve the neonatal infant. (cleaning infants room, changing of linens, moving of equipment, changing the infant to a new room, swapping the infant from isolette to bassinet).
NTMC25495	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice the Listening Touch Massages on 2 different infants over 35 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will open the discussion in my unit to standardize two-person cares for pre-term infants in the NICU.

NTMC #	Question	Your Goal Response
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will open the discussion for use of massage oil within my unit.
NTMC25496	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will safely transition infants during cares using the Hold Hug Roll in all interactions in 2 weeks. I will confidently teach families and nurses the Hold Hug Roll when transitioning infants during cares in 2 weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will work to have all nurses use the standing transfer for STS transitions when parents are capable in 6 months.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will work to ensure the hold hug roll transfer is the primary mode of transitions for infants by all caregivers (including our neonatalogists) in 6 months.
NTMC25555	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will review one lecture in the NTMC training to solidify learning.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	in the next 6 months, I will review 3 articles listed in the NTMC bibliography to reinforce new concepts and evidence to support the use of massage in the late preterm infant
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By one year, I will read 6 articles about massage and integrated this knowledge in to a staff development presentation.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I would like to learn how to change a diaper in the side-lying position within the next two weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I would like to teach the regular girls in the nursery I work in more appropriate positioning, intentional touching and two person cares with infants. I want them to see the difference between intentional touching for comfort and medicinal touching and how it affects the infant's autonomic system, and the calming affect it has in getting the infant back to proper homeostasis.

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NTMC25559	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I would really like to talk more with my unit educator and occupational educator and have Advocate host a session or at least have the educator on board to continue asking new nurses if this is a program that they would be interested in. This program teaches many more things than just massage. It teaches the nurse that it's more than just a baby or a patient. It's about the infant's future and how just the little things we do can have a lifetime effect. I don't know if I can put a measurement on this, but if just one nurse takes the class and adjusts the way they think and care for an infant then I will feel I have accomplished something. It all starts with a ripple.