



## LITTLE STEPS® TRAINING 2011

### Neurodevelopmental supportive care of the preterm infant

#### LEVEL 1

##### Brief description:

This practical, well-established program has been designed to equip healthcare professionals working with preterm infants and their families in the delivery of high-impact care using low-technology techniques. The course is based on international standards and best practices in neurodevelopmental supportive care of the newborn infant. It is further in line with recommendations by the Paediatric Neonatal Work Group of South Africa who stated that “Planning of Neurodevelopmental service to get more attention”<sup>1</sup> and supported by leaders in the field who stated that ‘developmental care will make the biggest difference

and be most successful in the most challenged settings with little resources’<sup>2,3</sup>.

##### Why developmental care?

Survival of preterm infants improved due to improvements in neonatal care<sup>3,4,5,6</sup>, however there has not been a corresponding improvement in the long term developmental outcomes for these VLBW infants<sup>3,4,6,7,8,9,10,11,12,13</sup>, leaving these little ones at risk of a range of morbidity related to the immaturity of organ systems and diseases associated with prematurity<sup>14</sup> leading to physical and developmental challenges<sup>15,16</sup> and resulting in a socio-economic burden<sup>17</sup>.

##### Learning outcomes:

After completion delegates will be able to:

1. Demonstrate knowledge with regard to neurodevelopment supportive care of the preterm infant.
2. Apply critical thinking skills by solving problems in this regard.
3. Able to provide feedback on problem solutions within an ethical acceptable framework.

##### Certification

This course is accredited for 21 CPD points with SAMA. Delegates will also receive an attendance certificate from Little Steps® on successful completion of the course.

##### Key competencies after course completion:

The Little Steps® course on neurodevelopmental supportive care (NDSC) of the preterm infant will provide you with knowledge and evidence regarding the care approach that aims to decrease the stress of the preterm infant in NICU<sup>18,19</sup> and expose you to techniques in the management of preterm infants in an environment supportive of development during a critical developmental period<sup>20</sup>.



## Outline of course content:

- Fetal development
- Neurosocial behavior of the newborn infant
- Disorganised behavior in the preterm infant
- Management strategies to support optimal neurodevelopment
  - Positioning, positive touch, macro and micro environments, KMC
- Parental adaptations in preterm birth
- Feeding of the preterm infant
- Information on preparation for discharge and transition to the home environment

Hands-on practical opportunities with preterm infants and their parents in an actual newborn/preterm unit

## Who should attend?

All healthcare professionals (NICU, high care and KMC nurses and doctors, childbirth educators, midwives, baby clinic staff, dietitians, psychologists, physiotherapists, occupational therapists, speech-language therapist and audiologist, biokinetics, etc) working with preterm infants (final year of undergraduate studies, postgraduate or sub-category professionals working in a maternity or newborn environment).



## Entry requirements:

Basic degree in a healthcare profession  
Senior students in any healthcare profession training  
Healthcare professional aids

## Delivery mode and course structure:

This course is presented at clinical facilities with neonatal services and a maximum of 30 delegates per course can be accommodated. The course is structured over a four-day period and includes guided, practical sessions with preterm infants in the neonatal ward, group work and assignments.

## Your investment: R4000

The hosting clinical facility will have the added benefit of a free initial assessment of their neonatal facilities to indicate their level of implementation of appropriate developmental supportive care of the preterm infants in their care.

## Course presenters:

The course has been compiled and developed by Dr Welma Lubbe, Founder of Little Steps®, Senior Lecturer at the North-West University and a specialist on neurodevelopmental supportive care in South Africa.

Co-presenters include Me Annelie Steenkamp, Head of the Speech Therapy and Audiology Department at the Kimberley Hospital Complex and Me Fredolien du Plessis, senior occupational therapist at the Occupational Therapy Department at the Kimberley Hospital Complex. Other experts in the field act as guest presenters from time-to-time.

**Contact details:** Course dates and registration details are available from [www.littlesteps.co.za](http://www.littlesteps.co.za).