NOMAS®

(Neonatal Oral-Motor Assessment Scale)

developed by Marjorie Meyer Palmer, M.A.

*Administration**

Follow these steps to evaluation of sucking patterns:

1. Spontaneous initiation of suck
2. Rate Change
3. Type of Pattern
   Immature (normal); 3-5 sucks
   Transitional (disorganized); 5-10 sucks
   Mature (normal or disorganized); 10+ sucks
   No pattern=too much variability in # of sucks/burst
4. Consistent/inconsistent Degree of Jaw Depression
5. Expression/Suction
6. Direction of Tongue Movement
7. Tongue Configuration

**This form is to be used by participants of the NOMAS® Certification Course ONLY and may not be copied under any circumstances*

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NOMAS® ONLINE: Day 1

Neonatal Oral-Motor Assessment Scale (NOMAS)

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JAW		
Normal	Disorganization	Dysfunction
_____ Consistent degree of jaw depression _____ Rhythmical excursions _____ Spontaneous jaw excursions occur upon tactile presentation of the nipple up to 30 minutes prior to a feed _____ Jaw movement occurs at the rate of approximately one per second (1/2 the rate of NNS) _____ Sufficient closure on the nipple during the expression phase to express fluid from the nipple	_____ Inconsistent degree of jaw depression _____ Arrhythmical jaw movements _____ Difficulty initiating movements: ___ Inability to latch on ___Small, tremor-like start-up movements noted ___ Does not respond to initial cue of nipple until jiggled _____ Persistence of immature suck pattern beyond appropriate age ___Under 40 weeks PC (transitional suck)	_____ Excessively wide excursions that interrupt the intra-oral seal on the nipple _____ Minimal excursions; clenching _____ Asymmetry; lateral jaw deviation _____ Absence of movement (% of time) _____ Lack of rate change between NNS and NS (NNS = 2/sec; NS = 1/sec)
TONGUE		
Normal	Disorganization	Dysfunction
_____ Cupped tongue configuration (tongue groove) maintained during sucking _____ Extension-elevation-retraction movements occur in anterior-posterior direction _____ Rhythmical movements _____ Movements occur at the rate of one per second _____ Liquid is sucked efficiently into the oro-pharynx for swalllow	_____ Excessive protrusion beyond labial border during extension phase of sucking without interrupting sucking rhythm _____ Arrhythmical movements _____ Unable to sustain suckle pattern for two minutes due to: ___ Habituation ___ Poor Respiration ___ Fatigue _____ Incoordination of suck/swallow and respiration which results in nasal flaring, head turning, extraneous movement	_____ Flaccid; flattened with absent tongue groove _____ Retracted; humped and pulled back into oro-pharynx _____ Asymmetry; lateral tongue deviation _____ Excessive protrusion beyond labial border before/after nipple insertion with our/down movement _____ Absence of movement (% of time)

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NOMAS® ONLINE: Day 1 (Neonatal Oral-Motor Assessment Scale) Reference List: updated 10/17

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