



10:45-12:45 p.m. **Early Feeding Skills (EFS) Checklist- Suzanne Thoyre, PhD, RN, FAAN**  
Learn to: Identify infant adaptations to the challenge of feeding; describe infant responses that represent readiness for oral feeding; and explain the ability to organize swallowing, and maintain physiologic stability.

12:45-2:00 LUNCH  
2:00-3:00 **EFS (continued) – Suzanne Thoyre, PhD, RN, FAAN**

3:00-3:30 BREAK  
3:30-5:00 **Diagnosis of Neonatal Sucking Patterns: normal, disorganized, dysfunctional based on the NOMAS® (Neonatal Oral-Motor Assessment Scale)- Marjorie Meyer Palmer, M.A., CCC-SLP.**

Learn to: identify the three presentations of a disorganized suck; characteristics of jaw and tongue movement indicative of a dysfunctional suck; and sensory aspects of neonatal sucking that indicate an altered sensory system.

5:00 ADJOURN

## THURSDAY, OCTOBER 29, 2015

### Treatment: Intervention Strategies to “Fix the Problem”

7:15-8:15 a.m. Coffee, Exhibits, Poster Sessions  
8:15-10:15 **Developmental Interventions to Promote Successful Feeding – Kristy Fuller, OTR/L.**  
Learn to: list supportive pre-feeding and feeding readiness strategies that provide a foundation for optimal oral feeding performance for all babies in the NICU; identify signs of stress and their impact on suck/swallow/breathe coordination; and discuss interventions that support safe and successful feeding interactions.

10:15-10:45 BREAK  
10:45-12:45 p.m. **Positioning the Infant for Optimal Feeding Success – John Chappel, M.A., RPT.**

Learn to: conceptualize diaphragmatic morphology as it pertains to developing better infant respiratory efficiency; identify methods to promote function in the respiratory system of ELBW infants through analyzing posture and positioning; and define specific problems that interfere with the acquisition of aerodigestive functions and feeding in the NICU infant.

12:45-2:00 LUNCH  
2:00-3:00 **Diagnostic-Based Intervention for Infants with a Disorganized or Dysfunctional Suck – Marjorie Meyer Palmer, M.A., CCC-SLP.**

Learn to: describe four intervention strategies to aid the coordination of respiration in the infant with a disorganized suck; outline four therapeutic techniques for the infant with a dysfunctional suck; and explain ways to help the infant who demonstrates a sensory feeding issue.

3:00-3:30 BREAK

*Every so often events occur in just such a way that a window of opportunity slides open somewhere in the world. Most people don't notice. They just walk right by. But when you know where to look and have the foresight to act, you could find yourself in a better place than you are today, with more knowledge, more insight, and more confidence to be that outstanding professional that you have always wanted to be. Take the challenge - reach out and join your colleagues in Orlando for our Practical Clinics in Neonatal Feeding where all we do, all we are, and all we dream about is feeding babies successfully.*

**Marjorie Meyer Palmer**  
Founder/Director, NOMAS International

## TUESDAY, OCTOBER 27, 2015

### PRE-CONFERENCE

7:00-8:00 a.m. Registration, Coffee  
8:00-4:30 p.m. With coffee breaks from 9:30-10:00 a.m. and 3:00-3:30 p.m. and lunch from 12:30-1:30 p.m.

### Bringing the Latest Neuroscience to the Infant in the NICU for Better Feeding Outcomes – Dr. Nils Bergman

- Topics to be included:**
- Basic neuroscience and the foundational role of sleep, biological clocks, and rhythms
  - Role of skin-to-skin contact in sleep, rhythms, regulation and sucking behavior
  - Effects of maternal neonate separation, early and late, and on suckling
  - Recognizing separation physiology and restoring regulation
  - Differentiating neonatal sucking behavior from adult ingestion, and timing of weaning
  - Linking maternal neuroendocrine behavior to infant regulation and breastfeeding
  - Practical aspects and implications to support feeding in the real world of the NICU
  - Impact of early perinatal care on long term bonding and attachment

## WEDNESDAY, OCTOBER 28, 2015

### MAIN CONFERENCE

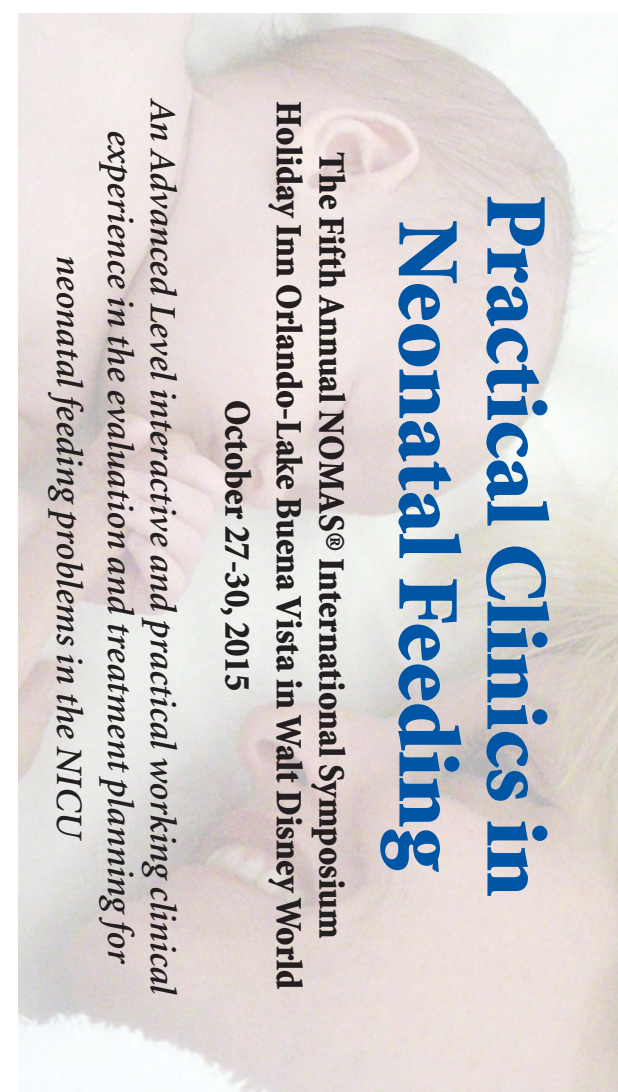
#### Evaluation: Identifying the feeding problem and what is going wrong

7:00-8:00 a.m. Registration, Coffee, Exhibits, Poster Sessions  
8:00-8:15 Welcome – Marjorie Meyer Palmer, M.A., CCC-SLP  
8:15-10:15 **Developmental Assessment of the Infant: the Science of Compassion- gretchen Lawhon, PhD, RN, CBC, FAAN.**  
Learn to: identify key components of the synactive theory of newborn development; strategies in the integration of developmental assessment through relationship based care; and ways in which developmental assessment of the infant provides incidental teaching and validation to parents.  
10:15-10:45 BREAK

REGISTRATION TUITION SCHEDULE	EARLY REGISTRATION (Postmarked Before July 15th, 2015)			REGISTRATION (Postmarked After July 15th, 2015)		
	PRE-CONFERENCE	MAIN	ALL 4 DAYS	PRE-CONFERENCE	MAIN	ALL 4 DAYS
<input type="checkbox"/> <b>Currently Licensed NOMAS Professional</b>	\$200	\$600	\$750	\$215	\$625	\$775
<input type="checkbox"/> <b>Certified NOMAS Professional</b> <i>Lic./Certificate # MUST be provided:</i>	\$210	\$625	\$785	\$225	\$650	\$810
<input type="checkbox"/> <b>Non-Members of NOMAS International</b>	\$220	\$650	\$820	\$235	\$675	\$845

REGISTER EARLY TO GUARANTEE COURSE SELECTION AND SAVE \$25.00  
COURSE SELECTION: Sessions limited in size. List the numbers 1-3 in order of your preference. Assignments made in order received.  
FRIDAY, OCTOBER 30, 2015  
Reflective Learning: \_\_\_A. \_\_\_B. \_\_\_C. / Concurrent Session: \_\_\_A. \_\_\_B. \_\_\_C.  
Symposium presentations will be available for downloading two weeks prior to October 27, 2015 and will be available until November 9, 2015. Upon registration you will be given your password. The Symposium will be held at the HOLIDAY INN ORLANDO - Lake Buena Vista (in Walt Disney World), 1805 Hotel Plaza Blvd., Lake Buena Vista, FL 32830. A block of rooms has been reserved at the discounted rate of \$119.00 plus tax per night. **MUST RESERVE YOUR ROOM BY September 25, 2015.** Phone hotel directly at: 877-394-5765 or by using the provided group code at [www.nomasinternational.org](http://www.nomasinternational.org).

**NOMAS International**  
1528 Merrill Road  
San Juan Bautista, CA 95045



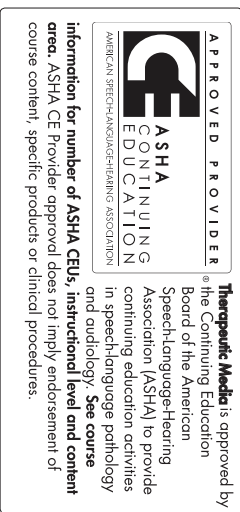
# Practical Clinics in Neonatal Feeding

The Fifth Annual NOMAS® International Symposium  
Holiday Inn Orlando-Lake Buena Vista in Walt Disney World  
October 27-30, 2015

*An Advanced Level interactive and practical working clinical experience in the evaluation and treatment planning for neonatal feeding problems in the NICU*

### COURSE OBJECTIVES:

- Identify and treat early feeding problems in infants with a variety of medical diagnoses
  - Describe developmental care in the nursery and the way in which it influences oral feeding for the NICU infant
  - Outline the characteristics of disorganized and dysfunctional sucking and the differences in therapeutic intervention and treatment strategies recommended based upon sucking pattern to insure successful feeding
  - Describe ways in which developmental care can be implemented during VESS (MBS) to facilitate successful swallowing and to prevent aspiration in the premature infant
  - Explain the Early Feeding Skills (EFS) Checklist and its relevance to the NICU infant
- Therapeutic Media is a Provider for Continuing Education for the California Board of Registered Nursing Provider #CEP 13879 for 18 hours for 3 days and 6 hours for the Pre-Conference.*



This 3-day course is offered for 1.80 ASHA CEUs (Advanced Level, Professional Area) and one day for 0.60 CEUs. ASHA Provider #AAVZ.

REGISTER: [www.nomasinternational.org](http://www.nomasinternational.org) OR mail to:  
NOMAS® International  
1528 Merrill Road, San Juan Bautista, CA 95045  
510-651-2285 (phone) • 831-623-9007 (FAX)  
Sponsored by: Therapeutic Media and NOMAS® International

## REGISTRATION INFORMATION

Please Print Clearly

Name \_\_\_\_\_  
Profession \_\_\_\_\_ Organization \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Work Phone \_\_\_\_\_ Email \_\_\_\_\_  
California Nurses ONLY-BRN License # \_\_\_\_\_  
Payment Required for Registration: Amount Enclosed \_\_\_\_\_  
*Please return entire panel.*



3:30-5:00 **NOMAS® GRAND ROUNDS: videos of infant feeding viewed and evaluated followed by a discussion of intervention strategies presented by a multidisciplinary panel of professionals that includes: Neonatologist (Dr. Thomas Young), Pediatric Neurologist (Dr. Peter Bingham), Nurse (Dr. Suzanne Thoyre, PhD, RN, FAAN), Developmental Specialist (Ms. Linda Lowman, M.Ed), Physical Therapist (Mr. John Chappel, M.A., RPT), Occupational Therapist (Ms. Kristy Fuller, OTR/L), and Speech Pathologist (Ms. Marjorie Meyer Palmer, M.A., CCC-SLP) as Moderator.**

5:00 p.m. ADJOURN

## FRIDAY, OCTOBER 30, 2015

### Reflective Learning Experience

7:00-8:00 a.m. Coffee

8:00-11:30 (Coffee break from 9:30-10:00 a.m.)

Take part in small discussion groups and participate in the learning process while you view infant videos that help you to understand infant behavior, stress cues, distress signals, readiness to feed, events that contribute to successful or unsuccessful feeding performances, variations in sucking patterns, and the importance of respiration in feeding. Discuss with colleagues intervention strategies and therapeutic techniques that work, why, and when. *Find out why that one infant in the NICU just can't seem to feed.* Learn to problem solve those strategies, techniques, positions, nipples, environments that are most helpful and in which situations, and those that are not. *Develop your diagnostic skills that will help you find your own way.* This experience is designed to help you to become a more competent and successful clinician and not about using a particular technique. Each group will view the same infant video clips. Select the Reflective Learning Experience that best suits your needs.\*

**A. Medical Perspective moderated by Dr. Peter Bingham and Dr. Suzanne Thoyre, PhD, RN, FAAN**

**B. Developmental Perspective moderated by Mr. John Chappel, M.A., RPT and Ms. Linda Lowman, M.Ed**

**C. Therapeutic Perspective moderated by Ms. Kristy Fuller, OTR/L and Ms. Dawn Jernigan, M.A., CCC-SLP**

\*If you would like to videotape your baby in the NICU for this learning experience and sharing please contact: [Marjorie@nomasinternational.org](mailto:Marjorie@nomasinternational.org)

11:30-1:00 LUNCH

1:00-3:00 p.m. **Concurrent Sessions**

**A. It's Never Too Late: NOMAS® Refresher Course - Linda Lowman, M.Ed, NOMAS® Course Instructor.**

For those NOMAS® Certified Professionals who have let their licenses lapse OR if you are someone who has taken the NOMAS® Certification Course but did not achieve Reliability this is your opportunity to try again. There is no extra fee for this opportunity and, after completing Reliability you will have the benefit of group discussion as you view neonatal sucking patterns on video.

**B. Feeding Preterm and Fragile Infants: Science, Myth, Misleading Research – Kathleen Philbin, PhD, RN.**

A review of the literature and research studies that describe how, when, and why to feed premature and sick term newborns in the NICU.

Learn to evaluate whether an article about feeding is focused on quantity fed or quality of the experience; describe the problem of measuring feeding success by the postmenstrual age of “full bottle feedings”, and explain the distinction between “ready to feed” as a developmental achievement and “ready to feed” as an event at a particular time.

**C. It's About the Baby not the Protocol; a developmental approach to videofluoroscopy with premature infants – Marjorie Meyer Palmer, M.A., CCC-SLP**

Infants can breathe, they can swallow, and they can suck but often cannot coordinate all three. It is for this reason that neonates so frequently aspirate and perform poorly on VFSS. Learn techniques to maximize their potential for successful feeding without aspiration during swallow studies and methods that may be used to continue oral feeding both in the NICU and at home. Learn compensatory feeding strategies for those infants with anatomical defects and neurological issues.

3:00 p.m. ADJOURN

**Thank you to our GOLD Sponsor**



**Thank you to our BRONZE Sponsors**



## Conference Faculty\*

**Nils Bergman, M.D., Visiting Guest Lecturer**

Public Health Physician  
Honorary Research Associate  
Honorary Senior Lecturer  
University of Cape Town  
Cape Town, South Africa

**Peter Bingham, M.D.**

Professor of Neurology and Pediatrics  
University of Vermont  
Burlington, Vermont

**John Chappel, M.A., RPT**

NIDCAP Certified Pediatric Physical Therapist  
Meta-Physical Therapeutics  
Easthampton, New York  
Director, Synactive Pediatrics  
URSA Educational Institute for Manual Therapy  
Sacramento, California

**Ms. Kristy Fuller, OTR/L**

Occupational Therapist/Feeding Specialist  
Neonatal Intensive Care Unit  
Unity Point Health  
St. Luke's Hospital  
Cedar Rapids, Iowa

**Dawn Jernigan, M.A., CCC-SLP**

Speech-Language Pathologist  
NOMAS® Course Instructor  
Lead NICU Therapist  
Wellstar Kennestone Hospital  
Marietta, Georgia

**gretchen Lawhon, PhD, RN, CBC, FAAN**

Clinical Nurse Specialist  
NIDCAP Master Trainer and President  
NIDCAP Federation International  
West Coast NIDCAP and APiB Training Center  
University of California-San Francisco  
San Francisco, California

**Linda Lowman, M.Ed,**

NIDCAP Certified Developmental Specialist  
NOMAS® Course Instructor  
Alexander Center for Neonatology  
Winnie Palmer Hospital for Women & Babies  
Orlando, Florida

**Ms. Marjorie Meyer Palmer, M.A., CCC-SLP**

Neonatal/Pediatric Feeding Specialist  
Retired Clinical Instructor, Department of Pediatrics  
Division of Gastroenterology, Hepatology, and Nutrition  
University of California-San Francisco School of Medicine  
Founder/Director, NOMAS® International  
San Juan Bautista, California

**M. Kathleen Philbin, RN, PhD**

Clinical Nurse Scientist, Educator, Trainer  
Retired Adjunct Associate Professor of Nursing  
School of Nursing  
University of Pennsylvania  
Philadelphia, Pennsylvania

**Suzanne M. Thoyre, PhD, RN, FAAN**

Francis Hill Fox Distinguished Term Professor  
School of Nursing  
University of North Carolina at Chapel Hill  
Chapel Hill, North Carolina

**Thomas E. Young, M.D.**

Medical Director  
Neonatal Intensive Care Unit  
Wake Med-Raleigh Campus Medical Center  
Adjunct Professor of Pediatrics  
University of North Carolina School of Medicine  
Chapel Hill, North Carolina

\*For financial and non-financial disclosure information visit: [www.nomasinternational.org](http://www.nomasinternational.org)

This information will also be included in your On-site Program Guide



Endorsed by the NIDCAP Federation International, Inc.

**CANCELLATION POLICY:** a written request for a full refund must be received by NOMAS International no later than 21 business days prior to the start of the course. Written requests later than 21 days will result in a 50% refund; 72 hours or less no refund. NOMAS International reserves the right to cancel the event 7 days prior to the course date and assumes no responsibility for pre-purchased airline tickets.