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Postpartum And Pediatric Education Program For Mothers

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Postpartum And Pediatric Education Program For Mothers

Lacie Taylor Ellithorpe, OTD-S

Capstone Mentor: Kari Rasmussen, OTD, OTR/L

Bilingual Speech Therapy of Clearwater/ Three Rooker Therapy



Tampa Bay Regional Campus NOVA SOUTHEASTERN UNIVERSITY



(Rassmussen, 2021)

<u>Introduction</u>

- Capstone experience focus area(s): Clinical Practice
 Skills and Education.
- Aim of this capstone project: create educational resources to address topics relating to
 - Occupational Therapy and Perinatal Care
 - Ergonomics Related to Childcare
 - Positioning and Body Mechanics
 - The Importance of Developmental Milestones
- Becoming a new mother has significant role changes that impact a mother's everyday occupations.
- Occupational therapists are well-versed to address this
 notable impact on a new mother's occupations, contexts,
 roles, and routines.



(Mcmarie, 2022)

Goals

• Advanced my interdisciplinary communication with Speech Therapy

Goal 2

Created Mommy & Me curriculum

Goal 3

 Learned adminstrative/management processes

Goal 4

Created educational video series with fact sheets

Site Description

Bilingual Speech Therapy of Clearwater

- Outpatient pediatric therapy clinic located in Clearwater, FL
- Target population: children ages birth 18 years old with various diagnosis and conditions
- Services offered:
 - Feeding and Swallowing Therapy
 - Speech and Language Therapy
 - Occupational Therapy
 - Music Therapy

Three Rooker Therapy

- Home health pediatric, perinatal, and pelvic floor therapy
- Target population: pediatric services from birth to 21;
 perinatal/pelvic floor services to assist with the physical, mental,
 and emotional changes that occur with pregnancy and motherhood

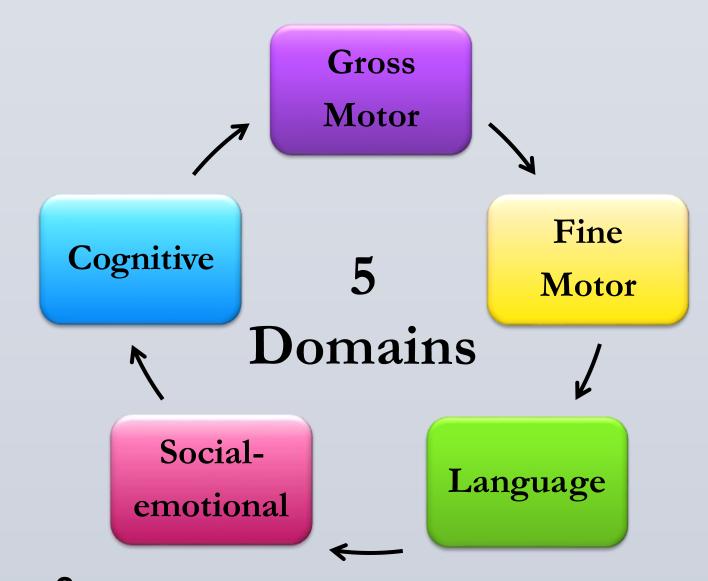


Figure 2

Developmental milestones are a set of goals or markers that a child is expected to achieve during maturation. These are the five domains they are categorized in.

Capstone Project Description

There was a gap in services and educational resources relating to postpartum and pediatric education for mothers.

A video series was developed to support and educate mothers

The video series enabled mothers to educate themselves in the privacy of their homes where they may feel less vulnerable to support their learning and knowledge base.

Creating an occupation-based Mommy & Me curriculum for a potential in-person class was designed to cover related topics that are covered in the video series.

OCCUPATIONAL THERAPY & PERINATAL CARE

What is Occupational Therapy?

- For children and youth, occupations are activities that enable them to learn and develop life skills (e.g., preschool and school activities), be creative and/or derive enjoyment (e.g., play), and thrive (e.g., self-care and relationships with others) as both a means and an end.
- Recommended interventions are based on a thorough understanding of typical development, the environments in which children engage (e.g., home, school, playground) and the impact of disability, illness, and impairment on the individual child's development, play, learning, and overall occupational performance.

Is Parenting Considered an Occupation?

- Parenting as an occupation has a significant impact on both parents a well as the child.
- Occupational therapy in perinatal maternal mental health will evaluate, analyze and treat occupational performance dysfunction in areas of self-care, productivity and leisure in order to achieve maximal possible role development of mothers and their environment.'
- Mothering as a relational role included categories related to caregiving, protecting, mentoring/education, and learning.



ces available upon request

care is not widely represented in the literature. Occupational therapists can be pertinent in providing preventive care through health promotion. During pregnancy and the postparture.

Created by Lacie Ellithorpe, OTD-S

itilize an evidence-based approach t

prevent pain, increase function, and

promote meaningful occupations.

OT's in

Perinatal Care

For first-time mothers, "becoming a

mother" can change the patterns of

occupational engagement through

djusting women's roles and routine

Figure 1

One of four fact sheets created for Three Rooker Therapy website to support video series

Literature Review

- OT's have wide-ranging coursework in human development, health promotion, disease intervention, activity analysis, lifestyle interventions, and the use of adaptive equipment.
- Occupational therapists can utilize an evidence-based approach to prevent pain, increase function, and promote meaningful occupations.
- The application for ergonomics in nonwork-related settings is uncommon, however, understanding body mechanics and positioning for childcare can optimize the health and the roles of a parent.
- Promoting occupational therapist's role in perinatal care
 with applying the PEO model can provide the
 opportunity for an improved quality of life as well as an
 overall satisfaction in the client's occupational
 performance.

Summary of Needs Assessment

- Occupational therapists' role in community settings: pelvic floor therapy and individuals in the perinatal period are commonly unaware of skillset and benefit the population.
- •There is a gap in ergonomic interventions research in perinatal care.
- Ergonomics is more widely represented in other populations and contexts rather than pregnant women and new mothers.
- The literature regarding developmental milestones and early intervention allowing for several sources for parents to obtain information on the developmental milestone markers, however, the information may not always be clear to parents.



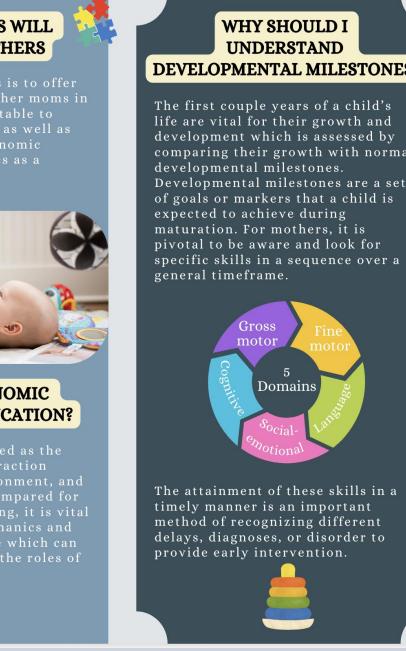


Figure 3
Inside of brochure created for in-person marketing for Mommy & Me Class

Acknowledgements & References

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References Available Upon Request