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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



(Rasmussen, 2021)

Introduction

- 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

- Goal 1** • Advanced my interdisciplinary communication with Speech Therapy
- Goal 2** • Created Mommy & Me curriculum
- Goal 3** • Learned administrative/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

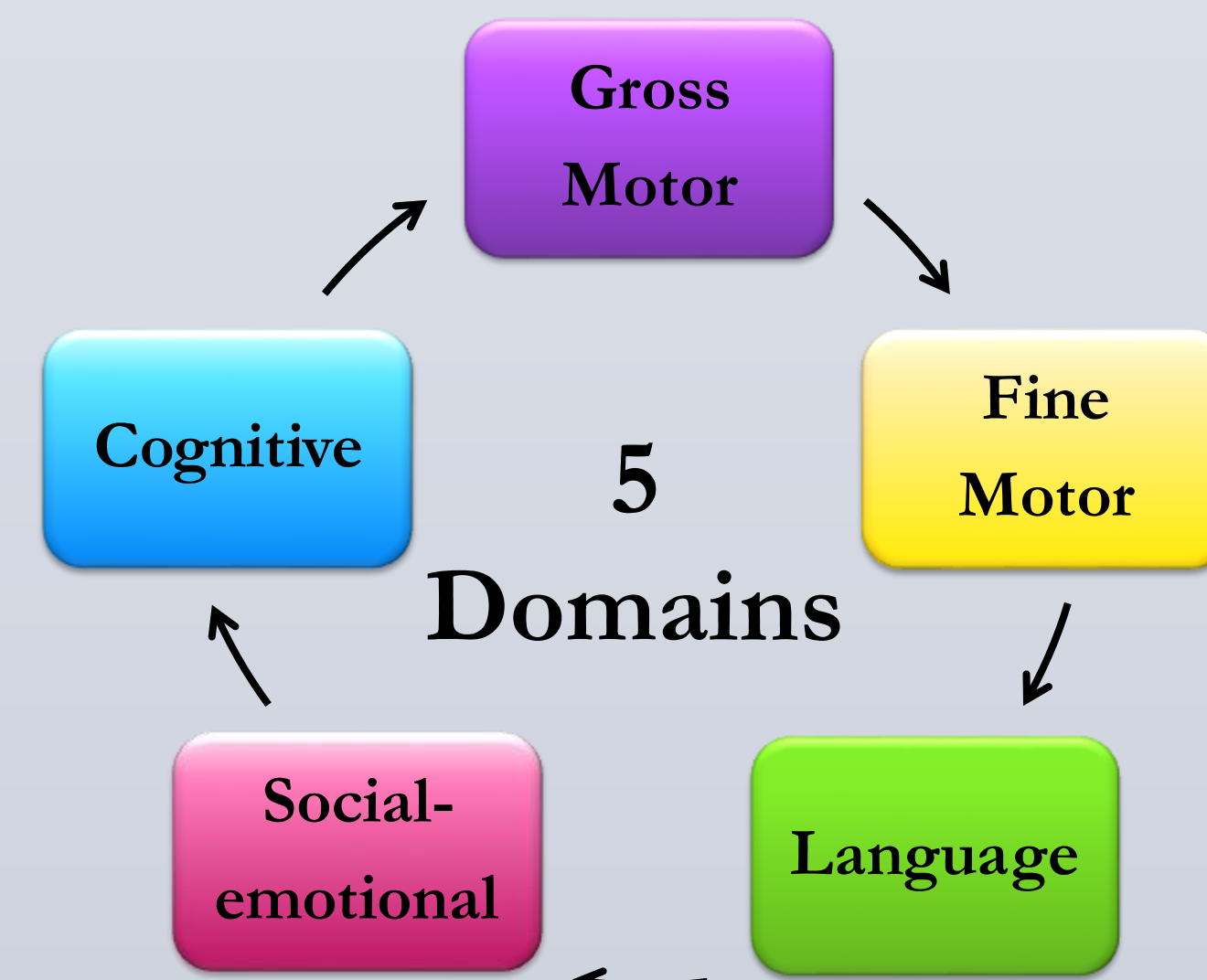


Figure 2 Developmental milestones are a set of goals or markers that a child is expected to achieve during maturation. These are the five domains they are categorized in.

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.
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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.

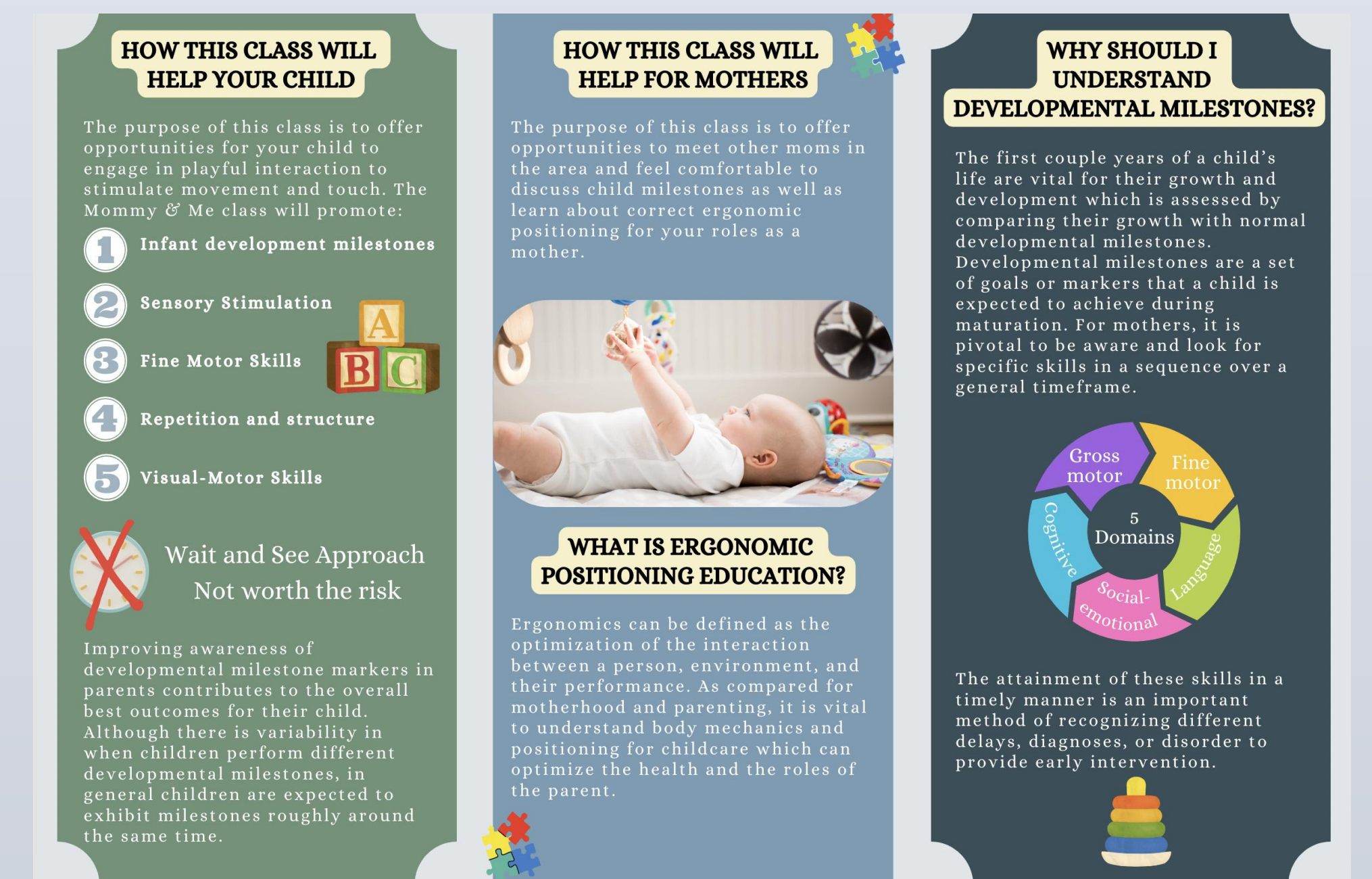


Figure 3 Inside of brochure created for in-person marketing for Mommy & Me Class

Acknowledgements & References

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References Available Upon Request