

Learning Objectives

Unit 1 “Paediatrics 101”

Paediatric Essentials - Paediatrics 101

- ✓ I understand the significance of Knowledge, Belief and Passion in overall family practice success.
- ✓ I recognise the significance of the statement ‘*No Plan is a Plan to Fail*’.
- ✓ I accept the reality that I will pay *Ignorance Tax*, but that this is totally voluntary tax and that I can decide to stop paying this tax whenever I like.
- ✓ I understand the effect that *Ignorance Tax* can have on my practice bottom line, now and in the coming years.

Paediatric Essentials – Paediatric Patient Management

- ✓ I understand the potential significance of a previous medical diagnosis of silent reflux
- ✓ I understand that it is important to have a safe and comfortable place for the baby to be examined; for example, a contoured pillow
- ✓ I understand the importance of creating the “*it’s normal for kids to be adjusted*” mindset in practice
- ✓ I have ideas and tools to create the “*it’s normal for kids to be adjusted*” mindset in my current or future practice
- ✓ I understand the importance of examining a child’s crawling technique; looking for potentially either a biomechanical and/or neurological issue
- ✓ I am committed to building my competence and confidence with children as I now understand the importance of increasing my credibility as a paediatric chiropractor
- ✓ I know the two fundamental questions we need to answer when examining a newborn. First, is there any clinical evidence of interference to the function of the nervous system and secondly, has the nervous system matured appropriately for the child’s age?
- ✓ I now know that the best time to examine a baby is where possible, between feeds
- ✓ I understand the importance of checking for retained primitive reflexes and that the available literature clearly demonstrates the relationship between the strength of the primitive reflexes and early motor development, as well as retention of primitive reflexes and delayed motor development.
- ✓ I acknowledge the huge role I can play in the future health and wellbeing of the hypotonic child simply by recognising the condition early with such tests such as the horizontal suspension test.
- ✓ I understand that the absence or asymmetry of primitive reflexes before certain ages, or the persistence of these reflexes after a certain age, may indicate slow neurological development. But I know that these findings won't tell me what is wrong, it will simply tell me that something is *potentially* wrong.
- ✓ I know that due to the potential consequences of misdiagnosing congenital hip dysplasia, a screening bilateral hip examination procedure should be included whenever I examine a baby for the first time.

- ✓ I understand the clinical relevance of using the inverted swing test and can explain to the parent the importance of this examination.
- ✓ I understand the inverted swing test can be used to observe for any indication of excessive head flexion or extension including that an infant who locks into a head flexion pattern may have a PS occiput subluxation and an infant who exhibits a head extension pattern will often have an AS occiput subluxation
- ✓ I understand the importance of not adjusting a child at their first visit, and can acknowledge that the reasoning behind the procedure supports the best clinical outcome for that child
- ✓ I understand that although it is important to be competent and skilled in paediatric adjusting, great clinical results will not *necessarily* create a lifetime chiropractic family, or a steady source of patient referrals.
- ✓ I agree that true patient management should not only encompass the examination and adjustment but it should also incorporate any and all aspects of that child's life which I have the potential to influence, that may positively impact the current and future health status of that child.
- ✓ I acknowledge that paediatric workshops, the initial visit procedures, a child report visit and a child wellness visit are all simply further opportunities for me to expand the parent's understanding of how their family may benefit from wellness chiropractic care. They are opportunities for me to empower that family with the knowledge, the belief and the passion for chiropractic.

Paediatric Case Study - 10 Month Old Not Sleeping

- ✓ I understand the clinical relevance of Primitive reflexes.
- ✓ I am able to describe primitive reflexes to a parent.

Paediatric Case Studies - 5 Year Old With Knocked Knees

- ✓ I can identify knock-knees and know the age group it is most often associated with and its clinical relevance with "pigeon toe".
- ✓ I understand the importance of asking ongoing history related questions.
- ✓ I understand the potential importance of maintaining a ' *running commentary* ' for parents when examining their child.
- ✓ I understand the association between the diaphragm and the psoas and how to clinically test for this.
- ✓ I understand the importance of having a global view of the patient to help you maintain optimal function of the nervous system.

Frequently Asked Questions

- ✓ I am able to clearly explain to a parent the clinical importance of their child's appointment schedule.
- ✓ I am able to explain to a parent the reasoning behind differing appointment durations, as they relate to the different stages of care.
- ✓ I understand the importance of, and I am able to conclude the child's first visit in a strong and confident manner.

An Insight into Paediatric Research - Paediatric Certainty

- ✓ I understand the term '*Paediatric Certainty*'.
- ✓ As a Paediatric or Family Chiropractor, I appreciate the significance of having a high degree of *Paediatric Certainty* when managing the health of kids.
- ✓ I accept that, as a profession, chiropractors and our role in the management of infants and children have been criticised for many years, and that this criticism will usually fall under essentially 3 broad headings.
- ✓ I understand that there is no question that we need to do more to document the research which supports what we do as chiropractors.
- ✓ I understand that our profession has an amazing track record of over 125 years of evidence clearly demonstrating the safety of chiropractic care.
- ✓ I recognize that at least here in Australia that there are limitations with what you can claim when discussing safety with parents.
- ✓ I am excited that Elevate Paediatrics provides all the information I need to know to become known as '*the paediatric chiropractor*' in my community.