

CE: A Labor of Love: Growing Your Pregnancy Practice

Instructor: Dr. Irum Tahir, DC

Duration: 0.5 hour

Course description:

Pregnancy can be a very special time in a woman's life, a time of great joy, and excitement. However, for many women, pregnancy can also be a time of increased physiological challenges. In this engaging presentation, Dr. Irum Tahir will teach how to incorporate Prenatal Care into your practice and reach this special population. From learning how to implement a thorough history, specific pre-natal examination, biomechanics, nutritional recommendations and care plan for the pregnant mother, attendees will understand how to incorporate aspects of prenatal Chiropractic care. Attendees will learn how to collaborate directly with OB/GYN's and other birth providers to create better birth outcomes and an understanding of how to grow their Pregnancy practice using OB and MD referrals and become the Go To Expert in Prenatal Chiropractic care.

Shorter description: (If needed)

Do you want to learn how to care for a special population that needs you more than ever? Learning how to incorporate all aspects of Prenatal care is a win- win for your practice and for pregnant mothers that need your care. In this engaging presentation, Dr. Tahir will teach how to become the Go-To Expert in Prenatal Chiropractic care. You will understand and incorporate all aspects of Prenatal care into your practice, from History, Exam, Report of findings and how to collaborate directly with OB /GYN's and Midwives for excellent birth outcomes.

Course objectives: The objectives of this class are to help attendees understand the importance of incorporating Prenatal Chiropractic care into their practice. The goal of the presentation is to have attendees understand the specific needs of the Prenatal population as it relates to Chiropractic care. By the end of the presentation, the attendees should be able to address care of the Prenatal Chiropractic patient from the inception of care, to a proper and thorough subjective and history, to a prenatal specific examination that incorporates a prenatal assessment of 7 different structures of the pelvis and lower back, a clear report of findings and a plan of action, including documentation of care. The attendee should also be able to understand how to collaborate regarding care with other health providers, such as Ob /Gyns and Midwives in explaining the benefit of Chiropractic care as it relates to the Prenatal population through research and proper SOAP notes.

Course Outline:

1-15 Mins:

- Introduction of Dr. Tahir; understanding the importance of Prenatal Chiropractic Practice in practice
 - What working with Prenatal patients can give your practice; benefits of working with Prenatal patients
 - Working with pregnant women as a special population: preparation is key
 - How to prepare for the Prenatal population into your practice, steps to take for the comfort of the Prenatal population in clinical practice

The New Pregnant Patient

- Subjective Case History:
 - Importance of a clear history of the Prenatal patient, including what specific questions to ask the patient in order to gain a better, more thorough understanding and diagnosis of the patients' complaint
- Objective Assessment of the Prenatal patient
 - Specific examination of the Prenatal Patient:
 - How to include Pregnancy evaluation in addition to regular Chiropractic, Orthopedic and Neurological exam
 - Prenatal evaluation- including but not limited to, Musculoskeletal assessment, biomechanical assessment and gait assessment

16-30Mins:

- Components of a Prenatal Chiropractic Report of Findings
 - How to implement a clear plan of action
- Simple Nutritional recommendations for the Prenatal patient:
 - Touch on concept of Providing gentle partner - assisted exercises and stretches that are safe to use during pregnancy and simple nutritional recommendations
- What is the Webster technique, simple discussion

- Why it is important to have a solid relationship with MD's / OB's and other providers related to Prenatal Care
 - Explaining safety of working with Prenatal population and Chiropractic
 - Working with Ob/Gyn and Midwives- Webster technique in practice
 - How to collaboration with OB's and Midwives regarding patient care
 - How to present Prenatal Chiropractic care and discuss care with OB/Gyn & Midwives
 - Importance of Research when presenting to OB/Gyn
 - Example of Sample Notes (SOAP) to share with Ob/Gyn regarding care
 - 9 steps of how to work with MD's to create more referrals and help more prenatal patients