

CE: The Science, Art & Practice of Prenatal Chiropractic Care

Instructor: Dr. Irum Tahir, DC

Duration: 2 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 schedule appropriately, to a thorough history, specific pre-natal examination, exercises, nutritional recommendations, understanding red flags in your practice and incorporating care plans for the pregnant mother, attendees will understand how to incorporate all aspects of prenatal Chiropractic care. Attendees will also learn how to collaborate directly with OB/GYN's and other birth providers to create better birth outcomes and an understanding of how to gain referral partners for the life of their pregnancy practices.

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 and gain referral partners for the life of your practice.

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, from scheduling and preparation, to a proper and thorough subjective and history, through to an examination that incorporates a prenatal assessment, a clear report of findings and a plan of action. 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 for better patient outcomes and care.

Course Outline: Hour 1

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

16-30 minutes:

- The New Pregnant Patient
 - Scheduling the Prenatal patient appropriately
 - Understanding common complaints of the Prenatal patient such as:
 - Low back pain
 - Sciatica
 - Piriformis Syndrome
 - Sacroiliac Joint dysfunction
 - Mid back and Rib pain
 - Hip, Knee and Ankle pain
 - Postural Distortions
 - Headaches
 - Neck pain
 - Pubic symphysis dysfunction

30-45 mins:

- 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

46-60 mins:

- Prenatal evaluation- including but not limited to, Musculoskeletal assessment, biomechanical assessment and gait assessment.
- Components of a Prenatal Chiropractic Report of Findings
 - How to implement a clear plan of action for the pregnant mother

Hour 2:

1-15 mins

- Exercise and Nutritional recommendations for the Prenatal patient:
 - Provide gentle partner - assisted exercises and stretches that are safe to use during pregnancy.
 - Importance of folate and various types of folic acid as it relates to neural tube defects.

16-30 mins

- What is the Webster technique, simple discussion
- Pregnancy Red Flags that should not be ignored, examples such as slips, falls, severe abdominal or back pain, early contractions, etc.
- Building trust with referral relationships through research and positive outcomes

30-45 mins

- Why it is important to have a solid relationship with MD's / OB's and other providers related to Prenatal Care, collaborating with Medical Doctors and OB's regarding patient care and better patient outcomes through collaboration.
 - Explaining safety of working with Prenatal population and Chiropractic
 - Working with Ob/Gyn and Midwives- Webster technique in practice
 - How to create collaboration with OB's and Midwives regarding patient care
 - How to present Prenatal Chiropractic care and discuss care with OB/Gyn & Midwives- comanagement
 - Importance of Research when presenting to OB/GYN
 - Example of Sample Notes (SOAP) to share with Ob/Gyn regarding care and documentation

46-60 minutes:

- Tie everything that was taught together into an understanding of the beginning, middle and follow through of Prenatal Chiropractic Care
- Possible Time for 1-2 Questions
- Conclusion