

Evidence Based Pregnancy and Pediatric Care

by Dr. Brandie Keates

OBJECTIVES: In this informative presentation, we will cover the critical considerations and elements of women's health during and after pregnancy and childbirth. The top 10 most common maladies with pregnancy will be discussed along with chiropractic's role in treating these patient presentations in this special population. Evaluation and management of the pregnant patient will be explored in all three trimesters, including emergency red flags.

The 4th trimester and postpartum care will be discussed along with special considerations when treating pediatric patients. We will be covering how to adjust each phase of pediatric patients, and what other aspects are included in this care.

Day 1 - Pregnancy - Common, NOT normal

TIME	CONTENT
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INTRO:

10	1. ABOUT DR. Brandie
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	2. ABOUT PRACTICE:
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	-What We Do
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	-Bloom Philosophy
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15	-Impact of Chiropractic During Pregnancy
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	3. OUTLINE AND AGENDA OF PRESENTATION
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	-Common, NOT Normal
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	- How Pregnant Patients are different
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5	- Introduce Villains
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PREGNANCY - COMMON BUT NOT NORMAL

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45	4. PRESENTATION: -Approach to Consultation, Evaluation, and Management of a Pregnant Patient -The Trust you must establish with the patient is higher than a typical patient. -Absolute and relative contraindications. -Helpful comments of what not to say and what to say. -The evaluation of the gravid mother by trimester. -First Trimester -Second Trimester -Third Trimester Special accommodations in the evaluation.	
45	5. CAVEATS/EMERGENCIES that you MUST know and recognize and what to do: -Hypertension. -Preeclampsia. -Eclampsia. -HELLP	
5	6. VILLAINS PER TRIMESTER - Most Common Issues with Pregnancy, Why they Happen, and How to Evaluate and Manage	
30	6a	HELEN HEADACHE -Neck strain from increased volume of growing anterior weight in the chest -Why this happens -How to avoid it

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INTRO:

30	6b	REBECCA RIB PAIN -Increased volume of growing anterior weight in the chest -Anterior abdomen pain (delineating expanding belly from something somatic) -Why this happens -How to avoid it
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30	6c	WENDY WRIST PAIN -Why this happens -How to avoid it
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45	6d	LINDA LOW BACK PAIN -Why this happens -How to avoid it
		SALLY SCIATICA -Why this happens -How to avoid it

30	6e	PEGGY PUBIS -Hip pain -Groin Pain -Why this happens -How to avoid it
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40	7. WORKING ALONGSIDE PATIENTS/PROVIDERS/PARTNERS: <ul style="list-style-type: none"> - How to build relationships with providers including fertility centers -Psychosocial -How to empower community/family -Disability/ Work -Documentation -Exercises -Mandated Reporting -Nutritional Consideration/ ADL / Rehab / Recommendations for each trimester inc. high risk -The critical importance of the language you use with the patient, the community and other professionals
BREACH	
15	9. TYPES OF BREECH
15	8. OVERVIEW OF THE TECHNIQUE (WITH THE CAVEAT TO GET CERTIFIED TO USE THIS IN PRACTICE)
15	7. HISTORY OF THE WEBSTER TECHNIQUE
THE IMPORTANCE OF THE EVALUATION AND MANAGEMENT OF THE 4TH TRIMESTER	
10	11. WHAT IS THE 4TH TRIMESTER
5	12. RETURN OF THE VILLAINS

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INTRO:		
		<div>-Groin Pain</div> <div>-Why this happens</div> <div>-How to avoid it</div>