



Introduction to the Practical Management of Eating and Drinking Difficulties in Children: Basic Level

Ref: 713/18

£480

Max no.: 18

5th – 7th November 2018

This is a three-day course for Speech and Language Therapists, Physiotherapists, Occupational Therapists and other professionals working with **pre-school and school-aged children (but not infants) who have difficulties with eating and drinking**. The course focuses on eating and drinking difficulties related to children with physical problems such as cerebral palsy, but **not on children with sensory problems**. The practical aspects of these problems will be considered within a developmental framework. The aim of the course is to provide participants with an understanding of the normal development of eating and drinking skills, including the recognition of signs of aspiration. It looks at the impact of gross motor on oral-motor skills. It provides a framework for assessment and will help participants to improve their observation and analytical skills. There will be opportunities to share concerns. The course will suggest practical approaches which may be used with children who have eating and drinking difficulties.

PARTICIPANTS WILL REQUIRE HANDS-ON SUPERVISION FOLLOWING THIS COURSE

Course tutors: **April Winstock**, Specialist Speech and Language Therapist, **Julia Hopkins**, Specialist Paediatric Dietitian, **Martina Ryan**, Specialist Speech and Language Therapist and **Gill Stern**, Specialist Physiotherapist.

April Winstock, CertMRCSLT, HPCP, MASLTIP, is a Specialist Speech and Language Therapist with 44 years' experience as an SLT. She has worked at The Bobath Centre, in special schools, hospitals and the community, seeing children who have eating and drinking difficulties. She is the author of two books on paediatric dysphagia. She currently has her own practice working with children and their families, running training courses, supervising SLTs and providing medico-legal reports to the Courts.

Timetable

9.30am Registration & coffee (on Day 1 only)

Day 1 Course starts 9.45 a.m.

Day 2 starts at 9.15 a.m.

Day 3 starts at 9.30 a.m.

Coffee and Tea breaks will be at around 11.00am and 3.00 p.m.

A 45-minute lunch break will start at approximately 12.30 p.m.

Day 1 – finish at 4.45 p.m.

Days 2 and 3 – finish at 4.30 p.m.

Course Content

Day 1

Tutors: April Winstock, Martina Ryan

Morning sessions:

- 9.45 Introduction
Development of normal eating and drinking skills
- 11.10 Break
- 11.30 The normal swallow and swallowing dysfunction – Martina Ryan
Assessment
- 12.45 Lunch

Afternoon sessions:

- 1:30 Assessment
Practical Session
- 4.45 Finish

Day 2

Tutors: Gill Stern, April Winstock

Morning sessions:

- 9.15 An introduction to cerebral palsy, 'The importance of seating and positioning on eating and drinking in children with disabilities' – Gill Stern
- 11.10 Break
Seating (cont.)
- 11.45 Management issues
Assessment workshop

Afternoon sessions:

- 1:30 Implications workshop
Assessment workshop
- 3.00 Break
Assessment to treatment
Sensory issues
- 4.30 Finish

Day 3

Tutors: Julia Hopkins, April Winstock

Morning sessions:

9.30	Dietetic issues – Julia Hopkins
10.45	Break
11.00	Dietetic issues (cont.)
11.30	Introduction to Oral control Developing chewing and drinking skills

Afternoon sessions:

1.30	Saliva control Practical Management Strategies continued
4.30	Finish

- Handouts will be provided for most of the sessions
- Videos will be used to illustrate points and for discussion
- There will be small and large group discussions concentrating on areas of specific interest

Important Notes

PARTICIPANTS ARE INVITED TO BRING DVDS/USBS OF CHILDREN WITH EATING AND DRINKING DIFFICULTIES WHICH MAY BE USED IN WORKSHOP SESSIONS.

A short accompanying written summary of the content of the video would be appreciated. This should include the age of the child, the diagnosis, management problems, length of the video, and any information which may be relevant to the child's eating and drinking difficulties.

Please complete the Participant's Information sheet below.

Recommended Reading

Arvedson, Joan and Linda Brodsky,
Paediatric Swallowing and Feeding Assessment and Management, 2nd Edition
Published by Thompson Learning, 2002

Cocks N & Harding C (2012)
Developing Clinical Skills in Dysphagia and The Dysphagia Placement Workbook
J & R Press

Finnie, Nancie,
Handling the Child with Cerebral Palsy at Home, 3rd Edition
Published by Heinemann, 1997

McCurtin, Arlene,
The Manual of Paediatric Feeding Practice
Published by Speechmark Publishing Ltd., 1997

Sullivan, Peter B. (ed.),
Feeding and Nutrition in Children with Neurodevelopmental Disabilities
Mac Keith Press, 2009

Sullivan, Peter B. and Rosenbloom (eds),
Feeding the Disabled Child
Published MacKeith Press, 1996

Winstock, April,
Eating and Drinking Difficulties in Children – A Guide for Practitioners
Published by Speechmark Publishing Ltd., 2005

Winstock, April,
The Practical Management of Eating and Drinking Difficulties in Children
Published by Speechmark Publishing Ltd., 1994

PARTICIPANT'S INFORMATION

Now that UCL have confirmed your place on the course, it would be very helpful if you filled in this form and returned it to April Winstock no later than **12th October 2018**: april@awspeech.co.uk or to the address below:

1. Approximately how many years have you been working in paediatric dysphagia?
2. What age group do you deal with?
3. Where do you work, i.e. hospital, community clinic, CDC, School?
4. What motivated you to come on this course?
5. What would you like to get out of it?

Thank you for taking the time to fill this in. I look forward to meeting you.

APRIL WINSTOCK SLT
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