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
112 Wemborough Road, Stanmore, Middlesex, HA7 2EG