**What’s Posture Got To Do With It?**

Part II: Improving Feeding Outcomes

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Neonatal Therapy Solutions

*Definitions:

*Elevated side-lying (ESL): Infant placed in side-lying, with the head higher than the feet.

*Modified side-lying (MSL): Side-lying position, with a slightly upright tilt, head still being higher than the feet. (Ludwig & Waitzman, 2007)

**What is “Side-Lying”?**

*List 3 reasons to feed infants in the elevated side-lying position.

*1) ________?_________

*2) ________?_________

*3) ________?_________

*Set the stage

*Lights down

*Sound down

*Supplies ready

*Chair

*Lap / Pillow

*Appropriate bottle/nipple

*Burp cloths

*Prepare the feeder

*Presence

*Deep breath

**Optimal Functional Position

*Reason #1**
Mimics most frequently used breastfeeding position
- Cradle / Cross-cradle holds
- Promotes flexion
- Inhibits extensors
- Stable base of support for oral motor function
- 60° incline increases reflux (Carroll, A.E, et al 2002)

Optimal Functional Position

Safety
- Greater physiologic stability (Clark, L. et al, 2007)
- Oxygen saturations increase
- Heart rate variation decreases
- Decreases risk of adverse events
- Apneas and Bradycardias
- Aspiration
- Decreases free-flow from bottle nipple
- Allows infant to self pace easier
- May provide slower flow without thickening or specialty nipples

Developmentally Supportive
- Provides flexion, containment and alignment during feeding
- Recommended practice during all caregiving activities
- Developmental activities of daily living (Core measure# 3 - Developmental activities of daily living: positioning & feeding - Coughlin, A. 2009)
- Promotes neurobehavioral organization (Als, H. 1986)
- Autonomic
- Motor
- Can be easily performed by parents

Reason #2

Reason #3

Safety

Reason #1

Developmentally Supportive

Developmentally Supportive
Neurodevelopment is occurring in your hands, right before your very eyes.

“Neurons that fire together... wire together!”

Remember

List 3 reasons to feed infants in the elevated side-lying position.

1) Optimal functional position
2) Safety
3) Developmentally supportive

Objective

References


