

# ACA Annual Pediatric Conference

Northwestern Health Sciences University

DATE: Oct 28-29, 2023

HOURS: 12

LOCATION: NWHSU campus, Bloomington, MN

INSTRUCTORS: Jennifer Murphy, DC, DICCP; Allison Harvey, DC, DICCP; Sara Caperus, DC, CCSP, ICCSP, CACCP, CES, ATC; Mari Park, Sleep Sense Consultant; Mary Beth Minser, DC, FICPA; Jessie Young, DC, IBCLC

The ACA Pediatric Council is offering a 12-hour conference to help guide your pediatric chiropractic practice. We focus on the chiropractic of teen athletes, sleep issues, enuresis, but also dive into the red flags of practice and touch on the importance of handling abuse and trafficking of children that may appear in your office.

## Objectives:

1. Take history, examine, and treat teen athletes while supporting their goals within their sport.
2. Be able to recognize abuse/neglect/trafficking and know who and how to report your findings.
3. Recognize conditions that are “red flags” meaning they are conditions that can become dangerous very quickly and knowing what to do when they present in your office.
4. Teach parents the art of sleep for their infants and techniques to achieve this goal.
5. Teach the causes and chiropractic care of bedwetting in children.
6. Review the exciting advancements in chiropractic pediatric research.

Saturday, October 28, 2023		8:00 am – 5:30 pm
Time	Description	Instructor
8:00 am – 9:00 am	<b>Are you Prepared for the Worst?</b> <ol style="list-style-type: none"> <li>a. Who do you contact?               <ol style="list-style-type: none"> <li>1. Law Enforcement-Where the incident took place, not your office.</li> </ol> </li> <li>b. DON'T               <ol style="list-style-type: none"> <li>2. Call DSS first</li> <li>3. Send to hospital</li> </ol> </li> <li>c. How do you document?               <ol style="list-style-type: none"> <li>4. Facts only</li> <li>5. Listen to the child closely.</li> <li>6. Document everything you can objectively.</li> <li>7. Note behavioral changes.</li> </ol> </li> <li>d. Resources               <ol style="list-style-type: none"> <li>8. Online resources</li> <li>9. How to find local resources and advocacy groups</li> </ol> </li> </ol>	Jennifer Murphy
9:00 am – 11:00 am	<b>Beyond the Spine: Identifying Critical Indicators in Pediatric Healthcare</b> <ol style="list-style-type: none"> <li>a. Aligning the future: The pediatric Chiropractor               <ol style="list-style-type: none"> <li>1. Taking a history                   <ol style="list-style-type: none"> <li>2. Second order questions</li> <li>3. Safety</li> </ol> </li> </ol> </li> <li>b. How hot is too hot? Fevers in children</li> <li>c. Infections</li> </ol>	Allison Harvey

	<ul style="list-style-type: none"> <li>1. Bacterial meningitis</li> <li>2. Respiratory syncytial virus</li> <li>d. Musculoskeletal Mischief: Uncommon Pediatric MSK Conditions <ul style="list-style-type: none"> <li>1. Congenital Hip Dysplasia &amp; SCFE</li> <li>2. Pectus excavatum and carinatum</li> </ul> </li> <li>e. Pumping up your cardiovascular knowledge: Uncommon Pediatric Cardiovascular Conditions <ul style="list-style-type: none"> <li>1. Congenital heart defects</li> </ul> </li> <li>f. We Be-Lung Together: Uncommon Pediatric Respiratory Conditions <ul style="list-style-type: none"> <li>1. Cystic Fibrosis</li> <li>2. Epiglottitis</li> <li>3. Tracheomalacia/laryngomalacia</li> </ul> </li> <li>g. Gut Instincts: Uncommon Pediatric Digestive Conditions <ul style="list-style-type: none"> <li>1. Appendicitis</li> <li>2. Pyloric Stenosis</li> <li>3. Intussusception</li> </ul> </li> <li>h. You “Matter” To Us: Uncommon Pediatric Neurological Conditions <ul style="list-style-type: none"> <li>1. Syrxinx</li> <li>2. Chiari malformations</li> </ul> </li> <li>i. Small Heroes with Big Battles: Uncommon Pediatric Genetic Conditions <ul style="list-style-type: none"> <li>1. Chromosome disorders</li> <li>2. Cerebral palsy</li> <li>3. Muscular dystrophy / Achondroplasia dystrophies</li> </ul> </li> <li>j. Failure to thrive.</li> <li>k. Cancers</li> </ul>	
11:00 – 12:00	Lunch	
12:00 pm – 3:00 pm	<p><b>Chiropractic Management of Common Pediatric Sports Injuries</b></p> <ul style="list-style-type: none"> <li>a. Introduction <ul style="list-style-type: none"> <li>1. Differences in anatomy/physiology of pediatric population.</li> <li>2. Why elementary/middle school ages (8-15 years)</li> </ul> </li> <li>b. Upper Extremity Common Sports Injuries – Hx, Exam, Mgmt, Adjustments, etc <ul style="list-style-type: none"> <li>1. Shoulder</li> <li>2. Elbow</li> <li>3. Wrist</li> </ul> </li> <li>c. Lower Extremity Common Sports Injuries– Hx, Exam, Mgmt, Adjustments, etc <ul style="list-style-type: none"> <li>1. Hip</li> <li>2. Knee</li> <li>3. Ankle</li> </ul> </li> <li>d. Pediatric mTBI/Concussion <ul style="list-style-type: none"> <li>1. Sports Related Concussion</li> <li>2. Evaluation and Management</li> <li>3. Return to Learn and Return to Play</li> </ul> </li> </ul>	Sara Cuperus
3:00– 3:30	Break	

3:30 pm – 4:30 pm	<b>Chiropractic Management of Common Pediatric Sports Injuries (continued)</b> <ol style="list-style-type: none"> <li>a. Needling for Sports Injuries <ol style="list-style-type: none"> <li>1. Clinical Mechanisms</li> <li>2. Physiology and neuroanatomy of Acu-Reflex points</li> <li>3. Use of needles in treatment of sports injuries</li> </ol> </li> <li>b. Conclusion and Summary <ol style="list-style-type: none"> <li>1. Congenital/developmental pediatric conditions mimic these injuries.</li> <li>2. Treatment Considerations</li> <li>3. Q&amp;A</li> </ol> </li> </ol>	Sara Cuperus
4:30 pm – 5:30 pm	<b>Research</b> <ol style="list-style-type: none"> <li>a. Best Practices literature review <ol style="list-style-type: none"> <li>1. Exciting new study just published</li> </ol> </li> <li>b. New Pediatric Research of 2022-2023</li> <li>c. Research currently in progress</li> <li>d. How to Get Involved in Research <ol style="list-style-type: none"> <li>2. Writing</li> <li>3. Submitting date</li> </ol> </li> </ol>	

**Sunday, October 29, 2023 8:00 am – 12:00 pm**

Time	Description	Instructor
8:00 am – 10:00 am	<b>Sleep: It's Not a Luxury. It's a Necessity!</b> <ol style="list-style-type: none"> <li>e. Introduction</li> <li>f. Not Everyone Needs to Sleep Teach</li> <li>g. The Reasons Why</li> <li>h. The How</li> <li>i. 6 Tips to Get Your Baby to Sleep Through the Night</li> <li>j. Questions &amp; Answers</li> </ol>	Mari Park
10:00 am – 12:00 pm	<b>Nocturnal Enuresis</b> <ol style="list-style-type: none"> <li>a. Definition of Enuresis</li> <li>b. Prevalence and demographics of the condition in children</li> <li>c. Causes and Risk Factors <ol style="list-style-type: none"> <li>4. Physical</li> <li>5. Neurological</li> <li>6. Nutritional</li> <li>7. Hormonal</li> <li>8. Sleep apnea</li> <li>9. Psychological</li> <li>10. Family History</li> <li>11. Pathology</li> </ol> </li> <li>d. Complications of Nocturnal Enuresis</li> <li>e. Chiropractic treatment/adjustments</li> <li>f. Moisture Alarms</li> <li>g. Psychological help for child and family</li> <li>h. Medications</li> <li>i. Encourage and “home remedies”.</li> <li>j. Exercises</li> </ol>	Mary Beth Minser