

Certificate in Neuro-Development (NDT)
3 weeks Basic Training of Adults with Hemiplegia

The Trainers



Ms Cathy Hazzard

Cathy Hazzard, MBA, B. Sc. PT, is a Physiotherapist with over 28 years' experience working with adults with varied neurological diagnoses. Her clinical background also includes experience and continuing education courses in manual therapy and orthopedics. She obtained an MBA in 1993 while continuing to work as a PT.

She has been an NDTA™ Coordinator Instructor in Adult Courses since 1998 and has taught introductory, certificate and advanced level NDT courses extensively throughout North America and internationally in such countries as Ireland, Hong Kong, Singapore, Estonia, Peru, Colombia, India, and Mexico. Cathy practiced in Calgary, Alberta, Canada for over 20 years in the acute, rehabilitation and outpatient phases of care. She is now working in private practice and Home Health on Vancouver Island, British Columbia. Cathy has been an invited speaker at the NDTA™'s annual conferences in 2004, 2005, 2006, 2010, 2014, 2015, and 2016.

She served as the Chair of the NDTA™'s Instructor Group from 2002 – 2005 and a member of the Board of Directors of NDTA™ from 2003 – 2007. She has written 2 articles for the Neurosciences Division's journal, *Synapse*, of the Canadian Physiotherapy Association and an article for the NDTA™'s *Network*. She is one of 5 editors for the NDTA book – NDT in Action published by Thieme Publishers.



Ms Nicky Schmidt

Nicky Schmidt, PT, received her bachelors of Science degree in Physical Therapy from Louisiana State University Medical Centre in 1978. She is NDT trained in both paediatrics and adult hemiplegia and has been an active NDTA, Inc. Coordinator-Instructor since 1985.

Ms. Schmidt has taught NDTA introductory, three weeks basic, and advanced courses throughout the United States, Canada and internationally for 33 years. She worked as a clinical neuro specialist during her 39 years of clinical practice in a broad spectrum of healthcare settings including acute care hospitals, short-term rehabilitation, outpatient rehabilitation clinics, home health and private practice.

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COURSE DETAILS

Date: 25 Nov to 11 Dec 2019, 8.30am to 5.30pm (Mon-Sat)

Venue: St Luke's Hospital, 2 Bukit Batok Street 11, S659674

REGISTRATION & COURSE FEE

Course fee: \$6,741.00 (including GST)

Prevailing course fee subsidy at **90%** for Singaporeans/PRs and **45%** for foreign staff working in eligible community care organisations.

- Send cheque payable to **"St Luke's Hospital"**
- Mail cheque with completed registration form to:
St Luke's Hospital, 2 Bukit Batok Street 11 Singapore 65967
Attention: Ms Myat Su (Rehab Division)
Enquiries: contact 6895 3296 or myatsu@stluke.org.sg

**Registration
closing date:
31 Aug 2019**

Target Audience / Minimum Requirement for Application

(Criteria from Neuro-Developmental Treatment Association):

- The applicant must be a registered Physiotherapist, Occupational Therapist, or Speech Language Pathologist (For both conditional and full registered therapist from AHPC of Singapore).
- The applicant must have a minimum of one year active clinical experience following graduating (excluding student internships), including a minimum of one year clinical experience with adult hemiplegic clients.

***Priority will be given to clinicians who work in the community care setting and see clients with neurological conditions.**

Terms and Condition:

- **Successful registration is based on NDTA criteria**
- **Minimum class size is 20 participants with 2 qualified NDT trainers**

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Course Objectives:

- To provide a good understanding of the basic philosophy and treatment principles underlying the NDT/Bobath Approach
- To provide neurophysiological concepts and a working hypothesis for patient handling
- To increase the participant's ability to analyze movement, particularly patterns of movement in functional activities, both normal and abnormal
- To provide better understanding of the problems interfering with easy, efficient movement for the patient
- To increase the participant's ability to perform and apply techniques of inhibition and facilitation in order to improve postural control, transitional movement, and functional skills
- To improve the participant's ability to utilize the NDT/Bobath Approach to evaluate and treat adult patients with hemiplegia

Course Content:

- Principles of the Bobath Approach as applied to adults with hemiplegia
- Neurological and developmental concepts utilized in this approach
- Observation and analysis of normal posture and functional movement
- Observation and analysis of various problems interfering with postural control and movement
- Assessment and management of the adult with hemiplegia
- Handling skills useful in gaining range and mobility
- Handling skills useful in facilitating more normal postural control and functional activity
- Teamwork and overall management of the adult with hemiplegia