



# TEENAGE MOTHERS THE CASE

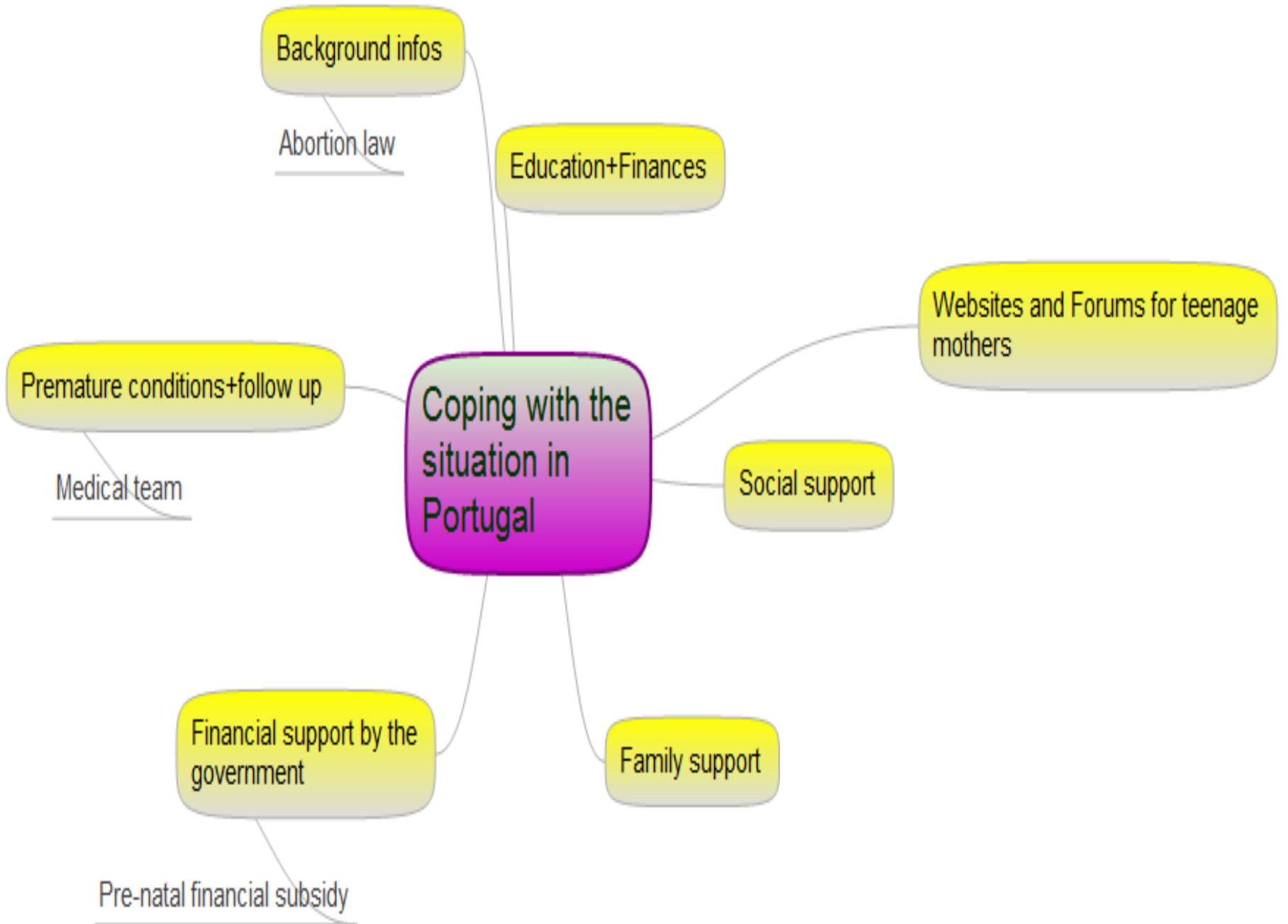
## Made by:

Karen Parthoens - Belgium - Occupational therapist  
Agnes Katona - Hungary - Physiotherapist  
Kirsi Ollila - Finland - Occupational therapist  
Lieve Vanheukelom - Belgium - Optics & Optomertrie  
Aniek Lentferink- Netherlands - Nutrition & dietetics  
Joachim Van Peer - Belgium - Nursery

Tutors : Mimi Market - Els Peters

# CONTENTS

1. Main concern & mind map
2. Background information
3. MDT meeting
4. Home visits
5. MDT work
6. Stress management + Baby and mother bonding
7. Breastfeeding
8. Baby's development
9. Proposal of ideas + Conclusion
10. References



## 2. BACKGROUND INFORMATION OF PORTUGAL

### - Abortion law

- legal since 2007

### - Free Kindergarden + Free infant and pre-school care

### - Pre-natal financial subsidy from government

- from 13th week of pregnancy,
- paid for 6 months,
- between 783,72 - 193, 68 Euro

### - Health system

### - Education

### - Premature conditions

- among teen mothers the chance of a premature baby is bigger (20% more likely)
- premature is associated with a lower social-economical status

# HOW TO EMPOWER THE WHOLE FAMILY OF ADELIA?

## MDT MEETING



# MDT MEETING



# 4. HOME VISITS

## I. Visit of dietitian and nurse













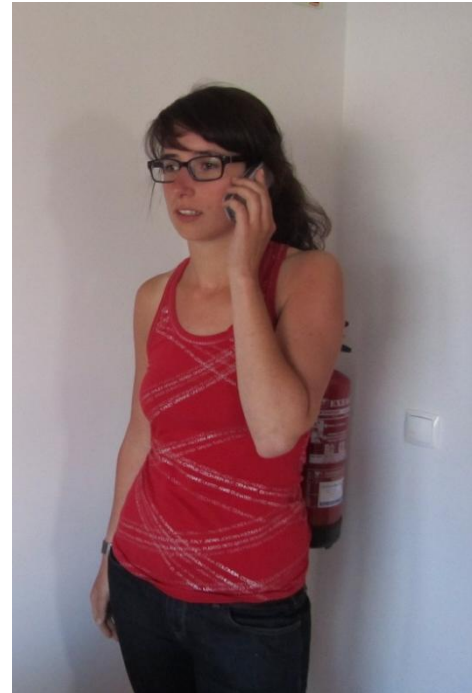
# 4. HOME VISITS

## II. Visit of OT



# 5. MDT WORK

Nurse calling and asking for advice from the Optometrist:



# 6. STRESS MANAGEMENT + BABY AND MOTHER BONDING

Professions that can be involved:

Physiotherapist, OT, Nurse

Physiotherapist:

- exercise for pelvic floor muscles + general exercises (also reducing postnatal depression)
- acupressure (as a form of CAM)

OT:

- working towards individual's emotional balance, wellbeing
- listening to her personal needs

Nurse:

- kangaroo technique
- listening to her personal needs

# 7. BREASTFEEDING

Professions that can be involved:

Nurse and dietitian

Nurse:

- position
- how often, for how long

Dietitian:

- up- and downsides breastfeeding and bottle-feeding
- nutritional needs for the mother
- nutritional needs for the baby

# 8. BABY'S DEVELOPMENT

Professions that can be involved:

**Nurse, OT, Physiotherapist, Optometrist**

Nurse:

- measuring weight, length, temperature
- observing respiratory problem

OT:

- maintaining the mother's contact with the baby so she won't get depressed
- developmental problems: concentration, language learning etc.

Physiotherapist:

- baby massage
- hydrotherapy

Optometrist:

- vision tests

# 9. PROPOSAL OF IDEAS + CONCLUSION

How to empower the whole family of Adelia?

- Family Centered Care
- Kindergarten
- Playground
- Non profit support group for teen mothers (Humanidades & Ajuda de Mae)
- Support team at weekend family sport events
- Weekly check-up at home by a nurse
- Vocational rehabilitation + education
- Time management -> weekly timetable

**Conclusion: Focus on the whole family!!!**

# 10. REFERENCES/1.

- Kinder ET Praktijk Breda.nl
- Occupational Therapy.advancweb.com
- Rehabilitation and Socio-occupational Reintegration of workers who have had a myocardial infarct: a pilot study  
Dumont S., Jobin J., Deshaies G., Trudel L., Chantale M.  
Can J Cardiol. 1999.
- British Association of Occupational Therapists and College of OT  
www.cot.co.uk
- Outcomes of an OT Program for mothers with children with disabilities->impact on satisfaction with time use and OP
- Conceptual Foundation of OT practice: The Intentional Relationship Model (pages 127-146.)  
Kielhofner G., 2009.
- Occupational justice and client-centred practice: A dialogue in progress  
By Elizabeth Townsend and Ann A. Wilcock  
2004., Revue Canadienne D'Ergotherapie, 2, 71.
  
- Teenage mothers as breast feeders: attitudes and behavior.  
Bernard Ineichen, Mary Pierce and Ross Lawrenson, 1997.
- Growth and the premature baby.  
Gibson A., Carney S., 2006.
- Premature zuigelingen: borst- of flesvoeding?  
Rien Vos, 2008.
- Breastfeeding who were extremely low birth weight babies.  
Bier J.A.B., 1997.

# 10. REFERENCES/2.

-Benefit and state support:

<http://portugal.angloinfo.com/countries/portugal/specialneeds.asp>

<http://portugal.angloinfo.com/countries/portugal/birth.asp>

-Baby information portal: <http://www.abcdobebe.com/>

-High education finance and cost sharing in Portugal

[gso.buffalo.edu](http://gso.buffalo.edu)

- [www.humanus.pt](http://www.humanus.pt)

-Financial situation in Portugal: interview with the Portuguese students

-Information on Local Council work: Catarina Ferreira and Sonia Eleuterio

-An exercise and education program improves well-being of new mothers: A randomized Controlled Trial

Emily Norman, Margaret Sherbut, Richard H. Osborne, Mary P. Galea

Physical Therapy Volume 90 Number 3

2010 American Physical Therapy Association

<http://www.koraszulott.com/fejlesztési-modszerek/97-deveny-specialis-manualis-technika-gimnasztika-modszer.html>

<http://www.csaladivilag.hu/cikkek/csecsemok/a-babamasszazs-elonyei/584/>

# 10. REFERENCES/3.

- Rathé, E. (2008) *Ouders van vroeggeboren kinderen: Beleving van de psychosociale begeleiding in het eerste levensjaar*. Onuitgegeven masterproef, studiegebied pedagogische wetenschappen.
- Collins and David, 1997, Elo et al., 2001; O'Campo et al., 1997; Roberts, 1997, *Preterm birth: causes, consequences and prevention*, geraadpleegd op 28/02/2011, op, [http://www.nap.edu/openbook.php?record\\_id=11622&page=1](http://www.nap.edu/openbook.php?record_id=11622&page=1)
- Vanhaesebrouck P., Allegaert K., Bottu J., Debauche C., Devlieger H., Docx M., François A. Haumont D., Lombet J., Rigo J., Smets K., Vanherreweghe I., Van Overmeire B., Van Reempts P., (2005). EPIBEL, een geografische studie over de prevalentie en de prognose op korte termijn van extreme vroeggeboorte in België [Elektronische versie]. *Percentile 10*, 148-153.
- Gijsbers B, Jongmans M.J., Katgert T., van Baar A.L., de Kleine M.J.K. (2002). Beoordeling door de ouders van temperamentkenmerken van prematuur en à terme geboren baby's en factoren die dit beïnvloeden [Elektronische versie]. *Tokk 27*, 66-76
- Jing Chen, Andreas Stahl, Ann Hellstrom Lois E. Smith, 2011, *Current update on retinopathy of prematurity: screening and treatment*, geraadpleegd op 15/04/2011, op, <http://www.ncbi.nlm.nih.gov/pubmed/21150442>
- Subhadra Jalali, Rajvardhan Azad, Hemant Singh Trehan, Mangat Ram Dogra, Lingam Gopal, and Venkatapathy Narendran (2010), *Technical aspects of laser treatment for acute retinopathy of prematurity under topical anesthesia*, geraadpleegd op 20 december 2010, op, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2993981/>
- Professor I. Casteels (2010), *Oftalmologische en pediatrie aspecten van prematuren retinopathie*, (retinopathie of prematurity, 14 oktober 2010, Leuven)
- AR O'Connor, CM Wilson, AR Fielder. (2007). Ophthalmological problems associated with preterm birth. *Eye*, 21, 1254-1260
- ARTIKEL Olav H. Haugen, Lise Nepstad, Odd Arne Standal, Irene Elgen, Trond Markestad 2010, *Visual function in 6 to 7 year-old children born extremely preterm: a population-based study*, geraadpleegd op 4/05/2011, op <http://onlinelibrary.wiley.com/doi/10.1111/j.1755-3768.2010.02020.x/abstract>)

# 10. REFERENCES/.

- ◉ Deros (2011), *Strabisme - Scheelzien*, geraadpleegd op 14/02/2011 op <http://www.oogartsderous.be/nl-BE/content/strabisme-scheelzien/267/1473/>
- ◉ (2010), *Scheelzien (strabismus) en operaties*, geraadpleegd op 23/04/2011, op [http://www.oogartsen.nl/oogartsen/overige\\_oogziekten/scheelzien\\_operatie\\_strabismus/#top](http://www.oogartsen.nl/oogartsen/overige_oogziekten/scheelzien_operatie_strabismus/#top)
- ◉ LSHTM (2003), *Nystagmus*, geraadpleegd op 28/02/2011, op <http://www.medicinfo.nl/%7Bd86a5e10-5c1a-49c1-a200-a7d23d5a4b0c%7D>
- ◉ Wisam J. Muen, Muhammad U. Saeed, Musa Kaleem, Laurence Abernethy, Arvind Chandna (2007), *Unsuspected periventricular leukomalacia in children with strabismus: a case series*, geraadpleegd op 19/04/2011, op, <http://onlinelibrary.wiley.com/doi/10.1111/j.1600-0420.2007.00906.x/full>
- ◉ Guarini A., Sansavini A., Fabbri C., Savini S., Alessandrini R., Faldella G., Karmiloff-Smith A. (2009) *Long-term effects of preterm birth on language and literacy at eight years*, geraadpleegd op 15/04/2011, op <http://www.ncbi.nlm.nih.gov/pubmed/19698208> 15/04