

The Effectiveness of Early Physiotherapy Intervention on Infants Motor Performance: Comparison between Inpatient and Outpatient settings

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AIM OF STUDY: To compare the effectiveness of Early Physiotherapy Intervention (EPI) program between following Inpatient since admission Neonatal Intensive Care Unit (NICU), Intermediate Care Nursery (ICN) until post hospital discharge. Moreover, between patients referred as Outpatient under the age of 18 months old to the Early Physiotherapy Intervention outpatient clinic. **Methodology:** A cross sectional retrospective study at Ministry of National Guard Health Affairs Hospitals in Riyadh. All the study data extracted from electronic Medical Chart system. Outcome measures are GMFCS, and GMFM 66/88 used twice during the study duration from Feb 2019 to Feb 2020. 38 subjects included and two excluded. Age ranges from (1- 18 months old). All included subjects were followed by same Pediatric Physiotherapists during Inpatient stay or at Outpatient clinic. **Interventions:** Neurodevelopmental Therapy (NDT), Osteopathic Techniques and Patient- Family Centered care. **Results:** The Inpatient group GMFCS and the GMFM mean scores showed improvement from the first Assessment (GMFM-1) were nine patients with GMFCS IV and 8 with V level and their average score (17.44 and 5.13). Moreover, on the second evaluation (GMFM-2) 8 patients with GMFCS IV and only 2 with level V and their average score (18.5 and 3.5). The Outpatient Group Also showed improvement in the mean score of (GMFM-1) 6 patients were GMFCS III and nine patient with GMFCS IV with an average score (28.67 and 13) But (GMFM-2) 5 patients with GMFCS IV and one patient with GMFCS V and their average score (17.2 and 13). **Conclusion:** The early physiotherapy intervention program is very effective on infants' motor performance until the age of 18 months old if initiated at an early age from 1-4 months of age. **Recommendations** Inpatient and Outpatient both benefit from EPI program if started from 1-4 months age.

Biography

Areej AL Abdulrahman a pediatric physiotherapist with 20 years' experience in pediatric and Neonatology. Subspecialized in Neonatal and early intervention program. Working in King Abdul- Aziz Medical City at King Abdullah Specialized Children's Hospital in Riyadh. A master's degree

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