The Early Prediction Study

Study Updates:

- Now in our third year, we have enrolled **over 300** very premature infants!
- This is now the largest advanced MRI preemie study in North America.
- We are enjoying seeing our earliest study participants for their 2 years corrected age neurodevelopmental testing.
- Our main goal remains unchanged: **Early prevention through early detection!**
- Follow us on twitter for developmental resources and regular updates.

Fun Facts:

- There are over 50 research staff, scientists, and doctors working together on the Early Prediction Study.
- Your relationship with your child is the most powerful driver of brain growth, particularly in the first 2 years after birth!
- The Early Prediction Study is funded through two large grants from the National Institutes of Health.

Team Member Spotlight

Karen Harpster, PhD, OTR/L

Karen received her Master's in Occupational therapy and Ph.D. both from The Ohio State University. She is a clinician scientist and occupational therapist and has been at Cincinnati Children's Hospital since 2011. Clinically, Karen evaluates and treats children with neurodevelopmental disorders. Her research focuses on developing programs for prevention and early treatment for infants at high-risk for cerebral palsy and visual impairment. Karen lives in Cincinnati with her husband and her two boys.

Kari Tepe, RNC-NIC, BSN

Kari is a Cincinnati native who graduated from Xavier University with a Bachelor's Degree in Nursing. She began her nursing career in 2008 in Cincinnati Children's NICU and obtained her certification in Neonatal Intensive Care in 2010. She has several years of experience both as a NICU bedside nurse as well as a neonatal research nurse. Kari typically recruits our Kettering families, but you are sure to see her at various scheduled appointments as well.
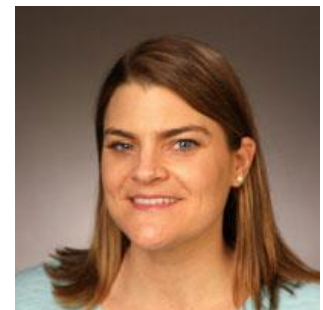
What is the General Movements Assessment (GMA)?

- A non-invasive way to identify neurological issues which may lead to cerebral palsy and other developmental disabilities.
- Assessed at 3 months corrected age by video recording infants for 3-5 minutes with no interaction and identifying "fidgety" movements.
- The absence of fidgety movements has a high predictive value for cerebral palsy of over 90%.
- Early intervention can lead to better outcomes.

New Developmental Resources:

- Baby's Brain Begins Now: Conception to Age 3
- 5 Simple Ways To Encourage Brain Development In Your Little One
- Teaching Early Math Skills to Preemies

Self-Care

- After preterm birth, postpartum depression and post-traumatic stress disorder are very common. Here are four evidence-based, proven methods to help yourself and consequently your baby:
  - Train your mind using a proven technique called Passage meditation
  - Shift your focus fully to your infant and his or her needs
  - Slow down and accept help when needed
  - Get help from a mental health specialist

Wondering what's next?

Below is a refresher on when you can expect to be coming in for your next Early Prediction Study appointment:

- Brain MRI between 39 and 44 weeks
- 3-month corrected age appointment
- 22 - 26 months corrected age visit (motor and cognitive testing)
- 36 months corrected age visit (learning, behavioral, & motor testing

Have Questions?

If you have questions or need additional assistance, please contact our study coordinator, Brianne Georg at 513-803-3247 or Brianne.georg@cchmc.org.

If your contact information has changed, please respond to this e-mail and keep us updated. You will receive $25 for updating your change of address.