

NOMAS®

(Neonatal Oral-Motor Assessment Scale)

developed by Marjorie Meyer Palmer, M.A.

Administration*

Follow these steps to evaluation of sucking patterns:

1. Spontaneous initiation of suck
2. Rate Change
3. Type of Pattern
 - Immature (normal)
 - Transitional (disorganized)
 - Mature (normal or disorganized)
 - No pattern=too much variability in # of sucks/burst
4. Consistent/inconsistent Degree of Jaw Depression
5. Expression/Suction
6. Direction of Tongue Movement
7. Tongue Configuration

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NOMAS® ONLINE: Day 1

Neonatal Oral-Motor Assessment Scale (NOMAS)

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| JAW | | |
|--|--|---|
| <u>Normal</u> | <u>Disorganization</u> | <u>Dysfunction</u> |
| <p>___ Consistent degree of jaw depression</p> <p>___ Rhythmical excursions</p> <p>___ Spontaneous jaw excursions occur upon tactile presentation of the nipple up to 30 minutes prior to a feed</p> <p>___ Jaw movement occurs at the rate of approximately one per second (1/2 the rate of NNS)</p> <p>___ Sufficient closure on the nipple during the expression phase to express fluid from the nipple</p> | <p>___ Inconsistent degree of jaw depression</p> <p>___ Arrhythmical jaw movements</p> <p>___ Difficulty initiating movements:</p> <p> ___ Inability to latch on</p> <p> ___ Small, tremor-like start-up movements noted</p> <p> ___ Does not respond to initial cue of nipple until jiggled</p> <p>___ Persistence of immature suck pattern beyond appropriate age</p> <p> ___ Under 40 weeks PC (transitional suck)</p> | <p>___ Excessively wide excursions that interrupt the intra-oral seal on the nipple</p> <p>___ Minimal excursions; clenching</p> <p>___ Asymmetry; lateral jaw deviation</p> <p>___ Absence of movement (% of time)</p> <p>___ Lack of rate change between NNS and NS (NNS = 2/sec; NS = 1/sec)</p> |
| TONGUE | | |
| <u>Normal</u> | <u>Disorganization</u> | <u>Dysfunction</u> |
| <p>___ Cupped tongue configuration (tongue groove) maintained during sucking</p> <p>___ Extension-elevation-retraction movements occur in anterior-posterior direction</p> <p>___ Rhythmical movements</p> <p>___ Movements occur at the rate of one per second</p> <p>___ Liquid is sucked efficiently into the oro-pharynx for swallow</p> | <p>___ Excessive protrusion beyond labial border during extension phase of sucking without interrupting sucking rhythm</p> <p>___ Arrhythmical movements</p> <p>___ Unable to sustain suckle pattern for two minutes due to:</p> <p> ___ Habituation</p> <p> ___ Poor Respiration</p> <p> ___ Fatigue</p> <p>___ Incoordination of suck/swallow and respiration which results in nasal flaring, head turning, extraneous movement</p> | <p>___ Flaccid; flattened with absent tongue groove</p> <p>___ Retracted; humped and pulled back into oro-pharynx</p> <p>___ Asymmetry; lateral tongue deviation</p> <p>___ Excessive protrusion beyond labial border before/after nipple insertion with our/down movement</p> <p>___ Absence of movement (% of time)</p> |

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NOMAS® ONLINE: Day 1 (Neonatal Oral-Motor Assessment Scale) Reference List: updated 10/17

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