

# 2014 NOMAS® Certification Course

## Neonatal Oral-Motor Assessment Scale (NOMAS)

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Jaw		
<p><u>Normal</u></p> <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><u>Disorganization</u></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><u>Dysfunction</u></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		
<p><u>Normal</u></p> <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><u>Disorganization</u></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><u>Dysfunction</u></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 out/down movement</p> <p>___ absence of movement (% of time)</p>

Summary and impression

Recommendations:

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Evaluator