



CANNP News

Carolinas Association of Neonatal Nurse Practitioners



President's Message: Annette Kibler

I am here at my desk writing my first message as the new President of CANNP. Actually, although it sounds very presidential, I should be truthful. I am not at my desk because my husband has taken it over. He seems to like to work at home better than HIS office. I and my laptop are at the kitchen table, which I have taken over, at least till dinner. I am fighting with the cats over my roast beef sandwich which I fixed earlier and haven't got around to finishing. I just finished my Power Point presentation for the talk I am giving tomorrow morning. My tabby Missy I discovered has added a few extra letters to my last slide so STDsssssss is really emphasized. I have to go to the drug store before it closes to pick up the refills I called in over a week ago. Not to worry-it will get done....

Does this sound like you? You and I are not just busy dedicated professionals. We are: wives and husbands, parents, grandparents, friends, churchgoers, committee members, etcetera, etcetera. Our time off is so we can rest and do all those other things in our lives. Doing this keeps us grounded and sane.

Unfortunately or not, we are in a field of medicine that never sits still. We need to constantly be learning so we can offer our little patients practices that are based on research, and hopefully will offer better outcomes.

I find going to conferences a very satisfying way to learn what is changing. I am at a nice hotel, in a bed without the 5 cats and the hubby (sigh) eating more food more often than I should, and learning what is going on in the various areas of my practice. Sure, I could read journal articles and attend our Journal Club, but I value the networking that goes on at a conference. I find out what they are doing that is working well or what is not such a good idea.

I want to thank the 2010 Charlotte conference committee and all the other past conference committees that works so hard to bring together such a great meeting. The low cost is a real benefit too in these days of restrictive educational reimbursement. Please encourage your fellow NNPs to join CANNP and come to our conferences. It will not break their piggy banks (\$25) and they will be members of a professional organization that has their interest as its first priority. I have been a member of CANNP since its inception and I am proud to help lead it into its future.

Annette Kibler NNP MSN

Carolinas Association of Neonatal Nurse Practitioners

Volume 10 Issue 2

July 2010

Special points of interest:

- ☺ Conference Planning
- ☺ Awards
- ☺ Officer Reports
- ☺ Educational Feature

Inside this issue:

Conference Highlights	2
Scholarship Award	3
Treasurer's Report	3
Minutes—2010 Annual Meeting	4
Educational Feature	5
Practice Site Updates	7
Board of Nursing Updates	7
Upcoming Conferences	8

Conference Highlights 2010

The 2010 annual CANNP conference, "Neonatal Symposium 2010" was held on April 29 and 30 in Charlotte, NC at the Great Wolf Lodge.

The conference planning committee did a great job and their hard work is appreciated. Members of this committee included:

Becky Anderson
Paula Issinghoff
Joanna Fletcher
Cheryl Smith
Trudy Pollock
Melissa Caldwell
Carol Snyder

Topics included:

- * Echocardiograms
- * ACOG Recommendations: Impact on Neonatal Care
- * GI Impairment in Neonates
- * Bubble CPAP
- * Pneumothoraces and Pigtail

Catheter Workshop

- * H1N1
- * Pharmacology—peaks, troughs
- * Professional Issues
- * The Barker Hypothesis
- * Newborn Screens

The following is a list of practice sites who donated baskets and the people who won them:

Greenville, SC: Erica Klose
CMC: Jennifer Weatherby
CMC Pineville: Patty Hall
CMC University: Lisa Puckett
CMC-Main: Carla Armfield
Cape Fear Valley: Oksana Kasko
Womack: Annette Hendrix
"Squeezing Cane Juice; Haiti 2010"
Photograph by Chuck Marting: Joan Lucas

A drawing was held for participants

who visited each vendor's booth. Lisa Puckett won a half price conference registration for next year.

Pictures of the conference are on the CANNP website under the photo gallery. Hope you enjoy.

2010 Peer Recognition Award

There were no nominations for the annual CANNP Peer Recognition Award. Please start thinking about peers or co-workers who you could nominate for this award next year!



Charlotte Conference Planning Committee

Conference 2011

The 2011 CANNP Conference will be held in Charleston, SC!

The dates will be announced on the website. The planning committee is hard at work on planning this conference.

Scholarship Award

Each year CANNP awards a Scholarship Award to a member who has returned to school. The Scholarship Award is presented at the annual meeting. There were no requests for the 2010 CANNP Scholarship Award. If there are no submissions, the award is given to a nursing school with a NNP program on a rotating basis.

The purpose of the Scholarship Award is to recognize an individual who has returned to school to enhance their role as a NNP and provide them with a scholarship award for financial assistance. CANNP is seeking applications from NNPs or student NNPs who are currently in an educational program seeking an

undergraduate or graduate degree.

Candidates for the Scholarship Award for Neonatal Nurse Practitioner Education must:

- 1) Be a current member of CANNP.
- 2) Be enrolled in a nursing educational program that offers a degree (BSN, MS, Doctorate).
- 3) Be enrolled in an educational program that will enhance their role as an NNP.
- 4) Show successful completion of two courses towards the degree they seek.

Applications are available on the web site and are accepted through May 1st of each year. Completed applications with current curriculum vitae should be mailed to:

Judy Philbrook
6474 Summerchase Dr
Fayetteville, NC 28311

Treasurer's Report

Missy Coble, Treasurer

Current Balance	\$21,521.62
Total deposits:	\$45,742.88
Memberships	\$1,237.50
Exhibitors	\$10,300.00
Conf registrations	\$11,514.00
Total withdrawals	\$24,221.26
Conference expenses:	
Hotel costs	\$20,230.06
Speaker fees	\$2,100.00
Mileage	\$1,086.50



Left to Right: Kathy Connelly, treasurer; Annette Kibler, president; Judy Philbrook, vice president; Aliisa Starbuck, member at large; Missy Coble, treasurer.

Minutes from the 2010 Annual Business Meeting

Kathy Connelly, Secretary

Welcome and Introduction: Annette Kibler, President

Review of Minutes from 2009 Annual Business Meeting-approved as written.

Treasurer's Report- Melissa Coble, Treasurer

2010 budget was reviewed	
Deposits (includes balance from previous year)	\$31,116.41
Withdrawals	\$1,844.85
Balance	\$29,271.56

2010 Conference budget

Deposit	\$13,220.00
Withdrawals	\$640.72
Balance	\$12,579.28

*Most expenses have NOT been paid for conference.

Membership Report-Judy Philbrook Vice President

Current members 54 (3 new members, 1 student)

2009 membership total 68; 51 had renewed by the conference; 18 new members

2008 membership total 80; 72 had renewed by annual conf date; 12 new members

2007 membership total 76; 45 had renewed by annual conf date

2006 membership total 97; 64 had renewed by annual conf date

2005 membership total 103; 44 had renewed by annual conf date

Member-at-Large Report-Alisa Starbuck

Practice site updates needed for the CANNP Newsletter

Please email your practice site update for the CANNP Newsletter to jlutes@capefearvalley.com by Dec. 1 and May 31

Presentation of Awards

2010 Peer Recognition Award-None

2010 Scholarship Award-None

Special Recognition presented to Lee Shirland for past service as president and her many years of service on CANNP Board

Old Business

Tax Exempt Status- Board has been working with attorney and process is close to being complete

Paypal-awaiting tax exempt status to start Paypal procedure due to large reduction of cost for a non-exempt organization, hope to have completed before next year's conference

Website-updated regularly, make sure to check frequently.

New Business

2011 Conference will be hosted by South Carolina in Charleston

2012 Conference will be hosted by WakeMed in Raleigh, NC

Conference cost for RN's was addressed and the decision was made to look into discounted fees for RN's if feasible.

Would be dependent on conference committee as to fees

Associate Members-discussed allowing other Advanced Practice Nurses/Midlevel practitioners who work with neonates to join association. This would constitute a change in the bylaws and will be discussed at the next board meeting. Currently, NNP's from out of state can join as Associate Members but are not allowed to vote or hold office.

Adjournment

Educational Feature: WakeMed Raleigh Applying to become a NIDCAP Nursery: What is NIDCAP training and a NIDCAP Nursery?

James M. Helm, PhD, WakeMed - Raleigh, Director, Carolina NIDCAP Training Center

NIDCAP is an approach to developmentally supportive care in the NICU. The acronym is from Newborn Individualized Developmentally Support Care and Assessment Program. It's a theoretically-based, research-validated, comprehensive, system-wide approach developed originally through the work of Heidelise Als and colleagues (for ex. Als, 1982; Als, et al, 1986; 1994; 2004; Lawhon & Hedlund, 2008; Peters et al., 2009). The work started over 30 years ago with close observation of premature babies and the realization that they are very reactive to all stimulation. Babies can have massive reactions to handling and the challenges associated with care but they are also always trying to manage their reactions, recover from disruptions, stay balanced and calm. It is now well known how stressful life can be for premature babies and their families, how much risk there is for long-term challenges after NICU care and therefore most nurseries attend to some degree to developmentally supportive care that includes family-centered care. So where does NIDCAP training fit?

NIDCAP training, now coordinated internationally by the NFI (NIDCAP Federation International, see www.nidcap.org) has aimed to train professionals to support babies and their families in nurseries and to support and guide the nurseries they work in. It's a system-wide effort. NIDCAP Professionals are trained to observe the nuances of behavior to better understand each individual baby's reactions and recovery efforts before, during and after routine care. They help others understand each baby's vulnerabilities, competencies and strategies; they support families in their efforts to understand their babies; support colleagues to understand their care; and finally, facilitate nurseries to examine and

address system issues that influence the support they provide. They are the leaders, guides, resources for ever-changing needs. As with all aspects of care without vigilance, developmentally supportive care slips.

The training to become a Certified NIDCAP Professional is estimated to require over 150 hours of work, usually over a 12-18 month period, that produces highly trained developmental specialists. Again, for more information on the training see the website, but briefly training includes general or broad training for the entire staff of a nursery and intensive, guided training for the leaders or consultants for developmental care. There is reading from theoretical, research and practice literature; an introductory lecture (open to all at a training site); a full day demonstration and model observation and write-up; practice observations and write-ups as homework; review of written work; individually guided workdays; and an advanced practicum where one follows a family from admission through discharge with individualized, developmentally supportive care. NIDCAP training leads to developmental specialists who can support nursery focus on developmental and family support.

However it is realized that significant and sustained changes in nursery practice take time. Just like the best medical care is always changing as we learn more, the best developmentally supportive care is always changing. Over years of training in hundreds of nurseries NIDCAP trainers have been asked if this or that nursery is a "NIDCAP nursery". The NFI has been formally tackling this question for at least the past 5 years

Educational Feature (continued):

and are now in the last stages of developing an answer. The NIDCAP Nursery Certification Program (NNCP) has evolved. (See website listed above, Developmental Observer 3(1), 2009.) This is a process whereby a nursery can evaluate itself, work with NIDCAP trainers, and work toward developing a comprehensively supportive program for babies, their families, and staff to provide a very high level of developmentally supportive care. As stated above, a nursery needs ongoing attention to care to maintain ever-improving care. The NNCP helps guide a nursery to examine its practices and to evolve to a level where it can be designated, that is, certified as a NIDCAP nursery.

The process guides a nursery to look at the environment, its support for babies, support for families and support for staff. A nursery doesn't need to have a state-of-the-art renovation but efforts must be made to make it "home like" and comfortable with privacy that supports families to be with their baby. Pain reduction, comfort, and handling that at all times considers each individual baby's responses must be the nursery standard. Families need to be primary in the lives of their babies. Staff in all positions need the training and administrative support to support one another as well as families. Again, the NNCP is a process that provides support and standards to help a nursery examine its practices and move toward a more supportive environment for fragile babies and fragile families to thrive.

The brain of a premature baby is changing at an incredible rate and every sensory experience and reaction that a baby enjoys or suffers influences the developing competencies of the brain (paraphrased from "Focus on the Brain").

References:

- Als, H. (1989). Toward a synactive theory of development: Promise for the assessment and support of infant individuality. *Infant Mental Health Journal* 3:229-243.
- Als, H., Lawhon G, Brown E, Gibes R, Duffy FH, McAnulty, GB, Blickman, JG (1986) Individualized behavioral and environmental care for the VLBW preterm infant at high risk for bronchopulmonary dysplasia: NICU and developmental outcome. *Pediatrics*, 78:1123-1132.
- Als H., Lawhon G, Duffy FH, McAnulty, GB, Gibes-Grossman R, Blickman, JG (1994) Individualized developmental care for the very low-birth-weight preterm infant: Medical and neuro-functional effects. *Journal of the American Medical Association* 272:853-858.
- Als H, Duffy F, McAnulty GB, Rivkin MJ, Vajapayam S, Julkern RV, Warfield S, Huppi P, Butler S, Conneman N, Fischer C, Eichenwalk E (2004) Early experience alters brain function and structure. *Pedia* 113(4) 846-857.
- Buehler D, Smith K, Als H (2009) NIDCAP nursery certification program. *Developmental Observer*, 3(1) 1-2. (www.nidcap.org)
Focus on the Brain, Part 1: The science of preterm infant development. DVD from VIDA Health Communications, Inc, Cambridge, MA, www.vida-health.com)
- Lawhon G & Hedlund, R (2008) NIDCAP Training and Education. *Journal of Perinatal and Neonatal Nursing* 22(2): 133-144.
- Peters KL, Rosychuk RJ, Hendson L, Cote JJ, McPherson C, Tyebkhan JM (2009) Improvement of short-and long-term outcomes for very low birth weight infants: Edmonton NIDCAP Trial. *Pediatrics* 124: 1009-1020.

Practice Site Updates

Wake Med

Kudos to Desi Wolfe, NNP from WakeMed for having an article published in *Advances in Neonatal Care*, April 2010 titled: *A Previously Undescribed Etiology for Oliguria in a Premature Infant with a Peripherally Inserted Central Catheter*.

Cape Fear Valley Medical Center

Tyler Rush, Sharon's son, is graduated from Jack Britt High School. He is planning to attend Western Carolina University in the fall.

Kelsey Brock, Wendy's daughter, graduated from Fayetteville Academy. She is planning to attend Brigham Young University.

Natalie Gardner, Denice's daughter, graduated from Western Carolina University with a bachelor of fine arts in musical theatre and a bachelor of science in psychology.

And, Brian Gardner, Denice's son, was inducted into Phi Eta Sigma at UNC-Asheville, which is an honor society for freshmen.

Denice continues to recover from back surgery and hopes to be back to work soon.

Womack Army Medical Center Update

Our NICU is excited to introduce our newest Neonatologist, Dr. Eric Horowitz who came to us from Duke University Medical Center. Dr. Horowitz hails from upstate NY originally and is married to his lovely wife Rebecca who practices Family Medicine in Hillsboro, NC. His clinical interests are in fetal endocrinology and medical finance. Dr. Horowitz's recreational hobbies include gardening, wine, and his 2 mini-schnauzers.

We bid a fond farewell to Dr. Zuhair Bakdoud who retired this spring. We hope he enjoys civilian life! We are also sorry to see Dr. Tony Tackman leave. He has been a wonderful per diem Neonatologist for us over the past few years. We will miss his zany sense of humor! We also want to thank Kay Lucas, NNP for her help over the past few months as our prn NNP and wish her luck in finishing her schooling.

Liz Lawrence has been kept busy with her now crawling granddaughter Lana and "the farm." She had her first baby horse, Gianni on the Spot, now a 3 year old, win a Championship in Junior to Ride, and a Top 5 in Amateur to Ride, Sport Horse under Saddle in the Half-Arabian/Arabian Region 12 show in Perry, GA in May. The Championship makes him eligible to go to the National Arabian Show. Liz and her husband, Tom, also purchased the 10 acres adjacent to their current property and now are "land barons" with a whopping 43 acres! Future plans for the land

include building a small house on it for her daughter Katie and granddaughter Lana.

Denise Darden has decided to bite the bullet and work full-time versus part-time for us for the next few years to help support her son through law school. She is also enjoying her summer at Wilmington.

Paula Roach's oldest daughter Kristin graduated from UNC-Wilmington this spring. Paula and Ron celebrated their 5th wedding anniversary by going on a trip to Jamaica. Paula's youngest daughters will be going into the 6th grade this fall. The whole family will be going to Ocean Isle on vacation for a week in July.

North and South Carolina State Board of Nursing Updates

There is nothing to report from either Board of Nursing.

CANNP wishes to express thanks to Cape Fear Valley Health System for assuming the cost of publication for this newsletter.



CAPE FEAR VALLEY

TRANSFORMING HEALTHCARE

**Cape Fear Valley Medical Center
Fall Update 2010
The Perinatal Neonatal and Pediatric Conference
Friday, October 8, 2010
Holiday Inn-I-95
Fayetteville, NC**

7:30 - 8:00 am	Registration/Opening Remarks
8:00 - 9:30 am	<i>Cultures of Excellence</i> <i>Leah Kinnaird, RN, EdD</i>
9:30 - 10:00 am	Break - Exhibits Open
10:00 - 11:00 am	<i>Concurrent Sessions</i> OB 1: Eliminating Elective Deliveries Prior to 39 Weeks <i>Kate Berrien, RN, MS</i> NEO 1: Excellence in Your Practice <i>Leah Kinnaird, RN, EdD</i> PEDS 1: Childhood Asthma <i>Holly Lawing</i> FCC 1: Neonatal Jaundice <i>William H. Kelly, MD</i>
11:00 - 12:00 pm	<i>Concurrent Sessions</i> OB 2: Fetal Monitoring <i>Stuart Shelton, MD</i> NEO 2: Neonatal Head Ultrasounds <i>Fred Caruso, MD</i> PEDS 2: Rapid Response Clinical Assessment of the Child FCC 2: Excellence in Your Practice <i>Leah Kinnaird, RN, EdD</i>
12- 1 pm	Lunch provided
1:00 - 2:00 pm	<i>Concurrent Sessions</i> OB3: Post-partum Emergencies <i>Ada Ventura-Braswell, MD</i> NEO 3: Chest X-ray Interpretation <i>Lee Shirland, MS, NNP-BC</i> PEDS 3: Late Preterm Re-admissions FCC 3: Breastfeeding the Newborn <i>Loretta White, RN, IBCLC</i>
2:00 - 2:15 pm	Break
2:15 - 4 pm	<i>Cultures of Excellence</i> <i>Leah Kinnaird, RN, EdD</i>

**Neonatal Pharmacology Conference 2010
Nov. 8-10, 2010**

**DoubleTree Guest Suites
(downtown Charleston)**

From Carmen Dooley and the conference planning committee:

We are looking forward to another successful conference with great speakers and topics.

Dr. Gautham Suresh will discuss the hazards of heparin therapy and the use of information technology to prevent medication errors.

Dr. David Burchfield will provide three lectures, including Intrauterine drug exposure: neonatal treatment and outcomes, treatment of hypotension and the hazards and benefits of postnatal steroid use.

We will also welcome back Dr. Reese Clark and a lecture titled "A new look at hypoglycemia: Etiology and treatment."

Other topics include:

- Evaluating Hypertension in the Newborn,
- Dietary and Environmental Factors associated with Adverse Perinatal Outcomes
- Prevention and Treatment of NEC
- Management of Neonatal Arrhythmias
- New Antibiotics in the NICU
- Calcium, Phosphorus and Vitamin D needs of the Preterm Infant
- Low Oxygen in the Delivery Room

Look for your brochure in the mail this summer or visit the web site at www.musc.edu/nursing/departments/continuingeducation/index.htm.

Please consider writing an educational feature or practice site update for an upcoming newsletter.

Email your questions, comments, practice site updates, or educational feature to

Jlutes@capefearvalley.com

Reminder: Updates must be e-mailed by Dec. 1st and May 1st to allow timely publication of the newsletter. Thank you.

**Carolinas Association of
Neonatal Nurse Practitioners**

6474 Summerchase Drive
Fayetteville, North Carolina 28311

