



CANNP News

Carolinas Association of Neonatal Nurse Practitioners



President's Message: Lee Shirland, NNP-BC

Time passes so quickly, it is difficult to believe another year has gone by. I have had the privilege to serve as your president for the past four years and as an officer for this wonderful organization for ten years. I am pleased to welcome the new president of CANNP, Annette Kibler! Annette has served and worked hard on the board as treasurer since 2004.

Please welcome the two newest Board members, Kathy Connelly, secretary and Missy Coble, treasurer. It is exciting to have new board members with energy and new ideas.

As I reflect over the years I have been a member of CANNP, I am impressed by this organizations ability to endure and adapt to the ever changing and challenging professional environment and role the NNP in the Carolinas encounters daily. The newsletter provides members with

- (1) Practice site up-dates which now includes conference offerings. This keeps members informed on local and regional conferences, potentially saving money while attaining the required contact hours for licensure, certification and increases networking.
- (2) CANNP annual conference information
- (3) NANNP Updates
- (4) Educational features that enhance knowledge and practice
- (5) State Boards of Nursing updates

- (6) Officer updates, including the organization's financial status.

Annual conferences continue to provide members with the most current practice information and necessary contact hours. Cost containment due to shrinking sponsor support and increased hotel costs, has become a challenge requiring creativity from the board and planning committees. This past years conference highlights how well the challenge of cost containment was met while continuing to provide an exceptional conference.



CANNP continues to offer a big bang for little buck. I look forward to the continued growth of this organization and to active participation as a member.

Future goals of the organization are to offer pay pal on the website for membership renewal and paying for the annual conference. Watch for information in the newsletter.

Thank you for the incredible opportunity for professional growth and continued development of leadership skills as a member of the CANNP board!



Volume 10 Issue 1

January 2010

Special points of interest:

- ☺ 2010 Conference
- ☺ PEER Recognition Award
- ☺ Officer Reports
- ☺ Educational Feature

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Election Results

Elections were held for the Board of Directors in the Fall of 2009. Election results are as follows:

President: Annette Kibler
Vice President: Judy Philbrook
Secretary: Kathy Connelly
Treasurer: Missy Coble
Member at Large: Alisa Starbuck

Outgoing Board members are:

President: Lee Shirland
Vice President: Alisa Starbuck
Secretary: Pam Player
Treasurer: Annette Kibler
Member at Large: Judy Philbrook

CANNP wishes to thank the outgoing Board Members for their dedication, time and service. The organization has continued to grow and develop under their leadership.

Congratulations to the new Board members! Thank you for taking on the daunting task of running and growing our organization! Your ideas and energy are vital to maintain and expand our organization and its impact on advanced practice in the Carolinas.

Secretary's Report:

Minutes from the last annual business meeting will be displayed outside of the conference room at the 2010 Conference.

Officer Updates

Treasurer's Report:

Annette Kibler

The CANNP balance was \$21,169.85 as of 12/31/09.

Membership:

Alisa Starbuck

CANNP had 68 members as of January 2010.

It is time to renew your membership. A membership application form is enclosed in this newsletter or you may obtain one from our website. We had hoped to be able to renew memberships using Paypal on the website, but have been unable to work out some of the details. We'll give you a full update at the annual business meeting.

Applications must be received by or at the annual conference. Applications will be considered late after the conference and a \$5.00 late fee will be assessed to members who have not renewed their membership by this deadline.

The address for renewals and correspondence is:

CANNP
c/o Judy Philbrook
6474 Summerchase Dr
Fayetteville, NC 28311

The website address is:

cannp.org

Please encourage all members of your team to join or rejoin and be active in this worthwhile organization. Reminder letters will be mailed to those members who fail to renew their membership for 2010 by the time of the annual conference.



Member-at-Large:

Judy Philbrook

Please mail practice site updates to me by May 31, 2010 for the next newsletter. I would also love to see members volunteer to write an article for this newsletter!

Despite leaving the Member-at-Large position, I will continue to edit and publish the newsletter. I could really use your help with this—please send contributions!



Conference Highlights 2010

The 2010 conference will be held on April 29 and 30 at the Great Wolf Lodge in Charlotte-Concord, NC.

The conference is titled "Big Challenges come in Small Packages." Please see the side column for the conference agenda. This is going to be a great conference—there are some wonderful speakers and topics!

Members of the conference planning committee are:

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

The committee has worked hard to ensure a wonderful conference. Join us in Charlotte for a great conference, a chance to network with colleagues from North and South Carolina, continuing education credits and perhaps some shopping or sight seeing.

Brochures will be mailed soon. If you do not receive one, please check the website for conference information.



Reminder

Please bring a door prize/gift basket from your NNP team.

Carolinas Association of Neonatal Nurse Practitioners

April 29 and 30, 2010
Charlotte, NC

Thursday April 29, 2010

8-8:15	Welcome
8:15-9:00	Real time Echocardiograms
9-10	Rare and Challenging Cardiac Lesions
10-10:30	Break
10:30-11:15	ACOG Recommendations: Impact on Neonatal Care
11:15-12	Optimizing Nutrition in the Short Bowel Infant
12-1:30	Lunch and CANNP Business meeting
1:30-2:15	Bubble CPAP: the Science behind the Bubbles
2:15-2:45	Bubble CPAP: The Practical Application to "Make it Work"
2:45-3:15	Break
3:15-3:45	Pneumothorax and the Use of Pigtail Catheters
3:45-4:15	Pigtail Catheter Workshop

Friday April 30, 2010

8-8:15	Welcome
8:15-9:15	H1N1: What do we Know Now?
9:15-10	Risk Management Issues in the Care of Neonates
10-10:30	Break
10:30-11:15	Carolina Case Studies and Litigation
11:15-12	Pharmacology by the Numbers: implications of peaks, troughs and dosages
12-1:30	Lunch and NC/SC Updates
1:30-2:30	Long term consequences of being born SGA
2:30-3:15	Newborn Screening: What are we Testing For?

Peer Recognition Award

It is time for the annual CANNP Peer Recognition Award. The award nomination forms can be found on-line at the CANNP website: cannp.org.

Please consider nominating a well-deserving colleague for this meaningful award. All too often we hear complaints or we are the ones voicing complaints about the lack of recognition for our commitment to our profession and our length of service to an organization. Here is your chance to change this and honor a member of your team.

Please consider each team member, their dedication to your unit and infants, efforts to improve or maintain personal education and education for

other team members, involvement in unit projects or committees and personal commitment to the continued development of the advanced practice role.

Recipients of this award have been pleased that colleagues took the time to recognize them for their contribution to the team.

Applications should be mailed to:

Judy Philbrook
6474 Summerchase Dr.
Fayetteville, NC 28311

Applications must be postmarked by Apr. 15, 2010.

The award will be announced and pre-

sented during the business meeting at the annual conference on Apr. 29th.



CANNP Scholarship

The purpose of this award is to recognize an individual who has returned to school to enhance their role as an NNP and provide them with a scholarship award for financial assistance. CANNP is seeking applications from practicing NNPs who are current members of our organization and are currently enrolled in an educational program seeking an undergraduate or graduate degree.

The award recipient will receive a \$500.00 monetary award. The award presentation will be made on Apr. 29 at the business meeting held during the conference.

Applications and additional information can be found on the CANNP website.

Completed applications should be mailed with current curriculum vitae to: Judy Philbrook (see address above). Applications must be postmarked by Apr. 15,

CANNP Research Grant

The purpose of the CANNP research Grant is to assist members who are involved in research by providing help with funding (\$1000.00) for their project. Applicants must be CANNP members for at least two years.

Applications are due by May of each year and award notification takes place by August 1st.

The CANNP Grant Application can also be found at the CANNP website. Completed applications can be mailed to Judy Philbrook (see address above).

For questions about either of these awards, please check the web site for additional information and/or email Alisa Starbuck at astarbuc@wfubmc.edu or Judy Philbrook at jlutes@capefearvalley.com.

BRAVO

Annette Kibler, NNP-BC

BRAVO is an acronym for our MUSC breastfeeding initiative we did in 2009. It stands for **B**asic **R**eadiness **A**ll staff **V**erified and **O**bserved. It all started out with an educational program offered to staff and local referring hospitals by our Lactation Consultants (LCs) and two of our neonatologists. The program was video taped.

Our hospital is part of the Vermont Oxford Network and the national focus this year was called "Milky Weigh." The goal was for the individual hospitals to look at their neonatal feeding practices, find clinical evidence for best practice and initiate the changes. One of our goals was to increase the amount of mothers breastfeeding and for preterm infants to feed predominately mothers milk.

In order to bring this about we needed to increase the number of infants receiving mother's milk. We needed to:

- ◇ standardize the institutional breastfeeding message
- ◇ achieve common baseline knowledge for perinatal nurses
- ◇ help the mothers establish a sustainable milk supply
- ◇ decrease volume of donor milk use (very expensive and not covered by insurance)

The plan was to require all nursing staff to 1) view the talks from the conference using our online education network and 2) complete a quiz. As this was a 5 hour program, this required a large amount of time. After completing this, nurses signed up for a 30 minute hands

breastfeeding scenario. These scenarios were put on by a combination of unit educators, LCs, NNP and BF leaders from the nursery staff. Role playing with a demonstratable lactating breast, nurses showed "new moms" how to position and latch infants, use a hand and electric pump and answered questions on pumping, length of nursing and storing breast milk. Goals stressed were getting healthy term babies nursing by 1 hour of age and preterm moms pumping by 6 hours of age (premies are NPO for 6 hours then start trophic or minimal feeds at MUSC.)

As this required a lot of education time and money, it required administration to buy into it. Their support was fantastic considering the cost of doing this was 1270 paid RN hours.

Implementation took place over a month and a half period of time. Scenario times were offered for night shift at night, there were some weekends and gradually all nursery, NICU, L & D, antepartum and postpartum staff completed the program.

A review of charts showed an improvement in getting moms of preterm infants pumping within 6 hours from 42 to 66%. Charts for newborns were not audited following the program so no data is available.

Observations: L & D nurses now understood the critical importance

of early pumping and trophic feeds for the preterm baby.

Antepartum nurses now appreciate the importance of prenatal education on supporting breastfeeding.

Postpartum nurses are aware of supplementation risks and limiting any supplementation given. They also learned techniques to get the babies to latch on and how to support breast pumping for mothers of premies.

NICU nurses felt more comfortable after the videos and scenario because they had infrequent experience with assisting moms to breast-feed.

Nursery and level 2 nurses who assist with breastfeeding more frequently were able to help mothers and answer questions with a more standardized approach.

Mothers appreciated the increased support and more uniform teaching they were given which increased their satisfaction.

This program was suggested for use at one of our referring hospitals but administration felt it would be far too expensive. Their substitution was to use a purchased video that the LCs felt reflected their practice, require the OB staff to watch it and pass a quiz. Those who had experience felt it was a good review but those who had limited experience said they needed to do it to learn. The hands on approach of our BRAVO program was really the key to its success.

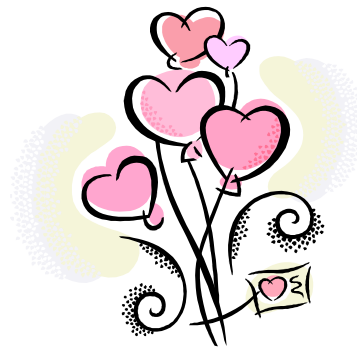
NANNP Update: Lee Shirland, NNP-BC

NANNP has had a busy year. The counsel participated in revising the educational standards for NNP education programs. There was wonderful discussion and debate on this topic at the second annual educational summit at the NANN National Conference in Austin Texas in September 2009. Consensus was established and the new standard will be published this Spring.

Another major accomplishment of this national organization was to establish a standard for NNP competency maintenance. This standard will be published this spring. To help NNPs and institutions maintain and document the requirements of the standard, a tool kit has been developed and will be for sale later this spring.

The counsel is working on a CEU research module that will be free to NANNP members on the NANNP website. This is scheduled to be released late this spring. The counsel is also working on tools to offer on the members only website that will assist you in everyday practice and precepting new or student NNPs.

If you have not already joined this organization, please consider doing so today. NANNP is setting the standard for NNP practice. Let your voice be heard and count in decisions that will impact your practice.



Board of Nursing Updates

North Carolina Update

Liz Lawrence, RNC, NNP

The following rule changes became effective 12/1/09:

The rule changes eliminate the interim status for NP's, expand what would be accepted for continuing education and eliminate co-signing of NP charts by the primary supervising physician as well as weekly quality improvement meetings during the first month of an initial collaborative Practice Agreement. Also changes regarding NP notification of actions now require that all notifications be made to the BON then the BON will notify the Medical Board.

South Carolina Update

There are no pending legislative changes per the SC Board of Nursing. The contact person for advanced practice is Phyllis Raynor. She can be reached at (803) 896-4522. Phyllis' email address is RaynorP@LLR.SC.GOV.



CANNP would like to express thanks to Cape Fear Valley Health System for assuming the costs of printing and publishing this newsletter.

Practice Site Updates

Womack

The WAMC NNP Group welcomes the addition of Dr. AJ Grein as our new Medical Director of the NICU. AJ comes to us from Riley Hospital for Children in Indianapolis, IN. Dr. Bakdoud has stepped down from Medical Director and is now one of our part-time Neos. He continues to be actively involved in the unit. We also appreciate the continued prn Neo support from Dr. Tony Tackman of WakeMed Health Systems.

We are excited to announce that we will drop the gestational age that we keep to 28 weeks beginning in May. The NICU itself has been refitted with new state of the art radiant warmers that convert to isolettes as well as new monitors this past fall.

Liz Lawrence had an exciting fall as she became a grandma for the first time. Lana Elizabeth was born on November 8th to her older daughter Katie weighing in at 7lbs 2 oz. Many thanks to Judy Philbrook, NNP-BC who attended the c/s (did she expect a delivery any other way? No, the curse of a NNP's daughter!) delivery at CFVMC. Liz continues to work full-time at WAMC in order to support her horse and farm habit. Legacy Farms has had a great fall show season with Liz's first baby horse that she raised winning many ribbons and 4 trophies as a two year old. Liz is looking forward to an exciting 2010 horse show season.

Denise Darden continues to work usually more full-time than part-time hours for us as she is supporting her son Scott, he started Law School this past fall. Denise enjoyed a tour of the Southwest and conference last fall, as well.

We welcome Kay Lucas, NNP-BC as our latest part-time employee. Kay is sharing some of her precious time with us as she works full-time at CFVMC as well.

Andrea Biondi helped plan another successful FANNP conference this past fall and continues to work full-time in addition to participating in soccer and chauffeuring her children to various activities. Andrea braved the cold and rang the New Year in at Times's Square this year.

Paula Roach recovered nicely from neck surgery last spring and continues to work full-time. Her daughters keep her busy with different after school activities. Paula is looking forward to a trip to Las Vegas with her husband next month.

Brenner Women's

We are preparing for a great year here at Brenner! We currently have all NNP positions filled.

Anaya Alston NNP-BC just finished her first year as a Carolina Panthers Cheerleader. Go Panthers!

Chris Woods NNP-BC, along with his wife Amanda Woods, NNP- BC published the following articles in December of 2009: Hemophagocytic Lymphohistiocytosis in the Premature Neonate, Advances in Neonatal Care: Dec. 2009 - Volume 9 - Issue 6 - p 265-273 and Hemophagocytic Lymphohistiocytosis in the Premature Neonate: A Case Study, Advances in Neonatal Care: Dec. 2009 - Volume 9 - Issue 6 - p 274-278.

Melissa Coble NNP-BC will serve as Treasurer for CANNP.

Alisa Starbuck NNP-BC will serve as the Member at Large for CANNP.

Save the Date!

The 2010 Fall Update conference will be held on Friday October 8th at the Holiday Inn I-95 Fayetteville, NC.

We are excited to have another dynamic National Speaker!

Watch the Summer newsletter for more information and adgenda

Save the Date!

The 2010 MUSC Pharmacology Conference will be November 8-10 at the Double Tree Guest Suites in Charleston. More info will be available in the July newsletter.

Cape Fear Valley Medical Center

Denice Gardner and Lee Shirland published an article titled "Evidenced-Based Guideline For Suctioning the Intubated Neonate and Infant" in the August-September issue of Neonatal Network.

Tracey Buckley is attending the Duke NNP program and will begin her clinicals at CFVHS this summer.

Kay Lucas is in the DNP program at Duke and is studying very hard. We are all very proud of her.

**Carolinas Association of Neonatal
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