

My NICU Network



National Perinatal  
Association



Patient+Family  
Care



NICU Parent  
Network

# Advanced Provider Program

## Caring for Babies and their Families: Providing Psychosocial Support in the NICU

[WWW.MYPERINATALNETWORK.ORG](http://WWW.MYPERINATALNETWORK.ORG)

### About the Program:

The original Caring for Babies Program has been modified specifically to meet the American Board of Pediatrics' recommendations that pediatric providers should be educated in how to support "the resilience, emotional, and mental health of pediatric patients...and their families." This program has a strong evidence-based focus on the areas of behavioral and mental health of both NICU parents and their infants, with the goals of increasing clinician awareness, knowledge, confidence and clinical skills in providing support to both groups.

This is the condensed version of the original Caring for Babies Program for Physicians and Neonatal Nurse Practitioners, now available for 2 CEUs/CMEs.

Continuing education credits provided by



## PROGRAM OBJECTIVES

- Identify 4 practices that can improve communication between providers and NICU parents and the principles that support them.
- Describe how parental emotional distress impacts infant outcomes.
- Define 2 reasons why the infant-parent relationship and parental engagement with their infant in the NICU is critical.
- Describe 3 ways parents can be supported by NICU staff in their relationship and engagement with their infants.
- Identify 2 best practices in the areas of peer support, discharge planning, palliative care, and supporting staff.

## PROGRAM CONTENT **2 CEUs or 2 CMEs offered for the full program; each course takes ~ 30 minutes to complete.**

### USING TRAUMA-INFORMED CARE AS A BASIS FOR COMMUNICATING WITH NICU FAMILIES:

Enhance your communication skills with NICU parents, using the principles of trauma-informed care as the foundation. Learn about how NICU care towards families is affected by providers' biases, and how to reframe "bad news" as "unexpected news."

### RECOGNIZING AND MITIGATING INFANT DISTRESS:

Learn the critical importance of supporting the parent-infant dyad during NICU care, its bearing on future infant and child development, and techniques to accomplish this. Further learn how to identify infant distress, and the care techniques that can mitigate this distress.

## FACULTY

### LaTrice L. Downtin, PhD

Executive Director of PlayfulLeigh Psyched, LLC,  
Palo Alto, CA.

### Sue L. Hall, MD, MSW, FAAP

Neonatologist, St. John's Regional Medical Center,  
Oxnard, CA.

### Keira Sorrells, BSFCS

Preemie Parent and Founder and Executive Director of the  
NICU Parent Network, Jackson, MS.

## CANCELLATIONS/REFUNDS

### • For Individual Subscribers:

- If you elect to take only one course, there will be no cancellations or refunds after you have started the course.
- If you elect to take more than one course and pay in advance, there will be no cancellations or refunds after payment has been made unless a written request is sent to [sara@mynicunetwork.com](mailto:sara@mynicunetwork.com) and individually approved.

### • For Institutional Subscribers:

- After we are in possession of a signed contract by an authorized agent of the hospital and the program fees have been paid, a 50% refund of the amount paid will be given if we are in receipt of a written request to cancel at least 14 (fourteen) days prior to the scheduled start date for your NICU's online program.
- Refunds will not be given for staff members who neglect to start the program. Also, no refunds for those who start the program, but do not complete all of the courses within the time frame allotted.

**For Physicians:** This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association's CME Accreditation Standards (IMQ/CMA) through the Joint Providership of the Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) and the National Perinatal Association. PAC/LAC takes responsibility for the content, quality and scientific integrity of this CME activity. PAC/LAC designates this activity for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the *CMA Certification in Continuing Medical Education*.

**For Nurses:** The Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider CEP 5862. When taken as a whole, this program is approved for 2 contact hours of continuing education credit.

### RECOGNIZING AND MITIGATING PARENTAL DISTRESS:

Recognize NICU parents' increased risk for perinatal mood and anxiety disorders, especially postpartum depression and posttraumatic stress disorder; risk factors for these conditions; how to screen for them; and how to provide support to parents to mitigate their risks.

### COMPREHENSIVE FAMILY SUPPORT:

Learn about how to best support NICU parents through multiple dimensions of care, including peer support, discharge planning, palliative and bereavement care. Also learn the importance of building a strong NICU team where support for everyone's well-being further enhances patient care.

### Soudabeh Givrad, MD

Assistant Clinical Professor, Department of Psychiatry,  
Stanford University, Palo Alto, CA

### Melissa Scala, MD

Clinical Associate Professor of Pediatrics, attending  
neonatologist at Stanford University/Lucile Packard  
Children's Hospital, Palo Alto, CA.

## COST

- **\$100** for physicians and/or Neonatal Nurse Practitioners for the 2-hour, 4-course program.