

My NICU Network  
My Perinatal Network



# Online Perinatal Staff Education Program

## Coping with COVID-19:

Trauma-Informed Care for Frontline Maternity  
and Pediatric/NICU Providers During the  
COVID-19 Pandemic.

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



Continuing education credits provided by



# About the Program

- **WHO SHOULD TAKE THE PROGRAM?** This program is designed for both office and hospital staff in ALL health care and community organizations that interact with pregnant and delivering patients, their newborn infants (including NICU infants), and their families.
- **WHY TAKE THE PROGRAM?** A viral pandemic. A racial pandemic within the viral pandemic. Mental illness as the next inevitable pandemic? These are challenging times that call for all frontline health care workers to develop skills to assess and intervene around the psychosocial concerns of patients and their families, so that we can all get through this together. A key focus is recognizing risk factors for perinatal mood and anxiety disorders, and mitigating their impact through provision of trauma-informed care.
- **DISCLOSURE OF GRANT FUNDING:** This educational program was developed by My NICU Network-My Perinatal Network (MNN-MPN), a collaboration between two non-profit organizations, the National Perinatal Association and the NICU Parent Network, in response to one of the charges of a grant awarded to the University of North Carolina-Chapel Hill under the Coronavirus Aid, Relief, and Economic Security Act (the CARES Act).

The Maternal Telehealth Access Project: Collaboration and Innovation for Equity and Healthy Families (Grant # H7EMC37564) is a collaborative initiative with several partnering agencies aimed at ensuring that women at highest risk are receiving quality maternal care services via telehealth during the COVID-19 pandemic.

The project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an Award totaling \$4,000,000 for one year with 0% percentage financed with nongovernmental sources.

The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

## Program Objectives

- Define two principles of trauma-informed care.
- Identify two strategies for providing trauma-informed support to maternity patients and new parents.
- Identify three maternity care patient populations at greatest risk of experiencing anxiety and depression related to the COVID-19 pandemic.
- Define three conditions that are related to the increased mortality rate from COVID-19 in racial and ethnic minorities.
- Identify two no-cost support resources for pregnant and postpartum families.
- Identify two benefits and two drawbacks of using telehealth resources to deliver health care.
- Define two principles that argue against separating COVID-19 positive mothers from their babies after delivery.
- Define three mental health risks to health care providers that may result from working during the COVID-19 pandemic and ways to mitigate them.

Continuing education credits will be provided for physicians, clinic and bedside nurses, social workers, psychologists, and licensed marriage and family therapists. CEUs will be provided by Perinatal Advisory Council: Leadership, Advocacy, and Consultation.

# PROGRAM CONTENT



## **GIVING BIRTH DURING THE COVID-19 PANDEMIC** FREE, 1 CEU Offered

For those who work with pregnant people and/or their newborns: Learn how to use trauma-informed care to support the resilience of patients and their families, as well as health care workers, during the COVID-19 pandemic. Recognize the role that disparities play in different health outcomes among people of color. Learn advantages and drawbacks of using telehealth, and strategies to expand its use. Available in written narrative, webinar, or audio versions to match your learning style.

## **FOR MATERNITY PROVIDERS:**



### **COMMUNICATION SKILLS**

NO CEUs Offered if taken for free; 1 CEU Offered if paid

Learn principles of trauma-informed care, use of universal precautions, how to support LGBTQ patients, obtaining informed consent, engaging in joint decision-making, delivering bad news, dealing with challenging patients.



### **PERINATAL MOOD AND ANXIETY DISORDERS**

NO CEUs Offered if taken for free; 1 CEU Offered if paid

Identify risk factors for and differential diagnosis of PMADs (perinatal mood and anxiety disorders), particularly perinatal depression and/or anxiety and posttraumatic stress syndrome. Learn the adverse effects of maternal depression on infant and child development, and the importance of screening for and treating PMADs.

## **FOR NICU PROVIDERS:**



### **COMMUNICATION SKILLS**

NO CEUs Offered if taken for free; 1 CEU Offered if paid

Enhance your communication skills with NICU parents. Learn to act as a coach and mentor to parents; best techniques for delivering bad news; involving parents in collaborative decision-making; principles of trauma-informed care and talking with parents in crisis; and provision of culturally competent care.



### **PROVIDING EMOTIONAL SUPPORT TO PARENTS**

NO CEUs Offered if taken for free; 1 CEU Offered if paid

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

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## Cost

The COVID course will remain free thanks to our grant funding and will provide 1 CE to those who are eligible (see below). The supplemental courses are free if credits are not desired and are subject to costs below if credits are desired.

- RNs: \$20 for the 3-course program and 3 CEs
- Physicians, licensed clinical social workers (LCSWs), licensed marriage and family therapists (LMFTs): \$70 for the 3-course program and 3 CEs
- Although PACLAC cannot award CEs for certified nurse midwives, they can submit certificates to their own professional organization to request credit. \$35/CEU; \$70 for the full program. Those not eligible for credits will receive Completion Certificates.

Completion certificates will be awarded at the end of the course in exchange for a completed evaluation form.

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To request accommodations for special needs, please email the program administrator at [help@myperinatalnetwork.org](mailto:help@myperinatalnetwork.org). To obtain a grievance policy or report a grievance please email the program administrator at [help@myperinatalnetwork.org](mailto:help@myperinatalnetwork.org).

# Faculty

**Linda Baker, PsyD** (Maternity PMAD)  
Psychologist at Unstuck Therapy, LLC, Denver, CO.

**Jerasimos (Jerry) Ballas, MD, MPH** (COVID)  
Associate Clinical Professor, UCSD Health System, Maternal-Fetal Medicine, Department of Obstetrics, Gynecology and Reproductive Sciences, University of California at San Diego, San Diego, CA.

**Brittany Boet, Patient/Parent** (Maternity PMAD)  
Founder, Bryce's NICU Project, San Antonio, TX.

**Jennifer Canvasser, MSW, Patient/Parent** (COVID)  
Founder, Executive Director of the NEC Society, Davis, CA.

**Angela Davids, Patient/Parent** (Maternity PMAD)  
Founder, Keep 'Em Cookin', Baltimore, MD.

**Allison Dempsey, PhD** (COVID)  
Associate Professor of Psychiatry, University of Colorado School of Medicine, Denver, CO.

**Sue L Hall MD, MSW, FAAP** (COVID, Maternity Communication, Maternity PMAD, Communication-NICU, NICU Emotional Support)  
Neonatologist, Ventura, CA.

**Claire Hartman, RN, IBCLC** (Maternity Communication)  
Labor & Delivery, University of North Carolina Hospital, Chapel Hill, NC.

**Cheryl Milford, EdS.** (NICU Communication, NICU Emotional Support)  
As a NICU and Developmental Psychologist and Director of Development for the National Perinatal Association, Cheryl was instrumental in the development of course content and fostering the mission of My NICU Network. Despite passing away in 2020, her contributions endure and continue to shape our course.

**Tracy Pella, MA** (Maternity Communication)  
Co-Founder and President, Connected Forever, Tecumseh, NE.

**Karen Saxer, CNM, MSN** (Maternity Communication)  
University of North Carolina Maternal-Fetal Medicine, UNC Women's Hospital, Chapel Hill, NC.

**Sage N. Saxton, PsyD** (COVID, NICU Emotional Support)  
Clinical Psychologist and Associate Professor of Pediatrics and Neonatology, Oregon Health and Science University, Portland, OR.

**Keira Sorrells, BSFCS** (COVID)  
Premie Parent and Founder and Executive Director of the NICU Parent Network, Jackson, MS.

**Amina White, MD, MA** (Maternity Communication)  
Clinical Associate Professor, Department of Obstetrics and Gynecology, University of North Carolina, Chapel Hill, NC.

## CANCELLATIONS AND REFUNDS

- For Paid 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 [help@myperinatalnetwork.org](mailto:help@myperinatalnetwork.org) and individually approved.
- For Paid 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 hospital'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 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 is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing education for physicians. PAC/LAC takes responsibility for the content, quality and scientific integrity of this CME activity. PAC/LAC designates this activity for a maximum of 3 *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 3 contact hours of continuing education credit.

For CAMFT: Perinatal Advisory Council: Leadership, Advocacy, and Consultation (PAC/LAC) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs and LCSWs. CE Provider #128542. PAC/LAC maintains responsibility for the program and its content. Program meets the qualifications for 3 hours of continuing education credit for LMFTs and LCSWs as required by the California Board of Behavioral Sciences.

Contact us at [help@myperinatalnetwork.org](mailto:help@myperinatalnetwork.org) and  
Follow us online at [@mynicunetwork](https://www.instagram.com/mynicunetwork)  
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