



Something Big Is Happening: NANN'S 31st Annual Educational Conference Thursday, October 22–Sunday, October 25 | Dallas

BIG IDEAS ★

Britt Berrett, PhD FACHE, author of *The New York Times* bestselling book *Patients Come Second: Leading Change by Changing the Way You Lead*, will blaze a trail with big ideas as the opening keynote speaker on Friday, October 23, 8–9:45 am. Berrett will share his revolutionary concepts on the connection between employee engagement and patient loyalty. Attendees will receive practical tools and tips to implement immediate change in their organizations.

Kelli Kelley, BJ, of Hand to Hold in Austin, TX, will build the bridge between the neonatal nurse and NICU families, based on her personal experience as a mother of two children born preterm and as a national advocate for NICU parents. Kelley will present "NICU Nurses: At the Heart of Delivering Family-Centered Care" on Saturday, October 24, at 11:15 am.

Virginia (Ginny) Beeson, MSN BSN NEA-BC USN (Ret), of Ginny Beeson & Associates, will wrap up the conference with her presentation, "OK, the Conference Is Over, Now What?!" Ginny will help attendees generate big ideas on how to parlay inspiration and motivation into action. This final general session will take place on Sunday, October 25, at 11:15 am.

BIG OPPORTUNITIES ★

Speaker Engagement

If you want to get up close and personal with the keynote speakers, you will have your chance this year. After general sessions NANN has designated 30 minutes for attendees to engage the keynote speakers in further conversation in the Learning Center located in the Exhibit Hall.

Speed Networking

After a successful start last year, attendees will get another chance to connect with new and long-standing NANN colleagues in a fun and engaging Speed Networking Session. By fostering new contacts and deepening current connections within your profession, you can gain invaluable returns for your career and personal life. Bring your business cards and conversation!

Continuing Education

The 2015 Annual Educational Conference offers you a big opportunity to earn up to 23.5 continuing nursing education (CNE) contact hours by attending three general sessions, paper sessions, poster viewings, interprofessional sessions, and more! This includes 7.5 pharmacology hours.

REGISTER NOW! Register before September 14 to save \$100! Visit www.nannconference.org to register.



from NANN's President

Cheryl A. Carlson, PhD APRN NNP-BC

Throughout my long career in caring for neonates, I have found it to be both challenging and exciting to keep up with the continued advances in neonatology. The increase in scientific knowledge, technology, and the ability to share information in seconds has allowed healthcare professionals to make dramatic changes in the outcomes of critically ill infants. A commitment to evidence-based practice and nursing research in this new era of health care allows nurses to improve the care they provide to these extremely vulnerable infants. Neonatal nurses have embraced the power of change to ensure that all providers, regardless of specialty, are incorporating best practices when providing care. Interprofessional practice improvement projects implement evidence as it is published and monitor outcomes as a way to ensure improvement.

The continued development of professional nursing, especially in neonatal care, depends on the ongoing education and experiences that build on basic nursing education and orientation programs. In addition to using continuing education programs to develop skills and build a strong knowledge base, nursing is one of the professions that requires continuing education to maintain state licensure or certification. Continuing education lends itself to the pursuit of advanced degrees for career advancement in higher level nursing positions, advanced practice, research, or nursing faculty.

As a novice neonatal nurse, I often learned about pathophysiology and discussed treatment decisions with the neonatal team during bedside rounds. I remember how excited I was to attend my first NANN conference

and network with other nurses who were struggling with the same issues in providing quality patient care, listen to lectures that either validated my practice or inspired me to do more, and return home to share what I learned. Enthusiasm for lifelong learning about neonatal issues, through reading, attendance at continuing education programs, and discussion with peers, was instrumental in my continued growth as a neonatal nursing professional. These contacts and interactions kept me enthusiastic about my profession and motivated me to continue to improve and grow both personally and professionally throughout my career.

Professional behavior becomes evident in nurses who engage in continuing education and is the hallmark of professional growth and development of the individual nurse and the profession of neonatal nursing (Gallagher, 2007). Nursing is a science-based profession, which requires regular updates on knowledge and practices that will improve patient outcomes and family care. More than ever, the continuing changes in technology, both in communication and in patient care, demand that nurses remain updated on current research and evidence-based practice guidelines (Declan, 2009). With rapid changes in communication technology, this education can take many forms (e.g., webinars, video conferences, voiceover PowerPoints, and downloadable courses or programs). The one thing that is missing in these forms of continuing education is the ability to network with others outside of your own organization. This type of networking expands how you think and makes you realize that the way you provide care may not be the only way. Others may have found solutions that you

haven't considered. National meetings provide you with the opportunity to network with other neonatal nurses and build interprofessional relationships.

Attendance at conferences is a challenge for many nurses due to changes in health care and institutional budgets. However, it is still the responsibility of the individual nurse to maintain competence and updated knowledge within the areas of job responsibility. You may need to negotiate with your employer about attending the conference. It is up to you to prioritize attendance at a national meeting as you move along your career path and continue development in your position. This is important for nursing job satisfaction and continued improvement in patient and family care and outcomes.

To determine competence, many state boards of nursing require attendance at continuing education programs within the specialty area to meet requirements for re-licensure. In addition, some states require specific continuing education (CE) credits. For example, advanced practice nurses who have prescriptive authority may need pharmacology continuing education. For certified neonatal nurses and neonatal nurse practitioners, the National Certification Corporation (NCC) requires specific continuing education hours based on self-assessment in an effort to maintain competencies in the specialty area and to preserve certification. For nurses who are already certified, NANN is working with NCC to incorporate the CE you earn at the conference into your maintenance with NCC. For those of you who are not certified, attending a national meeting often makes

continued on page 2

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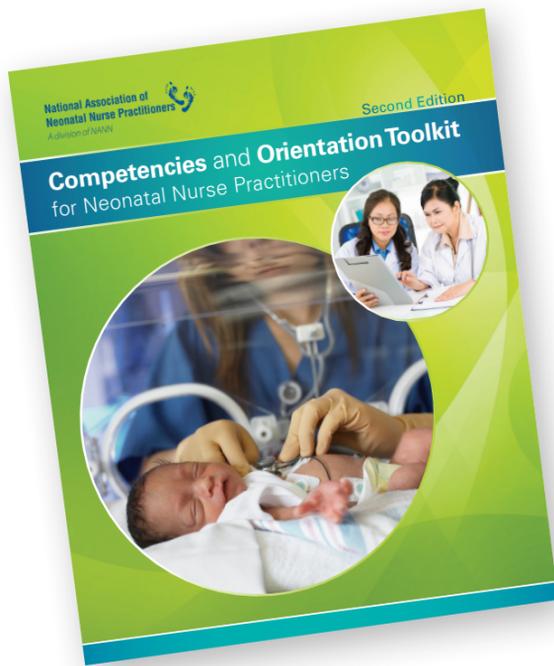
Post this issue of *NANN Central* in your NICU or pass it along to a colleague.





Susan Meier, DNP APRN NNP-BC

As we look forward to our upcoming NANN Annual Educational Conference in Dallas, October 22–25, NANNP is pleased to announce that this year's conference will again include a day of programming to meet the specific interests of APRNs and NANNP members, thanks to the sponsorship from Ikarria, Linkous & Associates, and Pediatrix Medical Group. The Business Meeting and Luncheon, open to all NANNP members, will include an update on L.A.C.E. The L.A.C.E. workgroup is the implementation arm of the APRN Consensus Model with a primary focus on disseminating information, clarifying intent of the APRN Consensus Model, identifying implications for all stakeholders, and addressing unintended consequences. This will be followed by the APRN Summit, open to all APRNs, APRN students, and others who are interested in the topics. This year we will provide two tracks to meet your educational needs—a faculty track and a clinical leadership track. Breakout sessions for the faculty track include "Optimal Program Management" and "Reverse Classroom Concept." Breakout sessions for the clinical leadership track include "Moral Distress" and "NNP Billing." With high-quality, national level speakers presenting, this APRN Summit will be a dynamic and informative day. We hope to see you there. For more information visit www.nannconference.org.



A Powerful Resource for NNPs, Preceptors, and Staff Educators

Competencies and Orientation Toolkit for Neonatal Nurse Practitioners

The second edition of *Competencies and Orientation Toolkit for Neonatal Nurse Practitioners* provides consistent expectations concerning competencies for neonatal nurse practitioners (NNPs) at varying levels of experience.

The NNP toolkit

- identifies the core competencies and role of NNPs
- offers standardized methods for measuring and validating the competency of NNPs
- incorporates neonatal nursing competencies outlined by the National Organization of Nurse Practitioner Faculties (NONPF)
- includes an expanded procedural checklist.

The expanded toolkit is filled with updated content for NNPs. The 90-page book includes downloadable documents to facilitate individual use by NNPs and their supervisors, including a full PDF of the book and Word documents of seven appendices.

Help drive success and standards in your NICU with this toolkit. Purchase it now at www.nannstore.org.

Webinar Available on L.A.C.E. for APRNs

Grandfathering, Endorsement, and Other New Rules for APRNs

In early May, Suzanne Staebler, DNP APRN NNP-BC FAANP, presented a webinar that focused on the National Council of State Boards of Nursing delegate assembly's recent approval of new rules for licensure by endorsement and guidelines to govern grandfathering rules for advanced practice nurses (APRNs).

This webinar discussed new rules and used a case-based approach to identify their potential impact on individual neonatal nurse practitioner (NNP) practice. If you missed the live event or would like to watch it again, visit www.nann.org/lace.

from NANN's President *continued from page 1*

you realize how much you know in your field and can prepare you to sit for certification as you progress in your professional role.

NANN's 31st Annual Educational Conference will be held in Dallas in October 2015. The Program Planning Committee has worked hard to meet the needs identified by the membership in the selection of program speakers and topics. An added benefit is the ability to meet and network with other nurses within our specialty, meet NANN's Board of Directors, and spend time in the exhibit hall to see and discuss new and existing products. Several of our exhibitors have been with us for many years and depend on the feedback the conference attendees have on new and existing products and how they are used in clinical areas. It is exciting to see a change in a product that you suggested or see a new product marketed that will improve the care of our vulnerable patients.

I look forward to meeting you at the conference. Please take time to meet your NANN Board of Directors. We look forward to the opportunity to network with you.

References

Declan T. (2009). Importance of Continuing Nursing Education. Retrieved from www.uaseducation.com/articles/666/1/Importance-of-Continuing-Nursing-Education/Page1.html.

Gallagher, L. (2007). Continuing education in nursing: A concept analysis. *Nurse Education Today*, 27(5), 466–473.

2016 Call for Abstracts

32nd NANN Annual Educational Conference
October 26–29, 2016 | Palm Springs, CA

Abstract submission deadline:
Monday, November 2, 2015

Submit your abstract today at www.nann.org!

11th Annual NANN Research Summit
April 5–7, 2016, Scottsdale, AZ

Abstract submission deadline:
Friday, October 30, 2015

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Lily

Brighter Tomorrows Story Contest Winning Entry

Katie Jo Dixon, RN

Have you ever left a conversation feeling like your smile was brighter? Have you ever hugged someone and known that your day was going to be better from that moment forward? Have you ever met someone and realized that you would remember that person for the rest of your life? These day-lifting and life-altering interactions happen every day in NICUs across the country.

How can someone who weighs only 7 pounds weigh so heavy on your mind? How can someone who breathes only for 1 month breathe on in your memory forever? How can someone so small and helpless be destined to live so briefly and profoundly?

She was named after a flower. The scent of her name fills my memory every time I come across that flower outside of the NICU. She blooms in my mind, a fresh and new flower bud, waiting to blossom at the most unexpected times.

Shopping at the local hardware store, I stroll across the gardening supply section. Tulips, orchids, chrysanthe-

mums—they all pale in comparison when nestled among the namesake flower that holds the memory of who you are. My breath leaves me for an instant, and I imagine what it must have been like for those who loved you dearly, your mother and your father, to cradle you in their arms with the uncertainty of whether the next breath would arrive.

What about the moment when the next breath failed to arrive? Your mother leaned in close to your tiny nose and little lips to see whether or not she could feel the warm, moist air exhaled from your nostrils. Your chest lay still, the diminishing beats of your heart barely perceptible, as the life and joy that filled your body from the tips of your fingers to the tips of your toes slowly withdrew and wafted into bittersweet memories.

These thoughts take over my frontal brain as I care for a baby now who is alive, moving, breathing. The words “incompatible with life” ring between my ears straight from the nurse’s mouth at shift change. The idea that life stops when the beating heart stops or the lungs stop

exchanging oxygen places limitations on the expansiveness of life. What about the moment when the mother first imagined her baby’s face along with a positive pregnancy test? What about every birthday that will be celebrated in the baby’s absence? What about the flower that blooms in my mind every spring as purple and white lily blossoms parade around my neighborhood? Knowing you, even for a brief moment in this waking life, has made my tomorrow brighter. You have made my nursing care more meaningful. The powerful message you shared was that these moments that last for the duration of an inhale and exhale are profound, impactful, and powerful. Like breathing in the aroma of the nectar deep inside the heart of a flower, the smell of the essence of your little life fills all my senses forever.

Read all of the submissions for the Brighter Tomorrows Story Contest at www.nann.org/stories.



Terri Marin (center) with fellow NANNP member and FAANP Suzanne Staebler (left) and FAANP chair Mary Ellen Roberts (right).

NANNP Member Inducted as Fellow of AANP

Established by the American Academy of Nurse Practitioners (AANP) in 2000, the Fellow of AANP (FAANP) is dedicated to the global advancement of nurse practitioners (NPs) and the high-quality health care they deliver. Members of FAANP are recognized NP leaders who have made outstanding contributions to NP education, policy, clinical practice, and/or research.

At the induction ceremony held June 11, 2015, in New Orleans, NANNP member Terri Marin, PhD NNP-BC, was inducted as a fellow. NANN and NANNP congratulate Terri on this outstanding accomplishment.

NANN 2015 Special Election

The unexpired term in the office of the president will be filled during a special election to be held at the Annual Business Meeting during NANN’s 31st Annual Educational Conference in Dallas, October 22–25. Be sure to check www.nann.org in August to learn more and meet the candidates.

2015 NANN Small Grant Recipients

NANN would like to congratulate the 2015 Small Grant recipients. The winners will present their research at the 2017 Annual Educational Conference.



Thao Griffith, PhD(c) BSN RN

University of Illinois at Chicago, College of Nursing, Chicago, IL
The Effects of Tube Feedings on Preterm Infant Nutritive Feeding Organization



Lauren M. Head, BSN RN

Emory University Nell Hodgson Woodruff School of Nursing, Atlanta, GA
Language Exposure in the NICU as a Modifiable Determinant of Neurodevelopmental Outcomes in Very Preterm Infants



Dorothy Vittner, PhD(c) MSN BSN

University of Connecticut, School of Nursing, Storrs, CT
Bio-Behavioral Mechanisms During Maternal and Paternal Skin-to-Skin Contact with Preterm Infants

The Small Grant Program is made possible through educational grants from:



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Advocacy Update



NIWI Reflection

Ally Kayton, MSN APRN NNP-BC

I had the privilege of attending the Nurse in Washington Internship (NIWI) as a scholarship recipient in March 2015. I caught the health policy and advocacy bug about 1.5 years ago and jumped in with both feet. When I arrived in Washington, DC, I was overwhelmed with excitement. I had a meeting set up with my local congresswoman, and our Florida group had two meetings with our state senators. There were several people from my home state of Florida representing the VA Nurses Association.

The goal of the conference was to teach us how to meet with legislators and stick to the issues in a timely manner. One important discussion we were able to have with legislators was funding for the National Institute of Nursing Research (NINR). As nurses, we



bring a wealth of knowledge and information to the health community, and NINR is where we can receive funding for nursing research. The key takeaway I received from this experience is that nurses from every specialty need to come together with one voice. With more than 2.8 million nurses in the United States, including advanced practice registered nurses, we are a powerful voice if we all come together as one. This is the only way we as a group can make change. I learned how important membership is to our national and state groups. It is through membership in these groups that we are able to give a voice to key issues that pertain to our specialty.

Coming Soon: New CNENow! Modules

NANN is pleased to announce the launch of two new CNENow! modules this fall. Each module will focus on human milk and will offer 1 CNE contact hour upon completion. CNENow! is a series of online learning, peer-reviewed educational modules created to strengthen knowledge in essential areas of neonatal nursing. Each module is free to members and available at www.nannstore.org.

The following modules are coming soon to the NANN online store:

The Management of Human Milk in the NICU

Heather Goodall, MSN RNC-NIC IBCLC, Miller Children's & Women's Hospital Long Beach, Long Beach, CA; Sandra Sundquist Beauman, MSN RNC-NIC, University of New Mexico, Albuquerque, NM

Learning Objectives

1. Discuss specific evidence-based recommendations for the storage and handling of human milk—both mothers' own milk and pasteurized donor milk.
2. Identify effects on human milk when processed through freezing and heating, including pasteurization.
3. Consider the effects of clinical warming of milk feedings.
4. Discuss best practices to ensure the correct mother's milk is provided to the correct infant.
5. Describe risks of providing the wrong milk to the wrong infant.
6. Review recommendations to prevent tubing misconnections.

Both modules are supported in part by NeoMed, Inc.

Call for Mentoring Pairs

Are you involved in a mentoring relationship as either the mentee or the mentor? Would you like to share your story with the NANN membership? Please contact Jaclyn Welter at jwelter@nann.org if you are interested in being interviewed for a mentoring piece for an upcoming issue of *NANN Central*.



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CNENow!

Improving Outcomes with Colostrum and Human Milk— Evidence to Guide Practice

Lori Jean Wood, MSN CNS RNC-NIC IBCLC, Desert Regional Medical Center, Palm Springs, CA

Learning Objectives

1. Describe the protective components of colostrum.
2. Verbalize the role of colostrum in initiating both passive and active immunity in the neonate.
3. Describe the role of oligosaccharides and commensal bacteria.
4. Discuss the detrimental effects of formula and the dose/response relationship of the amount of breastmilk received in relation to the benefits gained.
5. Verbalize the application of the evidence-based research supporting the use of human milk as a best practice to clinical practice.

Calendar

National Neonatal Nurses Day

Sept. 15, 2015

NANN 31st Annual Educational Conference

Oct. 22–25, 2015

Dallas

NANN Special Election for President

Oct. 24, 2015

Annual Business Meeting, Dallas

11th Annual NANN Research Summit

Oct. 30, 2015

Online abstract submission deadline

NANN 32nd Annual Educational Conference

Nov. 2, 2015

Online abstract submission deadline

Look for chapter meeting dates at www.nann.org.