 

**Preliminary Schedule of Activities**

**National Association of Neonatal Nurses**

**Delegation to the Kingdom of Sweden**

**February 2-7, 2025**

*Please note- Specific meetings and facility visits will be determined based on the goals and topics of discussion defined by the delegation leader and the organizing committee. Delegation members will be asked to complete a professional profile and offer suggested topics of discussion. The final activity schedule will reflect the delegation's composition.*

**Preliminary Topics of Discussion:**

1. Education and preparation for practice in the Neonatal Intensive Care Unit
2. Model of care delivery in the Neonatal Intensive Care Unit
3. Structure of the Neonatal Intensive Care Unit (general bay, shared rooms, private patient rooms)
4. Role of the parents in care of their infant, such as visitation, kangaroo care, rooming in, etc.
5. Professional services offered in the Neonatal Intensive Care Unit (Occupational Therapy/Physical Therapy/Speech Therapy)
6. Advance Practice Registered Nurses roles in the Neonatal Intensive Care Unit
7. Long term follow-up care and community resources to support Neonatal Intensive Care Unit patients
8. Gain an understanding of the Swedish Neonatal Quality Register and the role of practitioners in maintaining accurate data.
9. Understand the dependencies between the six healthcare regions for Neonatal specialized care.

**Sunday, February 2, 2025**  **Arrival Stockholm, Kingdom of Sweden**

Delegates arrive throughout the day via the Stockholm Arlanda International Airport (ARN) and transferred to the delegation hotel. The Delegation will convene with the orientation and program briefing in the early evening.

Stockholm is the Capital of the **Kingdom of Sweden**, the most populous city, the financial center and home to the largest medical centers in Sweden. Stockholm is the largest urban area in the Nordic countries, with a population of just over 2.4 million. The city is set over 14 islands where lake Malaren meets the Baltic Sea.

**Monday, February 3, 2025**  **Cultural orientation, Stockholm**

Begin the day with an overview of the history and culture of Sweden including:

* **Drottningholm Palace.** The beautiful Drottningholm Palace was constructed in the seventeenth century, is the permanent residence of the royal family, and one of Stockholm's three World Heritage Sites.
* **Vesa Museum.** Learn about the maritime history of Sweden and experience the magnificence of the Vasa Warship, which survived over 300 years after capsizing in 1628, it was recovered and stands today fully intact.
* **The Royal Palace.** The official offices of the King and Queen of Sweden, the Palace has over 600 room with three museums steeped in regal history: the Treasury with the regalia, the Tre Kronor Museum that portrays the palace's medieval history and Gustav III's Museum of Antiquities.
* **Stockholm Old Town.** Dating back to the 13th century, Old Town was Stockholm’s original city center with twisting and winding cobblestone streets and buildings from the 16th and 17th century.

**Tuesday February 4, 2025**  **Professional Day, Stockholm**

Delegates will meet with the Swedish Nurses Association and learn about the history of Nursing in Sweden and the future for advanced care nursing in Sweden. Learn how Sweden has led the way in reducing neonatal mortality and the programs, methods and unique approaches to increasing survival rates for neonates.

Following lunch, delegates will visit the Karolinska Institute, one of the world’s leading medical universities, school of nursing. Joined by the administrators and nurses the delegation will tour one of three Karolinska University Hospital system’s neonatal units, located throughout Stockholm, followed by a round table discussions.

**Wednesday, February 5, 2025** **Professional Day, Stockholm**

Today, The delegation will continue discussion on the advancements in Neonatal care, which has helped Sweden to have the lowest neonatal mortality in the world during visits to the Karolinska University hospitals serving different healthcare regions. See the transport equipment and learn the protocols which facilitate access to care through the network of specialized care NICUs system serving Sweden.

Later travel outside of Stockholm to Uppsala, Sweden and meet with the NICU team at Uppsala University Hospital a referral center for specialized neonatal intensive care .

**Thursday, February 6, 2025**  **Wrap up and , Stockholm**

This morning The delegation will reconvene with the leaders from the Swedish Nurses Association, and the primary counterparts from the facilities visited to discuss observations, lessons learned, best practices and opportunities for collaboration.

The afternoon is available for individual pursuits and meetings with counterparts.

**Friday, February 7, 2025** **Departure from Stockholm**

Depart for the United States or the optional cultural extension.