

Featured Conference: Quantum Caring for NICU Clinicians Workshop August 24, 2019 Summerlin Hospital Medical Center, Las Vegas NV

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Course Description:

Early life adversity changes biology and impacts an individual's developmental trajectory and quality of life across the lifespan. Physiologic and psychologic morbidities have been described in NICU survivors. As science gains insight into the pathogenesis of these life altering consequences, NICU clinicians are able to integrate effective, evidence-based strategies to mitigate and ameliorate these outcomes.

Maternal separation, unmanaged or under-managed pain and stress, sleep fragmentation / deprivation and other experiences that undermine a sense of safety, security and connectedness in the neonatal intensive care unit elicit a toxic stress response and constitute early life adversities. The eco-bio-developmental framework from the American Academy of Pediatrics highlights opportunities for neonatal and pediatrics clinicians to transform the experience of care in the NICU and beyond.

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The concept of trauma-informed care has biologic relevance in the NICU where infants, families and clinicians are exposed to repeated traumatic stress. Understanding the biology that underpins traumatic stress introduces innovation in primary prevention and earlier intervention. Adopting evidence-based strategies that mitigate and manage the trauma associated with the NICU experience impacts short-term and long-term outcomes for infants, families and clinicians.

This full day workshop introduces the learner to the biology behind psychosocial development and the implications and clinical relevance of a trauma-informed approach to care in the NICU. The faculty have synthesized relevant and practical aspects of a rich and diverse evidence base to provide the learner with tangible and actionable practice strategies that they can implement in their next care encounter.

Disclosure: This program has been awarded 8 continuing education credits for nursing in accordance with 244 CMR 5.04 Massachusetts Board of Registration in Nursing

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Needs Assessment:

Upon completion the learner will:

- List the eight stages of psychosocial development
- Identify the psychosocial crisis of stage one
- Explain the relationship between hope and health
- Describe the hope continuum in the NICU
- Identify 3 physiological and 3 psychological health benefits of compassion
- Describe the power of 40 seconds
- Describe the epigenetics of traumatic stress
- List 3 short-term and long-term outcomes associated with traumatic stress
- List the 5 core measures for trauma-informed, age-appropriate care
- Draft a test of change related to one attribute of the core measures for trauma-informed care
- List the 5 things you can do to cultivate courage

Who should attend?

NICU / PICU Nurses
Physicians
Nutritionists / Dieticians
Speech / Language Pathologists
Parents / Family Members
Early Interventionists
Community / Public Health Nurses
Occupational Therapists

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