

# Neonatal Nurses College of Aotearoa (NNCA) Newsletter Autumn 2018

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Neonatal Nurses College Aotearoa - NNCA



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# Welcome from the Editor

## Rose Batchelor



Hi and Welcome to our first newsletter for 2018!

In this edition, we continue to reflect back over the Neonatal Nurses Conference for 2018—it has certainly made a big impression on us and we look forward to enhancing our practice with new ideas and knowledge. Don't forget that the presentations (and photos) can be viewed on our NNCA webpage if you would like to refresh your memory!

This year we forge ahead towards hosting our international COINN conference, with loads of work being done in the background by our Local Organizing Committee (Thank you!). The call for Abstracts for this conference will be opening on April 30th—check out other important dates on page 9.

In the meantime, another group is hard at work putting together a one day Symposium for us to enjoy later in the year. Thank you to this busy group of ladies! Being hosted by Waikato District Health Board Neonatal Unit, this will be held in Hamilton and preceded by a full day Clinical Nurse Managers meeting. Check out the dates, in this edition page 14 and remember to start organizing your roster and funding early. Don't forget that funding is available through NNCA—application details are available on our website.

The first meeting of the year has come and gone for the NNCA Executive committee. We had two days in Wellington, working out our plan of action for the year ahead. We acknowledge committee members who have left us—Jane Bocock and Jenny Blackburn—and welcome two new members (look for their introduction on page 5). We look forward to a busy year ahead, and welcome ideas and contributions from our members so that we can direct our efforts in the best way to support the NNCA membership (now around 600 members!).



## From the Chair

Gina Beecroft



A Big Happy New Year to you all.

I hope you all had a very good Christmas and start to the new year.

“Nurture” our NNCA Conference for 2017 was an outstanding success and a fantastic way to finish the year, and propel us into our new year on a high note. It not only furnished us with some outstanding food for thought about our practice, but also some strategies to help us manage the everyday stress and strains that comes from working in our ever increasing demanding and challenging specialty. I would like to extend a very big thank you to the Wellington Districts local organizing committee (LOC) for convening such an outstanding event on our behalf.

2018 sees changes to our executive. We said a very fond farewell and thank you to Jane Bock for her multiple contributions to NNCA and neonatal nurses and nursing. Jane ended her term on the executive, and was conferred as an honorary NNCA member at our AGM. We now welcome on board Tracey Green, from Christchurch, and Barbara Hammond from Waikato (seconded to the executive following Jenny Blackburn standing down). Thanks go to Jenny in acknowledgement of her contribution to NNCA and her hard work as part of the LOC for the 2017 conference.

### Introducing your Executive Committee 2018.

Fiona

Paula

Helen

Tracey

Rose



Kate

Gina  
Absent—Barbara Hammond

Ros

# From the Chair continued...

## Leadership/Rangatiratanga

This year sees us deviating from holding our normal annual conference, and holding a one day symposium in its place. Due to a change in circumstance, it will now be hosted by Waikato District Health Board Neonatal Unit. More about this to come...

Conference 2017 was both a fantastic financial and professional success. The impressive array of speakers and innovative programme delivered all that it looked like it was going to—and more! The Wellington LOC are to be congratulated on their amazing effort.

We have two Special Interest Groups (SIGs) and work within these will be progressing this year -

1. Infants at the Edge of Viability
2. Transitional Care.

At the NNCA AGM (2/11/17) three remits were put forward. These were -

1. To increase available scholarship funding to \$10,000
2. To set up a specific fund to subsidize NZ delegates attending COINN conference 2019
3. Confer honorary membership to Jane Bocock.

All three remits were passed unanimously.

## Organisational/Kaitiakitanga

NZNO Colleges and Sections Banking is still undergoing revision and changes have been made to financial reporting. The NNCA executive is working hard to ensure all money held by our college is reinvested back into membership support.

The NNCA executive has been working alongside Rosanne Grillo (NZNO Support) to update our Website.

## Social/Kotahitanga

A number of NZNO consultations relevant to neonatal nurses and neonates have been received and responded to.

The COINN LOC have continued to be very busy and prolific with their output. With more international speakers now secured, attention is now being placed on more local contribution.

NNCA members remain active on many national working groups/Workshops including—

COINN, COINN LOC, New Zealand Breastfeeding Alliance (NZBA); Australian and New Zealand National Network (ANZNN); New Zealand Newborn Clinical Network (NZNCN); New Zealand Resuscitation Council (NZRC) Newborn Life Support working group; Perinatal and Maternal Mortality Review Committee (PMMRC) Neonatal Encephalopathy working party; and Perinatal Society of Australia and New Zealand (PSANZ).

**GINA**



# The new faces of the Executive Committee...

## Tracey Green:

My name is Tracey Green and I work in the Christchurch Neonatal Intensive Care Unit. I completed my nursing training in Invercargill, got my first job in Sydney and began my neonatal career by chance in England while doing agency work, and have never looked back.

I have been given many opportunities, had many experiences and have enjoyed the challenges neonatal nursing has presented. I initially worked as a staff nurse, then an ACNM, with my current role is Neonatal Nurse Practitioner.



I am excited to have this opportunity to be a member of the NNCA committee, to gain greater insight at a national level and to have the privilege to represent my colleagues with the aim of promoting, supporting and developing neonatal nursing nationally.

I am a Canadian born, and post travelling the world landed in NZ in 1982. After raising my

## Barbara Hammond:

three children and working as an EN for many years in elderly services, I bridged and completed my Bachelor of Nursing in 2000. In Canada and NZ my background had been Paediatrics and Care of the disabled. I currently work at the Whanganui DHB Paediatric and Level 2 SCBU units.

I enjoy following our neonates through their lifespan and acutely aware of their life challenges. I am fully involved in sharing current information gained by attending NN conferences in Ottawa, Sydney, Vancouver and NZ. My current interest is prevention of hypothermia and hypoglycaemia of the neonate from birth. To support this I am the SCBU representative on the Maternity Quality and Safety programme.



My further involvement is the DHB's special interest teams is wide and varied as my goal is to continue to work in a team environment to provide solutions that benefit the family and health care team.



# Neonatal Nurses Research

**Deborah Harris**  
**Waikato District Health Board**



## Neonatal Nurses Research Priorities—

In order to determine the research priorities that neonatal nurses identify as the most important, a small group from the Council of International Neonatal Nurses (COINN), Research Section has developed an online survey. We are inviting nurses from all over the globe to take part in the survey and we hope that the findings from the survey will underpin the development international research projects in the future.

Members of the COINN Community are invited to participate via the hyperlink on the COINN website and on Facebook. The survey is will be open from 1 March to 31 May 2018 and completely voluntary, anonymous and confidential. The findings will be presented at the COINN Conference to be held in Auckland, New Zealand, May 2019 and will also be published in international journals.

Most importantly, we really want to understand what you as nurses consider the important research priorities. Neonatal nurses from 70 countries contribute to COINN, with an estimated 5000 members. The survey is a small step towards giving neonatal nursing a research voice. If you have any further queries please contact:

Deborah Harris at [Deborah.Harris@waikatodhb.health.nz](mailto:Deborah.Harris@waikatodhb.health.nz)



# The Neonatal Trust

The Neonatal Trust cannot deliver our services and support to families without the assistance of our Partners, volunteers and the other great groups who work in the neonatal care space. We are incredibly grateful for the interest and ability to share details with the NNCA. With a firm focus on communication and raising awareness, here's a quick overview of some of our recent activity and upcoming plans.

## SURVEY SUPPORT

In late 2017, The Neonatal Trust contributed to a neonatal care working group (including specialists and nurses, midwives and obstetricians) who were looking at the information parents of very early babies receive to support them.

We supported by going to our community with a survey to get their feedback on the information they received. Responses were sought from parents of babies born between 23 - 26 weeks gestation and we were very happy with the number of surveys completed.

The valuable feedback was then shared with the working group in order to:

- \* better understand the information given to parents of very early babies, and what was of most value
- \* identify improvement opportunities
- \* ensure consistency of approach and messaging across all New Zealand neonatal units

We're proud to support projects such as this survey. The continual focus on enhancing the clinical care and supporting practices for neonatal families is a key reason New Zealand is a leader in this field.

## Do you want insights or feedback from parents?

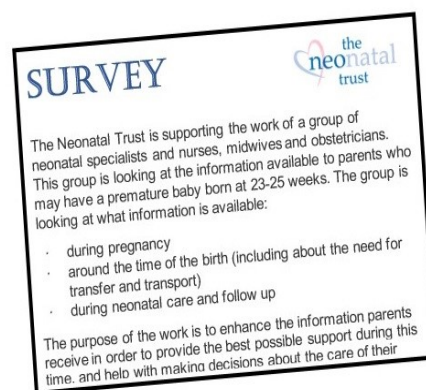
If you want information from neonatal parents to enhance the support and care they receive, we're here to help. Please touch base on [info@neonataltrust.org.nz](mailto:info@neonataltrust.org.nz) in the first instance.

## SUPPORT RESOURCES

We have continued to enhance our library of [support material](#) to help families who are going through the stress and anxiety of a neonatal journey. We plan to add more in 2018 (the next to be on Tube Feeding) and will be looking to increase parents' awareness of them.

Shortly we will be sending every NICU and SCBU a number of books to help encourage reading to babies and also for parent to use themselves and help keep siblings entertained. These will be accompanied with printed copies of our [Reading to your Baby](#) resource that helps to explain the benefits of the practise and encourage parents to do so.

This is part of our suite of parent resources that include key information on focused topics. Importantly, these are able to be easily printed and shared. Focusing on providing answers to questions and information that are relevant to the early stages of a baby's life, these resources are to the point 1-2 pagers of key information, professionally designed to ensure credibility and a sense of quality. Other support resources include: - [Bonding with your baby](#) - [Tips for Dads](#) - [Your Emotions](#) -



### READING TO YOUR BABY HAS MANY BENEFITS

It's no secret to most people that reading is great for our brain development and our mental wellbeing.

What may not be quite so well-known are the benefits of reading to babies. Talking, reading or even singing quietly to your baby will soothe and reassure them. It also helps them to develop good language and communication skills.



Our tiniest babies, those who are born early or unwell, benefit from being read to. Your baby has heard voices and sounds from inside the womb and continuing this will help both you and your baby. Even the smallest babies recognise the tone of voice and speech patterns of their families.



# The Neonatal Trust continued...

## Watch this space

Looking ahead to for the rest of 2018, we will again be providing Support/  
Acknowledgement packs for every family with a baby in a neonatal unit on a key day  
– the next being Mothers Day (Here's [what we did in 2017](#)).

Wishing you all the very best. Thanks so much for your interest in, and support of,  
The Neonatal Trust.

Regards

*N O'Shea* *Phrocker*

Neil, Justine and the team

**The Neonatal Trust**

[www.neonataltrust.org.nz/support](http://www.neonataltrust.org.nz/support)





# COINN 2019

**Dale Garton**

Chair, Organising Committee

Welcome to the 10th Council of International Neonatal Nurses Conference, Auckland, New Zealand, to be held May 5-8, 2019.


On behalf of the Organising Committee, I would like to extend to you our 'māfana mai', our warmest welcome. This prestigious international event is proudly hosted by the Neonatal Nurses College – Aotearoa (NNCA) in collaboration with New Zealand Nurses Organisation (NZNO) and The Council of Neonatal Nurses (COINN).


Over three-and-a-half-days, an exciting and thought provoking programme consisting of plenary and concurrent sessions and poster presentations will explore the theme Enriched Family – Enhanced Care.

Enriched Family – Enhanced Care (Whannau/Ko e Fakakoloa'o e Famili, share the care) will showcase the innovative neonatal care delivered by you and experienced by families every day around the globe.

Find out more and join the mailing list at:

<http://www.coinn2019.com/>





**COINN 2019**  
Enriched Family – Enhanced Care  
5-8 May 2019, Auckland, New Zealand

[Home](#) / [Key Dates](#)

## Key Dates

Event	Date	
Registration Open	30 April 2018 – 4 May 2019	⬇
Call for Abstracts	30 April 2018 – 3 September 2018	⬇
Abstracts Close	3 September 2018	⬇
Early Bird Registration Close	22 February 2019	⬇
Conference Dates	5 May 2019 – 8 May 2019	⬇

# Conference 2017

## “Nurture”

Fiona Dineen



The conference was held at the Te Wharewaka o Pōneke on water front. Wellington showed us all on day 1, how beautiful it can be on a lovely sunny day and not a wind to be felt. The theme of the 2017 conference was nurture. Nurture is an integral part of every day life, which we sometimes we over see or don't necessary appreciate fully. As neonatal nurses we can view our jobs, nurturing the neonate and their whānau. But what we found over the 2 days conference, sometimes you need to look at yourself and nurture you before you can help others.

Day one kicked off with a very emotional powhiri carried out by one of Wellington NICU staff nurses Haley Dent. Grant Walker was the MC for the conference, with his wit and comedic skills managed to keep all the delegates engaged, with laughter and keeping the show on time. Fiona Dineen the Chairperson of the NNCA Wellington conference 2017, started the conference with a video from fellow colleagues/parents welcoming the delegates to the conference.

The first speaker up was the key speaker Róisín McKeon-Carter. This was her first of three talks. Róisín is currently working in Plymouth Hospitals in the UK, as a Neonatal Nurse Practitioner and Clinical Director Neonatal Services. Róisín showed her larger than life personality and great Irish humor over the two days. She discussed how to “Avoiding Term Admissions into NNU”, what is becoming world wide problem is increased admissions of term babies into NNUs. The Neonatal Data Analysis Unit (NDAU) identified that between 2011 and 2013 full-term admissions consisted of almost 60% of all admissions to NNU in England. This number rings somewhat true here in NZ too. This lecture will outline the reasons for term admissions and strategies / tools to prevent unnecessary separation of term babies from their mothers after birth.

The first day covered an array of topics from mindfulness session, to neonatal encephalopathy, to a selection of quick fire presentations. Lunch was provided, along with photosynthesis. The afternoon started with the previous and current Children's Commissioners, Dr. Russell Wills and Judge Andrew Becroft will share with conference delegates the risks and outcomes for Kiwi kids. Clint Eastwood's look alike presenting the [Oesophageal Atresia – The Good, The Bad and The Ugly](#). Then a time travel back in time on research and what the present has in hold for us. The day came to an end with a mindfulness session.

The sun remained in the sky as the conference dinner open, in the stunning venue The Boat Shed. Bollywood was the theme that came to Wellywood that night. A sea of colorful saris. Indian dance lesson were given, which had everyone on their feet participating. Then it became serious with a dance/sing off of the decades. The battle final was between the 20's versus the fabulous 60's. The crowd became boisterous and at times rowdy with their support. As night descend delegates boogie the night away.

## Conference 2017 “Nurture” continued



Day two showed Wellington as we know it, well some of the time, cold and windy. Róisín spoke of her insight to the nurse practitioner role. Annette Dickson from AUT spoke revealed the exciting pathways open to neonatal nurses, the further career and post graduate study alignment. Dr Jay Marlow Clinical Director of Maternal Fetal Medicine and Women's Ultrasound [History of Fetal Medicine](#) spoke about the “[History of Fetal Medicine](#)”.

After morning tea, death, pathology and counseling was the theme. We gained an insight of Dr Jane Zuccollo world and how it has developed over the years, showing what the end products have been with medical advances. Then, Dr Stanly Ng took top the podium sharing his findings with a 10 year retrospect study he carried out examining the [palliative care practices in tertiary NICU](#). Karyn Bycrorf and Cynthia Ward shared with us their endeavors to help meet neonates and their family/whanau when palliative care becomes the next step in providing care. Disclosing the "roller-coaster" of emotions that families embark on this foreign and oftentimes terrifying journey.

Then Róisín McKeon-Carter shared her experiences setting up a neonatal transitional care (NTC) & outreach supports reduced length of stay for the preterm population Neonatal Transitional Care supported by a neonatal outreach service facilitates reduced length of stay for ex extreme preterm infants and for the late preterm infant (34-37 weeks).

The final session was [mindfulness and showing how we can relate to others](#).

Fiona Dineen



# Around The Regions

## New Year, New Challenges, New role

Jacquie Koberstein



### SCBU Update – March 2018

Yes! We are the first Level 2 unit to employ a Nurse Practitioner, and we are delighted to have Rose Batchelor join our team. Rose is employed through our Nursing budget.

The role is an evolving one, and we are working through how the role will support the families, nursing staff and our medical team throughout the DHB. As providers of neonatal care it is great to be challenged about our practices, and encouraged to improve delivery of care - so watch this space.

Last year we ran a combined study day for our area, and Rose will again be doing some study days for the Midland region. We intend to send out invites to our surrounding units closer to the time. We recently had the Waikato team of David and Lee come to Rotorua and do some sessions on Nasal Flow, Ventilation and Pigtales. This was a collaborative discussion with nurses, Paediatricians and SHO. We look forward to more of that.

We will keep you updated with projects we are doing. Our intention is to follow-up on the recent conference information (Wellington) which highlighted reducing the number of term babies that come through our doors (ATAIN). Currently we find that approximately 60% of our admissions are over 37/40. Is this something that other units find?? Have you looked at why they come??

Jacquie Koberstein  
RN Rotorua SCBU





# Conference 2017

## “Nurture”

Alexandra Lott



The NNCA conference held last year in Wellington did not disappoint. The theme of ‘Nurture’ captured the essence of neonatal nursing, and each of the passionate and intriguing speakers managed to captivate the many eager nurses that sat in the audience, waiting to be inspired. Each presentation was relevant, some offering summaries of current finalised research and some offering exciting news of research that is soon to be carried out.

A talk by the children’s commissioner of NZ, Judge Andrew Becroft, discussed the current bleak numbers surrounding poverty in New Zealand. He also talked about the importance of offering ‘child-centred care’, and why we as health care professionals need to consider extensive support for our families living in poverty. If a child is living under the classification of decile 9-10 in this country, the rate of potential illness or accidental injury increases by 30%. His talk motivated many of the nurses present to continue their excellent work at identifying at risk families. By doing so, referrals are fast and social input is put in place early on in our care which can ultimately lead to a reduction in hospital admissions of our children.

As well as looking at preventative care for our vulnerable population, other speakers looked at care surrounding acute health concerns such as oesophageal atresia (OA). Professor Mark Stringer, one of Wellington’s leading Pediatric surgeons, gave a comprehensive and fascinating presentation surrounding current best practice in the care of a child diagnosed with OA. His talk discussed the pathophysiology surrounding the condition, other associated anomalies, and what the current research suggests to be best practice in terms of both acute and long term nursing and medical care. Interestingly, Professor Stringer mentioned that parents struggled with other families in the unit seeing the ‘tough cough’ as contagious. He went on to mention the importance of educating people on the condition so that families of babies born with the condition did not have to constantly explain to people that their child was not infectious and they did not have to avoid them in the community or in the hospital.

As well as a variety of talks surrounding neonatal care and statistics, we were also treated to discussions on the importance of looking after ourselves as neonatal nurses. This topic for me personally, and I know for colleagues also, was of high interest. Burnout is something we all need to consider as the high level of stress we face on a day to day basis affects not only ourselves, but our patients, their families and also our own families as well. Presentations on mindfulness and its importance really hit home and after talking to other members of the conference, It was clear that practicing mindfulness and self-care was going to be something that more nurses put into practice both at home and in the workplace, once the conference was over.

To wind down after a couple of days of information overload, Wellington’s NICU conference committee hosted a not to be forgotten dinner and dance that had everyone in hysterics. The dinner was a good chance to continue networking with like-minded individuals, and a chance to let our hair down and relax. The atmosphere was so positive and it was clear that everyone had a wonderful time.

I’m so grateful for the NNCA sponsoring my attendance at the conference and I know that I walked away with information that will shape my practice as a neonatal nurse for years to come.

**Alex**

# NNCA Professional Development Grant

Approx Amount Available: Up to \$10 000 total.

The *maximum* scholarship will be \$1000 per person at the discretion of the NNCA Executive Committee.

**Eligibility:** Applicants must be a full member of NNCA for 12 months.

**Criteria:** Courses, seminars, conferences or projects relating to neonatal nursing. Priority will be given to nurses embarking on research or writing for a peer reviewed journal.

Applications must be received on the correct application forms.

Applicants receiving funding from NNCA will be expected to contribute to the Newsletter or the annual Conference.

**Next Application date:**

**April 30**

Application forms can be found on the NNCA website—funding opportunities.

Send applications to –

Scholarships & Grants

NNCA Administrator

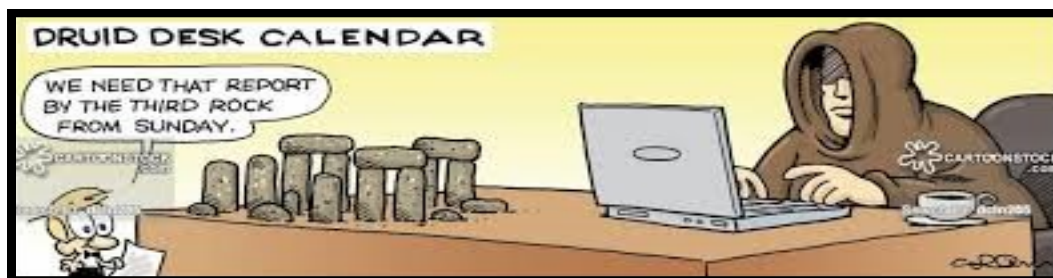
NZNO National Office

PO Box 2128,

Wellington 6140

Fax: 04 382 9993

E-mail: [rosanneg@nzno.org.nz](mailto:rosanneg@nzno.org.nz)



# **MARK YOUR CALENDAR IMPORTANT DATE!**

**And apply for your funding!!**

**One Day Neonatal Symposium—NNCA**  
**Theme: “Synergy”**

**Friday 18th September 2018**

**Venue: Claudelands Arena, Hamilton**

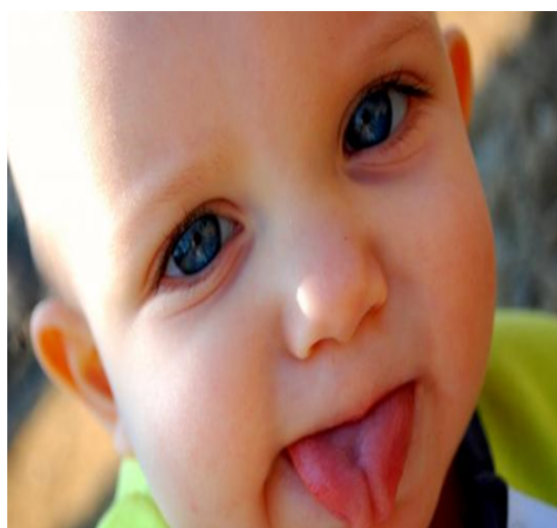
**Hosted by Waikato Hospital**



*Mark your calendars NOW!! More details to come...*

**This symposium will be preceded by a one day Managers Meeting.**

# Tongue-tie: evidence + challenges **symposium**



## Whenua Pupuke, North Shore Hospital

Friday, 13th April 2018

8:30 am – 4 pm

Registration from 8 am

This multidisciplinary event will share new ground breaking research in the field of infant suck and swallow physiology, and the impact of tongue-tie on this. The day will also focus on strategies for managing tongue-tie, for clinicians and parents.

## Keynote speakers

### Dr Pamela Douglas

Pam is a GP, an IBCLC and breastfeeding medicine specialist, directing a clinic and online education programme. She is an Associate Professor in Maternity Newborn and Families Research, a Senior Lecturer training GPs, and an author. She will be speaking on her latest research findings and its implications

### Dr Nikki Mills

Nikki is a Consultant Paediatric ENT Surgeon currently undertaking PhD studies to better understand how babies suck, swallow, and protect their airway whilst breastfeeding. Nikki will be sharing her new understanding of tongue structure from her anatomical study, and her observations of babies feeding during MRI and micro-endoscopic examinations

**Eleanor Gates** Eleanor is a Midwife and Lactation Consultant, with a passion for staff education. In 2015 she was part of the multi-disciplinary team at Waitemata DHB responsible for provision of the first midwifery-led Tongue Tie Service in New Zealand. Eleanor developed an education package for midwives and trained the workforce, taking Waitemata DHB 'from vision to reality'

**Dr Yvonne LeFort** Yvonne is a GP and medical director of a clinic specialising in mothers and babies with breastfeeding concerns. She is a Fellow and a board member of the Academy of Breastfeeding Medicine serving on several committees. Yvonne has 20 years experience in managing complex breastfeeding issues

**Full programme to follow  
available**

**Live streaming to DHBs option**



**Follow #TOTs18 on social**

**media**

Contact: [eleanor.gates@waitematadhb.govt.nz](mailto:eleanor.gates@waitematadhb.govt.nz)







**Waitemata**

District Health Board

Best Care for Everyone



**i3**  
institute for  
innovation +  
improvement

## Registration form

# Tongue-tie: evidence + challenges Symposium

Friday 13th April 2018, 8:30am – 4pm

Whenua Pupuke Building, Auditorium, North Shore Hospital,  
Takapuna

Registration and hot drinks from 8am – light lunch provided

### Registration

Name:

Contact email:

Position/Organisation:

Contact phone in work hours:

Please tick as appropriate:

- ☐ Waitemata DHB staff (*free to WDHB employees*)
- ☐ **\$105** (including GST) Non-Waitemata DHB employed health professional
- ☐ **\$45** (including GST) Students or interested parents
- ☐ **\$25** (including GST) Attending via DHB video conference

### Payment

Please make direct payment to bank account: **Three Harbours Health Foundation**,  
Account number: **030181 0188806 00**  
Reference **TOTs** and **your name**



**HIT LIKE!! KEEP UP TO DATE!!**



# FOR THE NEWSLETTER...

**Submissions gratefully received!**

- Use Word Format please
- Up to 500 words
- Arial Size 12 font
- Pictures tell a 1000 words
- Does NOT have to be academic writing—just great reading!
- Each submission gives you **One entry for a prize** of a \$100 book voucher!!
- Send your work to [rosanneg@nzno.org.nz](mailto:rosanneg@nzno.org.nz) by **31st May 2018** for the Winter Edition. Rosanne is our NNCA administrator.

(Thanks Rosanne!)

- ***Just Do It!!***

