

Neonatal Nurses College of Aotearoa (NNCA) Newsletter Winter 2018

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Neonatal Nurses College Aotearoa - NNCA



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Welcome from the Editor

Rose Batchelor



Hi There

As the cold weather settles in I reflect on the thermoregulation challenges faced by our most vulnerable infants. Body temperature continues to be under-documented, under-recognized and under-managed even though studies have shown that hypothermia increases mortality and morbidity. Evidence based thermal care recommendations designed to minimize heat loss immediately at birth are readily available however hypothermia still persists as a global challenge.

I really don't like the cold, and after driving through thick fog and looking out for black ice on the road to work, I decided to look at our admission temperatures. Our birthing unit is just around the corner, however our theatre is a good distance away and accessed through public corridors. I was interested to see that approximately 35—40% of our admission temperatures were $<36.5^{\circ}\text{C}$, with the coldest from theatre (as expected). It's Winter. My challenge is to improve our admission temperatures to 0% admitted $<36.5^{\circ}\text{C}$ —even in Winter! How does your unit measure up? What processes do you have in place to counter hypothermia in these infants??

In this issue, we hear back from the recent PSANZ conference, (Thank you Christine), and look forward to enjoying International Neonatal Nursing Day (Thank you Judy). The Neonatal Network provides an update to some of their incredible work, and although we have no reports to provide just yet—important SIGs (Special Interest Groups) are hard at work in the background, working on important topics such as Transitional Care and The Extreme Premmie at 23 weeks gestation.

Neonatal Units throughout the country continue to be over capacity, and work loads are high. Through the winter, these stressors become huge so don't forget to make sure you get some down time on your days off—treat yourself to a massage, a good wine and a good book. Be sure to put work out of your mind for your off duty—take a complete break and return to work refreshed and ready to give your utmost to our precious clientele and their families.

Rose



From the Chair

Gina Beecroft



From the Chair

Hello and welcome to you all. It seems that it not the weather that's making the news. There is now increasing media interest and coverage in the plight of NICUs and neonatal care. Many NICU's having been working at and beyond capacity for some time and overcrowding is a significant problem for many. Hopefully this increasing attention is some comfort for staff working tirelessly and diligently that all is not going as unnoticed as perhaps it was or seemed to be.

In addition, work has also been going on behind the scenes with the Newborn Clinical Network, comprised of both neonatal nursing and medical leaders looking at the problems we face and trying to improve clinical care. The network provides an invaluable link with the Ministry of Health and they have been discussing workforce and unit capacity issues.

It is hoped that the increased spotlight on the issues and the discussions with the ministry will help gain some much needed momentum toward finding workable solutions to address the problem of overcrowding and over capacity that NICU's are currently facing.

In line with this NNCA also asked how we could contribute to the conversations and work underway to improve the current situation. "Transitional Care" is a hot topic at the moment and we are progressing our work with our special interest group looking at a "Transitional Care". Although overcrowding and overcapacity is a complex multifaceted problem, transitional care could provide part of the solution to the problem.

Our membership and the unique position we hold on the floor as neonatal nurses' means that it is important that we have a say and our perspective is represented in any discussions and plans that affect how we work and deliver care.

I am constantly astounded by how neonatal nurses just keep on delivering. For me it also highlights just how important the work is that we are undertaking as a college (in particular looking at transitional care) and why we do it.

In addition some of the other activities we have been up to are as follows.



From the Chair continued...

Leadership/Rangatiratanga

NZNO Annual report

In preparation for the Annual upcoming NZNO AGM conference, NNCA report of the college's achievements and highlights for the submitted for the report.

NNCA 2018 Symposium, AGM, and Clinical and Management Forum:

Midlands region LOC well underway with organisation for our NNCA Symposium to be held in Hamilton on 28 September 2018. "Synergy" is the theme this year to celebrate the many components of nursing, medical and allied health that contribute to the care of our infants. We are calling for abstracts, we would love to have your input.

Nurse of the year:

Fisher and Paykel have indicated they still wish to sponsor Nurse of the year award at this event.

Clinical and Management Forum:

As indicated at last year's Forum an extended day is proposed the day prior to the Symposium and Nurse Managers have been approached re indication to attend /agenda items and specific request for topics they may want to table re support and development in their senior nursing roles.

Membership/Whanaungatanga

Membership: We are having a drive get fuller membership that more accurately represents the number of nurses working in neonatal care. A membership list has been generated to help identify individual unit's staff uptake of NNCA membership. But if you know colleagues that aren't members please encourage them to join us.

Scholarships Applications:

Don't forget these are available to assist you to attend courses conferences. See later in your newsletter for dates to submit by.

Social/Kotahitanga

COINN 2109 Conference:

Start preparing and planning (it's not too far away less than a year now!)

LOC have been incredibly industrious, with more and more information being populated on the website. Call for abstracts out so let's canvas our local talent and any of the extremely innovative and exciting practice that has been going on and encourage submission of abstracts.

Finally, sometimes it is hard to see the wood for the trees when we are working under the conditions that many have and are working under, but we do make a difference with what we do and how we do it, and it is appreciated, and being recognised.

Gina Beecroft
NNCA Chair

My Experience at the PSANZ Conference 2018

*Christine Prentice RN
Waitemata District Health Board*

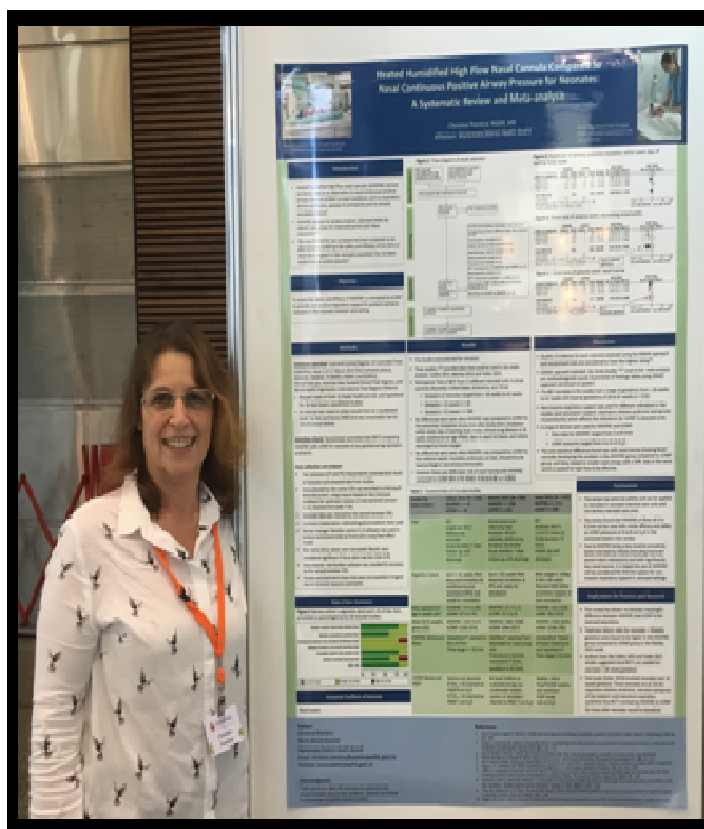
This year I was fortunate to receive a scholarship from the Neonatal Nursing College of Aotearoa (NNCA), which allowed me to attend the Perinatal Society of Australia and New Zealand (PSANZ) conference, held in the Auckland city viaduct. The aim of this bi-national multidisciplinary society is to improve the long-term health of mothers and their babies.

An abstract from research I had done as part of my Master of Nursing degree was accepted as a poster presentation. The NNCA scholarship covered the registration fee, two breakfast sessions and the cost of printing my poster.

The title of my research presentation was: "Heated humidified high flow nasal cannula compared to nasal continuous positive airway pressure: A systematic review and meta-analysis."

This was my first poster presentation at a conference. One of the people that approached me to discuss the poster was Dr. B. Manley, who is one of the authors of a study included in my systematic review. He looked at the poster and said, "I agree with that". I attended the session presented by Dr. Manley titled "Nasal high flow for early respiratory support of newborn infants in Australian non-tertiary special care nurseries (The HUNTER Trial). A multi centre non-inferiority trial." This was a study for infants greater than 31 weeks gestation and will be published soon. The study protocol was published in June 2017.

There were a variety of other multidisciplinary speakers, including parents of premature infants talking about their experiences, midwives sharing their research, and nurses and doctors from the United Kingdom, Australia, New Zealand and the United States.



Perinatal Society of Australia & New Zealand
Annual Scientific Congress
25 - 28 March 2018
ANZ Viaduct Events Centre, Auckland, New Zealand

Whenua ki Whānau
Nurturing the people of our land

My Experience at the PSANZ Conference 2018

Continued.

For me the most inspirational speaker was Rachel Callander, who is an author, photographer, advocate and speaker. The title of her session was “Life, Love and Awesomeness - The Impact and Implications of Language in Healthcare.”

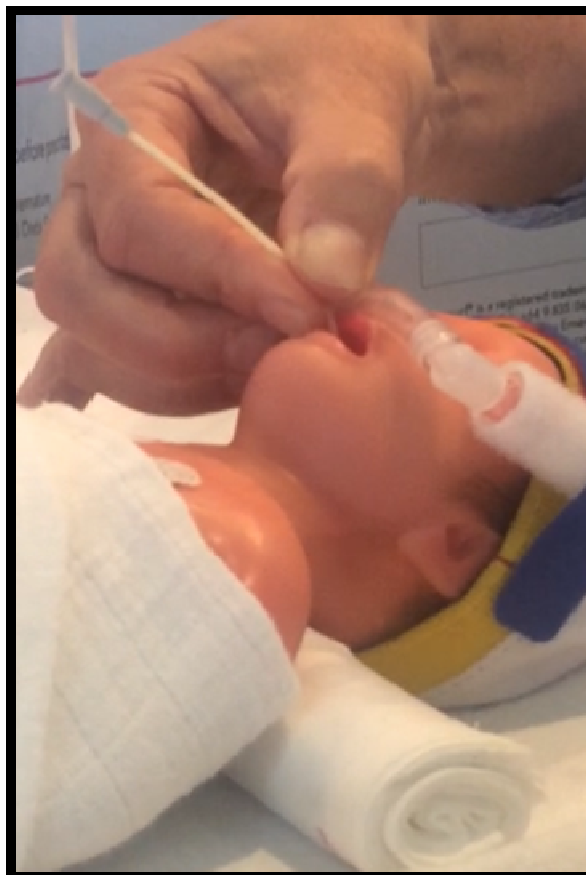
In the breakfast session, she shared beautiful photographs and experiences of being a mother to Evie, who died from a rare chromosome condition at the age of two years. Rachel shared how difficult the journey was and how a change in language and approach made a significant difference to her and her daughter’s quality of life, as well as to the morale of the health professional. Rachel used the term “super powers” to positively describe the unique abilities of children with disabilities. After losing her daughter, she traveled around New Zealand photographing families who were also going through unique journeys with their own disabled children. Rachel’s approach was one of celebrating the individual qualities of children with disabilities rather than focusing on what she calls the “deficit mentality”.

This session gave me new insights into what parents go through when they have a baby with potential disabilities, and how I could approach the situation in a more positive way. If you would like to see her 11 minute talk it can be found on YouTube at the link below and is well worth watching.

<https://www.youtube.com/watch?v=wUYBpsujxdw>

The other breakfast session I found interesting was presented by Professor. P. Dargaville, titled “Surf’s up again - new delivery techniques and novel applications for exogenous surfactant therapy.” Preterm infants have a reduced supply of surfactant in their lungs, due to immaturity, which can lead to respiratory distress syndrome (RDS). RDS tends to be worse for more premature infants, therefore exogenous surfactant may be needed. This would be administered via an endotracheal tube, which is an invasive procedure.

In this session, Professor Dargaville discussed recent research on less invasive ways of delivering exogenous surfactant to preterm infants and explained that it is more effective when the infant is spontaneously breathing on CPAP. One technique, known as minimally invasive surfactant therapy (MIST), was demonstrated (see photo at right) on a preterm mannequin using a video laryngoscope and a thin catheter.



My Experience at the PSANZ Conference 2018

Continued.

He also showed a prototype catheter designed for MIST with a rounded tip and markings to aid correct depth of insertion. When the MIST procedure is performed sedation is not required.

Professor Dargaville's research suggests that surfactant may be more effective when administered to spontaneously breathing infants on CPAP compared to those that are intubated and ventilated.

An article abstract about MIST can be found here:

<https://www.ncbi.nlm.nih.gov/pubmed/22684154>

Overall PSANZ was a high quality conference covering an extensive range of topics from leading experts. I learnt a great deal and was pleased to be part of the research community with the goal of improving the health of mothers and their babies.

I particularly enjoyed meeting the authors of studies and being able to ask them questions directly. They were all approachable and happy to answer questions on their research.

*Christine Prentice RN
Waitemata District Health Board*



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.



NEW SUPPORT TOOL FOR NEONATAL UNITS

The Neonatal Trust was proud to recently donate two 'Premature Anne' twin manikin sets to the Wellington and Waikato neonatal units. These are state of the art, realistically proportioned 25week premature manikins, designed for simulation training for healthcare professionals involved in resuscitation and care of premature babies.

This support comes from The Neonatal Trust as a result of being the Charity partner of the 2017 NZFMA Thomson Reuters Charity Golf Classic. With the NZFMA office based in Wellington, and the tournament in Taupo, it was their wish to support these neonatal units. Providing realistic training experiences will help save these tiniest of lives and reduce the chances of complications. The donation of the Premature Anne manikins enables medical professionals to simulate premature stabilisation and resuscitation far more realistically, eg providing valuable learning and practice for medical staff to visualise and intubate the airway of a very premature baby.



Pictured above is Rosemary Escott from Wellington NICU and Maria Chandler from New Zealand Financial Markets Association (NZFMA) viewing a manikin for the first time.

SUPPORT FOR FAMILIES

Mother's Day is a special day for many. We wanted to acknowledge the hundreds of families with a baby in a neonatal unit on this day – while the very best place for the care of their precious baby, they would have preferred to have them at home.

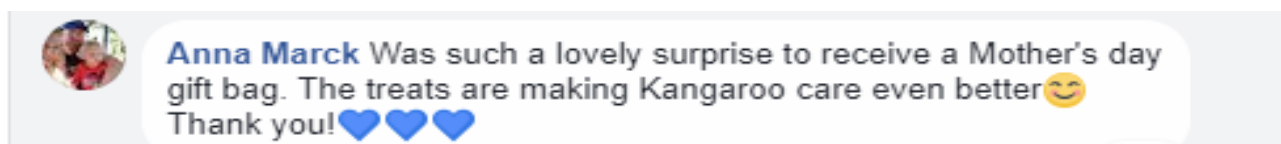
On Sunday 13th May, The Neonatal Trust helped brighten Mother's Day by organising a pick-me-up package for each and every family with a baby in a neonatal unit. For details on this, head to:

www.neonataltrust.org.nz/2018/05/13/mothers-day-pick-me

These packs were made possible with the help of wonderful supporters and volunteers including:



[HELL](#), [Whittakers](#), [RJs licorice](#), [The Body Shop](#), [Bauer Media](#), Natasha Linskill, [Mainfreight](#), [Powershop](#) and [BizDojo](#). A huge thanks also to the many neonatal staff hands who helped put together the packages out for every neonatal unit in New Zealand.



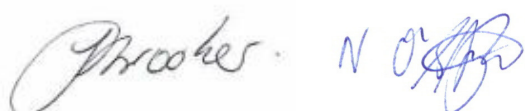
The Neonatal Trust continued...

Watch this space

We're already half way through the year but keep an eye out for other events and initiatives including Father's Day, World Prematurity Day and Neonatal November.

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

Regards



Justine, Neil and the team

The Neonatal Trust

www.neonataltrust.org.nz/support





AUCKLAND | NEW ZEALAND 2019
www.coinn2019.com



International Neonatal Nursing Day



Judy Hitchcock, RN

August 15 2018 will be the second year that we celebrate the tremendous care and dedication that neonatal nurses around the world give to the most fragile and vulnerable infants, every day. The neonatal environment is given fair exposure with celebratory days towards the last few months of the year. In the US; the consequences of premature birth are recognised in September with Neonatal Intensive Care Awareness month and then again in November with National Preemie month. Indirectly, neonatal nurses participate in World Prematurity Day on 17 November and share in the positive promotion, with support groups acknowledging the tremendous role neonatal nurses play in the life of the premature infant and its family.



COINN has recognised and declared a need for International Nurses Day and as such heralds the start of all the neonatal celebratory dates that follow. On 15 August, all around the world, in neonatal intensive care units and special care nurseries; neonatal transfer team nurses, research nurses, neonatal nurse practitioners, in fact, ALL neonatal nurses in every country, will be recognised for the tremendous

role they play in caring for premature babies and their families.

It is not just a day to pat ourselves on the back and celebrate with a delicious well deserved spread of morning tea, afternoon tea or night duty treats, although that would be much appreciated in the midst of a hectic stressful shift; it's a day to consider the role that we all play in the delivery of care and provision of the neonatal service; not just in our own neonatal setting, but within our own region, within our country and as part of the delivery of neonatal care globally. There are neonatal nurses in every country providing the best care they can with the resources that they have, to provide support for infants that are facing enormous challenges to their start in life.

Whilst neonatal nurses follow established neonatal policies and protocols, that have been underpinned by rigorous and robust research into practice and adopted by their health providers to deliver standardised care; it is also the ability to anticipate and respond to the infant's cues that elevates their practice by adding immeasurable value to their care.

International Neonatal Nursing Day

Continued...

It takes experiential practice to hone those skills, to practise confidently and calmly; to provide not just parental reassurance but to mentor graduate nurses into the specialty practice, too.

The fragile infant is dependent on the skills of the clinicians, technology, the management of nutritional needs, medication and the careful balancing of optimal conditions for measured growth and positive outcome. It is the Neonatal nurse that documents and records the technical data and interventions but most importantly also integrates the family into the care of the infant. It is the neonatal nurse who encourages and supports them, who moves the parents from being fearful, to assuming their rightful place as participants in care; a position that has only become widely recognised in more recent years. We can all identify with the experience of encouraging a stressed and nervous mum to nurse baby skin-to-skin and witness the relief and delight as they both settle into being together again.

Nurses are unsurpassed at multi-tasking and dealing with the unexpected admission or emergency. Whilst a typical neonatal nursing shift involves the usual implementing of neonatal standards of care, reading baby's cues, supporting and educating parents and families, we are often participating in research studies, too, dovetailing specific research criteria into our current practice.

Without doubt the role of the neonatal nurse has changed over the years and continues to do so. We anticipate the care, advocate the care, facilitate the care, research the care, teach the care and deliver the care. It's fitting that on International Neonatal Nurses Day we care about each other, particularly those Neonatal Nurses providing the best care that they can in under resourced countries. The neonatal care that you give to our most fragile infants is appreciated by the whole neonatal team.

**From those that have a difficult start, a very big “thank you”
from every little heart.**

**Share how you celebrate /contribute on Instagram, Twitter and Facebook
#International Neonatal Nurses Day (Being mindful of privacy and permission
for photo sharing.)**

Judy Hitchcock





THANK YOU

From the clinicians who value your experienced preparation,
Your knowledge and efficiency, your amazing dedication,
From the radiographer who appreciates that you understand,
Exactly how to position baby and provide a helping hand,
From the technicians who keep vital equipment going strong,
But know it's the neonatal nurse who recognises when things are going wrong,
From the mother reassured beyond measure by just how much you care,
Entrusting you to care for baby when she can't be there,
From the father adapting to this unexpected role,
Adjusting to the situation whereby he has no control,
From the partners who are embracing this wonderful new life,
Moving on from being known as a husband or a wife,
United by this overwhelming responsibility,
No longer just a couple but a fledgling family,
Fearful of so much that neither of them know,
Gratitude is profoundly deep and often hard to show,
But the loudest **"THANK YOU"** can be heard from those who have no voice,
For their unexpected fragile start to life was not intentionally theirs by choice,
Neonatal babies and their families applaud each and every one of you,
For giving extra special nursing care only found in NICU AND SCBU



Judy Hitchcock 15 August 2017



Synergy

NNCA symposium 2018

September 28th 2018

Hamilton

CALL FOR ABSTRACTS

We would like to invite neonatal nurses to present a topic or piece of research relevant to neonatal care and celebrating the expertise of all members of the healthcare spectrum

Guidelines and Information

- Abstracts of 300 words in length will be accepted.
- Presentations will be 20 minutes in length with 5 mins for questions.
- Presenters are responsible for their own travel and related expenses.
- Presenter is required to attend Symposium and register for day
 - Abstract submission deadline is June 30th 2018
- Notification of abstract acceptance will be by July 20th, 2018

Confirmation of acceptance by primary author is required by Aug 1st, 2018

All abstracts to be forwarded to:

Jayne Bennett—ACNM

Waikato Neonatal Intensive Care Unit

Waikato Hospital

Pembroke Street

Hamilton 3240



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.

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

Next Application date:



**This will be your last opportunity to apply for funding
for the NNCA Symposium 2018 being held at
Waikato in September —
get your applications in as quickly as possible!!
(The executive meet on July 31st!!!)**

**Better three hours too soon
than a minute too late.**
William Shakespeare



SAVE THE DATE ...Wed 10-12th of APRIL 2019

NPNZ ®EVOLUTION

Nurse Practitioners New Zealand [NPNZ] are holding their next conference in the magnificent & beautiful Marlborough region of New Zealand, well known for the fabulous waterways of the Marlborough Sounds, many famous wineries & NZ's highest sunshine hours.

Join us for a dynamic program showcasing innovative NP practice, skills, knowledge, workshops & hot topics. Come network with your colleagues!

Conference Dinner to be held at the stunning Wither Hills Winery.

We encourage you to bring your partner or family and stay for the weekend, or the school holidays in the *"Top of the South"*

Calling for abstracts by 30th July 2018

Full program yet to be finalised



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 by **31st August 2018** for the Winter Edition. Rosanne is our NNCA administrator.
(Thanks Rosanne!)
- ***Just Do It!!***

