

■DESCRIPTION

The S.T.A.B.L.E. program is a commercially available program for nursing, medical, and respiratory care staff who may provide or direct the care of unstable sick newborns. The purpose of the program is to provide concise guidelines for the stabilization of sick newborns. The mnemonic S.T.A.B.L.E. is meant to help participants remember important components to stabilization: Sugar, Temperature, Artificial Breathing, Blood Pressure, Lab Work, and Emotional support. This program complements the Neonatal Resuscitation Program (*aap.org*).

This S.T.A.B.L.E. program involves one day of lectures and provides caregivers who primarily care for well newborns a way to organize care when unexpectedly faced with a sick newborn. General information about the S.T.A.B.L.E. program is at www.stableprogram.org.

A pretest will be mailed to you for completion prior to the program. Post tests for each session are part of the program. Those who pass the tests will be mailed an official card provided by the S.T.A.B.L.E. program.

Participants who have completed the program more than two years ago are welcome and encouraged to attend again and are eligible for the contact hour award.

■CREDITS

Mercy (OH-043/06-01-13) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. To receive 8.0 hours of continuing education credit learners must attend the entire program and complete and return the evaluation form at the end of the program. Neither the speakers nor planners have anything to disclose nor a conflict of interest. No commercial support has been received for this program.

■LOCATION

The conference will be held in the Bay Room on the 6th Floor of the Mercy St. Charles Hospital North Building. Park in any of the main parking areas of the hospital. The north building is the building closest to the intersection of Wheeling and Navarre Ave. Enter the main door of the hospital by the information desk, turn left, follow hallway to north building elevators, proceed to 6th floor. For directions, go to www.perinatalconsortium.org and click on the hospital link or you may call the hospital operator at 419-696-7200 for further assistance. **Note: As for any conference, please dress in layers and include a warm outer garment.**

■REGISTRATION

Participants must find and/or purchase a 5th edition textbook for the course. Go to <http://www.stableprogram.org> to order a textbook. The cost is \$41.95 plus shipping.

Once you register, a pretest (7.0 edition) will be e-mailed to you. Bring it with you to the conference. You will also need a calculator for use during two sessions.

For staff of Consortium member hospitals, the course fee is \$25, \$75 for non-member hospitals, when registered or postmarked on or before **December 30, 2011**, if registered or postmarked after **December 30, 2011** the fee is \$30/\$80. The fee includes a conference "breakfast" and continuing education credit. Lunch is on your own. **The fee DOES NOT INCLUDE the required textbook which you must purchase on your own.**

■QUESTIONS

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Stabilizing Newborns the S.T.A.B.L.E. Way

Friday, January 13, 2011

North Building
6th Floor, Bay Room
Mercy St. Charles Hospital
2600 Navarre Road,
Oregon, Ohio 43606

Offered by:
Perinatal Region III+ Education Consortium

*This program is an educational event
co-provided by Mercy and the
Region III+ Perinatal Education Consortium.*

www.perinatalconsortium.org



The Region III+ Perinatal Education Consortium is a collaborative effort of perinatal professionals at member hospitals in Region III+. The mission of the Consortium is to enhance the quality and quantity of basic orientation and continuing education resources available to the perinatal staff of member hospitals.

■CLASS INSTRUCTORS

Kelli Gross, RN
S.T.A.B.L.E. Lead Instructor
NICU Staff Development Coordinator
Mercy Children's Hospital

Kathy Justus, NNP-BC
Neonatal Nurse Practitioner
Mercy St. Charles and Mercy Children's
Hospitals

■AGENDA

**7:30 a.m. Registration/Conference
Breakfast/Turn in Pretests**

8:00 a.m. Introduction to S.T.A.B.L.E.
*Objective: Define key elements of the
S.T.A.B.L.E. Program.*
Kelli Gross, RN

8:15 a.m. Sugar & Safety: Reasons why
infants become hypoglycemic, S/S and lab tests
for hypoglycemia, indications and dosage for IV
glucose, use of umbilical catheters.
*Objective: Recognize signs and symptoms of
hypoglycemia and treatment modalities in the
newborn.*
Kelli Gross, RN

9:20 a.m. Break

9:30 a.m. Temperature: The detrimental
effects of cold stress, risk factors for
hypothermia, ways infants lose body heat and
how to prevent this, how to warm a severely
hypothermic infant. *Objective: Describe how
to prevent and treat cold stress in the newborn.*
Kathy Justus, NNP-BC

10:20 a.m. Break

10:30 a.m. Airway: Evaluation of respiratory
distress, indications for positive pressure
ventilation with bag and mask or endotracheal
intubation, blood gas evaluation, chest x-ray
interpretation, pneumothorax.

*Objective: Identify interventions for
respiratory distress in the newborn.*
Kathy Justus, NNP-BC

12:30 p.m. Lunch (on your own)

1:15 p.m. Blood Pressure: S/S of shock in
newborns, hypovolemic shock, cardiogenic
shock, septic shock. *Objective: Review the
treatment for shock in the newborn..*
Kelli Gross, RN

2:20 p.m. Break

2:30 p.m. Lab Work: Basic lab work
important for an unstable newborn, clinical signs
of sepsis, how to calculate the absolute
neutrophil count and immature to total ratio,
interpretation of the CBC, standard antibiotic
treatment for suspected sepsis.
*Objective: Interpret neonatal CBC results.
(Calculator needed.)*
Kelli Gross, RN

3:35 p.m. Break

3:45 p.m. Emotional Support: Description of
parental responses to the crisis of a sick
newborn, ways caregivers can support parents of
sick newborns. *Objective: Discuss the effects
of the need for neonatal intensive care on the
family.*
Kathy Justus, NNP-BC

4:35 p.m. Quality Improvement
Ways to reduce errors and adverse events, The
value of debriefing, Classification of errors,
Anticipation-Recognize-Act Approach
*Objective: Recognize the importance of self-
assessment to evaluate care provided in the
post-resuscitation/pre-transport stabilization
period.*

5:05 p.m. Post Test and Test Retakes

5:35 p.m. Evaluation and Adjourn

S.T.A.B.L.E.

Friday, January 13, 2011
Help us plan ... REGISTER EARLY

Name: _____ Title: _____
(please print)

Position: _____

Employer: _____

Mailing address: _____

City, State, Zip: _____
Is this Business or Home?

Business Phone: _____

Personal/Home Phone: _____

E-Mail: _____

Registration Fee:
Postmarked on or before **12/30/11:**
\$25 staff of member hospitals, \$75 all others
Postmarked after **12/30/11:**
\$30 staff of member hospitals, \$80 all others

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shipping. Bring a calculator and the pretest to class.**

Consortium Points to be used? _____
Approved by _____

Check enclosed (to ProMedica Toledo Hospital)
 Master Card Visa

Card Number: _____

Exp. Date: _____ Amount: _____

Authorizing Signature: _____

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