



Australian College of Neonatal Nurses Inc.

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Newsletter

December 2016

About the newsletter

This newsletter is the official communication of the Australian College of Neonatal Nurses to its members, produced quarterly in March, June, September and December. It presents information on a range of professional issues and clinical topics of interest to neonatal nurses. Any member of ACNN may contribute.

Articles should be submitted by email as Word documents. Any images should be in jpg format. Referencing style should follow the Vancouver style as adopted by the journal *Neonatal, Paediatric and Child Health Nursing*. All content will be edited to newsletter standard.

Editor: Shelley Reid. The newsletter team for this issue also comprised Jan Polverino and Rachel Jones.

Please send correspondence to the newsletter team at newsletter@acnn.org.au

Views expressed in this newsletter are not necessarily those held by the Australian College of Neonatal Nurses Inc.

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Next deadline: 1 February 2017

ACNN National Committee 2016 – 2017

Office-bearers

President	Karen Walker
Vice president	Jennifer Dawson
Secretary	Shelley Reid
Treasurer	Karen New

Committee members

Jane Roxburgh
Samantha Lannan (Assistant Treasurer)
Vivienne Whitehead
Linda Ng

Professional Officer

Kim Psaila

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President's Report

It has been a very busy few months for ACNN and I would like to thank all the members of our committees for their support and commitment to our organisation. I have been especially delighted with the response to calls for members to take positions on committees, with many changes in personnel on the operating committees of our branches and SIGs over this year. I welcome all new members to the committees and look forward to working with you all as ACNN moves forward into 2017.

Next year will be such an exciting year for us, culminating in our 25th anniversary conference. We were so organised and excited to announce Daydream Island and our international speakers at the conference in Melbourne this year, and then a little stressed when they could not accommodate us due to their renovations. Karen New, Nikki and myself spent a very busy few days looking for another suitable venue and we are delighted to have found Fraser Island, which we believe will be the most perfect venue. Watch the website and your emails for more details and book those days off (and maybe a few more days for a holiday around the conference). The conference committee is working hard on the program which will look a little different to last year as we want to ensure we have time to enjoy the island facilities.

We are growing in membership with increasing enthusiasm for our organisation. We have a new branch in the ACT, with a fabulous and committed team. I attended their first evening seminar, which was so well attended and a testament to their passion for their branch. This is an exciting development for ACNN as we now have five branches. If members in states or territories where there are no branches are interested in having a branch please chat with one of us on the national committee. Another very exciting development is the proposal by Nadine Griffiths, accepted by the national committee, to initiate a Developmental Care Special Interest Group in 2017. Watch the website for further information regarding this proposal. So, in 2016, we've increased our membership, got one new branch and accepted a proposal for a new SIG – fantastic!

Our branches and SIGs are making their plans for 2017 in line with our strategic plan for ACNN, setting their goals and objectives. We developed a sustainability document this year, which sets out guidelines on how ACNN supports the members

President's report (cont.)

of the operating committees to attend the ACNN conference. Our plan in doing this is to support members who give up their time on committees. Eligibility to be supported is achieved by the branches and SIGS achieving their goals and working with the national committee.

More and more, we are being asked to have a representative on committees and comment on documents and policies. We believe that we should seek representation from our members instead of relying on our committee members, thus we advertised for a representative for the National Maternal and Perinatal Mortality Advisory Group and are delighted to now have Dr Lynn Sinclair as our representative. Moving into 2017, we will review our guidelines on the roles of representative on committees in the view to expand our network of representatives.

Another great success has been the expansion of our use of

social media, especially our Facebook page. Melissa Burnett is very skilled in running this page and it is truly a fabulous method of communication.

Much is happening in the neonatal world, lots of conferences, meetings and discussion. We are all part of COINN and I recommend you read the COINN newsletters and website and see how ACNN is part of an increasing global neonatal community.

I am excited looking forward to next year and I very much hope to meet many of you throughout the year. We are open to any suggestions on how we can develop our organisation, so please contact one of us.

I wish all of you, a peaceful, healthy and safe festive period.

Merry Christmas and Happy New Year

Karen Walker

ACNN Parker Healthcare Scholarship Report

Megan Bater

I'd like to begin with a big thank you to the Australian College of Neonatal Nurses and Parker Healthcare. Your sponsorship of the Early Career Research Scholarship opens doors for Australian neonatal nurses, providing us with access to ongoing learning and career development. In doing so, you make an enormous contribution to the advancement of our profession. Thank you.

I'm extremely grateful for the financial support I have received from this scholarship. It made it possible for me to accept the offer of an oral presentation of my research at the Council of International Neonatal Nurses (COINN) conference, held in Vancouver.

My current research project is called Parent Education for Developmental Literacy (PEDaL), and it is the first data from this titled *Parent collaboration in research to develop a novel clinical education program in the neonatal intensive and special care unit: the PEDaL study* that I presented at the conference.

PEDaL aims to address the existing gap in literature relating to parents' needs and priorities regarding education about normal child development by building practical evidence specific to the Australian healthcare setting. We are working collaboratively with mothers and fathers who have experienced their newborn baby being admitted to an Australian neonatal unit. The information gained from this research will guide the future delivery of an affordable and innovative parent education intervention within the highly-specialised field of neonatal intensive and special care.

Attending and presenting at COINN provided me with a valuable opportunity to learn from and share knowledge with

our neonatal nursing colleagues from around the world, which was really special. One highlight for me was Carole Kenner's closing address. It was such a privilege to be in the room to hear that first hand. Her passion, energy and professionalism are an absolute inspiration to the next generations of neonatal nurses.

Importantly, being awarded the Early Career Research Scholarship is so very helpful to building upon my research track record, and my career. This has provided me with a solid foundation from which to continue to grow skills, evolve knowledge and further develop research acumen which will enable me to make a meaningful contribution to our profession in the years ahead.

Megan presenting at COINN, and below, Carole Kenner



My PNG experience

Aisling Murray

This year I had the opportunity to go to Goroka, Papua New Guinea with the ACNN team to teach the newborn resuscitation programme, 'Helping Babies Breathe' (HBB) to healthcare workers in Goroka Hospital and in rural village communities in the Highlands there. It was an incredible experience that I feel so privileged to have been a part of, and one which I will never forget.

The decision to go on this trip was an easy one for me. For many years, I had thought about how I would like to do some form of volunteer work in a low-resource country setting, but was uncertain of how to go about it. Then earlier this year I heard about the work the ACNN team were doing in PNG, through some colleagues who had been there recently. After hearing their stories and how highly they spoke of their time there, I decided that this sounded like just the opportunity I had been looking for.

I met the rest of the team – eight of us in total – for the first time in Brisbane airport on a Friday morning. Most of the team had met each other before, although for a few of us it was our first time to PNG. As we flew over the Eastern Highland region of PNG, before landing into Goroka, I was struck by the remote, untouched scenery below, and immediately knew that this experience would be something special.

Our first few days were spent setting out a plan for the week, discussing what and how we would go about delivering our HBB teaching sessions, and getting to know the staff in Goroka Hospital. The real work began early on Monday morning, when we travelled to a rural health centre in the Highlands to teach HBB to a group of village birth attendants (VBAs). These VBAs are women (with no midwifery training) who have been nominated by their village to deliver babies within their community, as due to the remoteness of most of the villages in the Highlands, pregnant women often do not have the option of giving birth in a hospital or health centre. Meeting these women was extremely humbling and moving; most of them had walked several hours to attend our session, and they shared with us their stories of delivering babies in the most basic of settings, usually unassisted, with minimal equipment,

no running water or electricity. More amazing still was hearing how some of the VBAs, who had attended the previous ACNN HBB training, have since been able to resuscitate newborns that previously would not have survived, after learning basic resuscitation principles.

Our work for the remainder of the week was both similar and varied. We had the opportunity to spend another day of teaching with a different group of VBAs. We made visits to the nursery and other hospital departments in Goroka Hospital, offering support as required, providing resuscitation education, donating supplies, and presenting topics on neonatal/maternal health during hospital grand rounds. We even had the opportunity to teach HBB to a large group of third year nursing students from Goroka University.

The entire week was a whirlwind of emotions and highlights that I struggle to put into words. The people of PNG are beautiful, shy and industrious people, who welcomed us with open arms and did everything they could to make sure our visit was as special as it could be. It was humbling to see how they made do with what little resources they had, and it was inspiring to witness their strong spirit, optimism and real desire to learn from us so that they can help improve health outcomes in the future. Prior to this trip, I knew very little of the history and culture of PNG. Therefore, one of the big highlights of the experience for me was being able to attend the annual Goroka Show, during our final few days in PNG. The Goroka Show is a festival celebrating PNG's independence, with tribes from all over the country coming to represent their community through traditional dress, singing and dancing. A truly awe-inspiring, once-in-a-life time experience.

I would love to go back to Goroka in the future, to help continue the great work that the ACNN team, and in particular Karen New and Gill Mibus, have started. I cannot highly recommend this experience enough: it is an opportunity to get acquainted with a fascinating culture, to meet people who will touch your heart, to grow personally and professionally, and to contribute to empowering positive change.

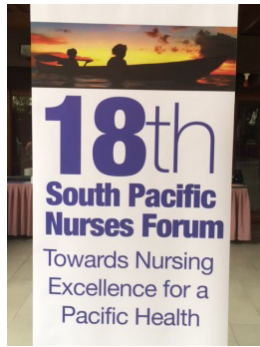
The ACNN team (L) and Aisling with students (below)



18th South Pacific Nurses Forum: report by Low Resource Countries SIG

Donna Hovey, Karen New, Lucy Mahabi, Aiva Pikuri

The 18th South Pacific Nurses Forum (SPNF) was held Monday 31 October to Friday 4 November 2016 in Honiara, Solomon Islands. The conference theme was *Towards Nursing Excellence for Universal Health*, bringing together evidence, experience and innovations highlighting nursing contributions to universal health coverage and demonstrating how nurses are important to ensuring access and quality of health care for all.



The forum has been held every two years for the past 36 years. The destination rotates around the South Pacific Islands, including Australia and New Zealand. The 2018 forum will be held in the Cook Islands, followed by Vanuatu in 2020. The Low Resource Countries Special Interest Group (LRC SIG) felt that this forum would provide the perfect opportunity to showcase some of the work that we are doing with our partners in Goroka, PNG. ACNN sponsored Sr Lucy Mahabi, midwife, Deputy Director Rural Outreach and Sr Aiva Pikuri, Midwife, Labour Ward to attend with us to co-present (see picture below).



L to R: Lucy, Karen, Aiva and Donna

Lucy presented on aspects of taking the Helping Babies Breathe (HBB) training into rural locations to support the upskilling of nurses, community health workers and village birth attendants (VBAs). To date ACNN members have provided training to 561 healthcare workers, of which 142 have been VBAs and nurses working in rural and remote locations.

Aiva presented the project she has undertaken in the labour ward to reduce the incidence of hypothermia. Temperatures from 114 predominantly term well infants who were placed in an open cot instead of receiving skin-to-skin care revealed temperatures ranging from 34.5 – 35.9°C (median 35.3°C). These infants were subsequently placed skin-to-skin and had their temperatures rechecked approximately one hour later. There was a mean increase in temperatures by 1.1°C;

with axilla temperatures ranging from 36.0 – 36.9°C; median 36.4°C. Aiva reported that staff were seeing the difference from skin-to-skin and have become engaged and motivated to change practice. This change in practice has also resulted in the first breastfeed being achieved within one hour after birth. The midwives have also seen other benefits, in particular around respiratory outcomes (nasal flaring settling/improved saturations), keeping mothers and babies together and reducing admissions to the special care nursery.

Our reflections are presented below.

Lucy

The theme of the conference was *Towards Nursing Excellence for Universal (Pacific) Health*. There were three participants from PNG, two from the provincial hospital in Goroka and one from the medical research institute which is also located in Goroka. What was observed and learnt during the four-day symposium was very interesting but challenging. There were three points that I considered challenging:

1. Better health policy for better patient outcomes. We as nursing practitioners, clinicians, administrators must have a policy in place for all our practices and these need to be worded to provide results that are achievable.
2. Developing nursing workforce for effective service delivery. The workforce is there but if there is no support in providing continuous training and upskilling there will be no improvement in service delivery.
3. Nursing regulation on health service delivery. Nursing regulation will differ from country to country. Nurses working in the Pacific regions depend very much on the nursing council. It is the body that issues us a licence to practice. We don't have a clear direction or regulation to provide the effective service delivery. Therefore, registrations must be compulsory and practice within the regulation.

I believe the challenges that have been highlighted need to be addressed with the management of the provincial hospitals. I would like to thank the Australian College of Neonatal Nurses for their continuous support in Eastern Highlands Province and have made it possible to get Sr Avia Pikuri and myself, Sr Lucy Mahabi to attend this 18th SPNF in Honiara. Thank you. The good Lord bless you.

Aiva

Thank you from my heart to Dr Karen New. Words could not express this experience. I will treasure it until I die. It was awesome. Everything. This 18th SPNF is the first one that I have attended; I have never attended a conference outside of my country until this one. I have met new friends and colleagues from around the Pacific including Australia and New Zealand and formed friendships and established contacts. I have also

learnt a lot from the presentations from all over the South Pacific.

Added on for me, as a first timer to present in a large conference, it was nerve wracking. I had butterflies in my stomach and I thought my legs would turn to jelly and I would fall or I would not say the right thing. Again the strength and courage to stand up and be a presenter was by the Grace of God and the love, friendship and companionship of friends like Dr Karen and Donna. Added on we will tell other nurses to attend because it is for the Pacific.

The keynote addresses were from world-renowned speakers and they took my breath away. The themes reflected all aspects of nursing and were very informative. Another experience was that Lucy and I stepped in for PNG and co-chaired a plenary session by ourselves. Honest I could not believe that for first-timers we did a great job. We thank God and the friendship and support given to us by Dr Karen and Donna, with them we did what we did. Thank you very much. Thank you and thank you once again. This journey and experience is worth every money spent and every time spent. I will go home to Goroka and compile an oral presentation and present in the grand rounds. My prayer is that we continue to have as friends people like Donna and Karen. Thank you for this experience. Love Aiva.

Karen

The forum was opened by the Prime Minister of the Solomon’s, the Hon Manasseh Sogarare with the welcome keynote address by Dr Judith Shamian, President of the International Nurses Council. Other presenters included both local and international speakers. While there were many great presentations there were several standouts for me:



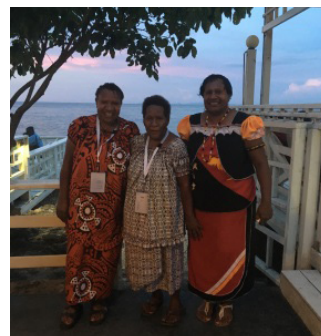
- Humpres Harrington from the Solomon’s presenting on *Building research capacity in the Solomon Islands – the learn by doing model*. This group involved pastors, village chiefs, registered nurses and researchers from James Cook University. Humpres explained that the activities focus on local, feasible operational research projects conducted at minimal cost. Their research outputs have been considerable and this locally produced research evidence is informing local health policy and strategies. In approximately five years they have published 17 papers and staff members have received scholarships for formal and informal training overseas.
- The other was the Chief Nursing Officer of Tonga, Dr Amelia Afuha’amango Tuipulotu, RN, who was truly

inspiring and one got the sense that nursing and midwifery in Tonga would definitely progress under the strong leadership of this visionary woman. Amelia presented a number of times on aspects of improved health service delivery through nursing practice; visionary leadership and nursing regulation in Tonga.

Donna

Oh my! What an amazing forum. The speakers were world class, the topics varied and thought provoking and the energy out of this world. One minute listening to the President of the International Nurses Council talk about nursing on the global scale and the next listening to the Tongan nurses sing! Watching our wonderful friends, Lucy and Aiva, present for the first time at a conference and then step up to represent their country as chairpersons at the last minute. Interactive audiences who asked thought provoking questions, the deep respect shown to each other across the South Pacific and the joy that we experienced just being there. We were invited to tour the National Referral Hospital in Honiara and build friendships there. But my favourite time of all was dancing with the nurses from the Cook Islands!

We would strongly recommend attending this forum. While there were not a lot of talks focused on clinical applications, we learnt an enormous amount about nursing, achievements in nursing, policy, practice, regulation and culture of nursing in the South Pacific. More importantly we networked, made friends with our nursing colleagues from this region and danced! We will definitely be looking forward to the Cook Islands in two years’ time.



ACNN Queensland branch round-up

Judy Macey

Qld branch committee

On Saturday 22 October 2016, over 40 people attended the regional Queensland branch meeting of ACNN in beautiful Bundaberg.

What a view from the veranda of the historic 1900s Burnett Club, overlooking the Burnett river, hearing the birds in the gum trees and watching the sunset. That setting gave us a chance to catch up with old friends and meet new ones, over cheese, nibbles and a glass or two of bubbly, as we started the evening with a good old chin wag.

A big thank you to Aileen Newton, Linda Hackett and all the team who organised the evening with the following people presenting interesting topics:

- *Care of a woman with meconium liquor* by Elize Bolton
Director O&G, Bundaberg Hospital
- *Stabilisation in SCN* by Linda Hackett, Clinical Midwife SCN
Bundaberg Hospital
- *Understanding meconium aspiration syndrome (MAS) and persistent pulmonary hypertension of the newborn (PPHN)* by Dr Matthew Wakeley, Staff Paediatrician at Bundaberg Hospital

- *Treatment and management of MAS and PPHN in the tertiary centre* by Anndrea Flint, Neonatal Nurse Practitioner candidate, Redcliffe maternity unit
- *Actions to improve neonatal mortality and morbidity – ENAP and SDGs* by Karen New, Chair Qld Branch and Low Resource Countries Special Interest Group

The night was a huge success with alternative food drops for dinner and dessert and people buying raffle tickets to raise funds for the Low Resource Countries Special Interest Group,

A general meeting was held and a call for operating committee members resulted in two new members coming onto the committee – Anndrea Flint who will be mentored in taking over the Chair role within 12 months, and Linda Hackett as an ordinary member. Karen New remains Chair, Karen Pearse, secretary and Sam Lannan, Treasurer. Linda Ng and Judy Macey remain as ordinary members.

The Qld branch committee are meeting in December to plan the activities for the next 12 months. If any regional area would like to host an education dinner seminar during 2017, please contact us at qldbranch@acnn.org.au



Twilight meeting, Townsville

Sponsored by the Mona Kendell Nursing Association

This evening was organised by Amy Forbes-Coe and Deanne August for local nursing staff to hear the three presentations conducted by Townsville staff at the ACNN annual conference. This meeting also promoted the ACNN membership and highlighted the work of the five special interest groups. Cherie Boniface (secretary for Mona Kendell) represented the local nursing association and updated staff on current advantages to joining this organisation.

Anne Illingsworth and Lisa Cussen presented *'Behind close doors'; reflections on moving from an open plan to a single/double room environment*. This presentation highlighted the benefits of single/double rooms by enhancing family centred care, improving patient safety and infection control as well as supporting neurodevelopmental care. Nevertheless, it also reflected on feelings of isolation for both parents and staff and undervalued the benefits of observational learning/role modelling which are inherent in an open plan nursery. The local audience was surprised at the outcomes but still could not decide if the benefits outweighed the day-to-day challenges and it instigated further discussion and personal reflections on their experience.

Michelle Evans presented *Real lessons from unreal situations: the neonatal pocket skills centre*. This presentation concluded that regular mock scenarios conducted in the workplace can improve team performance and therefore develop communication skills, mitigating risks and improving patient outcomes for real emergency situations. This feedback was very important for the local audience to hear as initially many nurses felt uncomfortable participating in mock scenario training.

Amy Forbes-Coe discussed the prevalence of cerebral palsy (CP) from a literature review and added in a few preliminary findings from her current study. The literature review identified gestational ages <28 weeks and >37 weeks were at

an increased risk of CP. However, the local study found 28 to 32 weeks' gestation to be statistically significant. The audience were surprised to hear that the neonates most at risk for developing CP were not the neonates that received routine specialised follow up care and this sparked further discussion, especially on the appropriate use of the Prechtl General Movement assessment tool.

The Mona Kendell Nursing Association financially supported this evening (room and equipment hire). This organisation supports Townsville nursing staff to attend conferences within Australia and internationally for a small contribution of four dollars per week (not even the price of a coffee). They also offer a research grant (\$3,000 over two years) and conference support (\$1,500 per year). If you are a Townsville Hospital staff member and would like further information, please refer to the hospital website.

Everybody that attended this twilight session found it to be very beneficial and there was further discussion amongst the group to make this an annual event. Organisers highlighted that despite Townsville's remote region, its neonatal nursing staff are often well represented at national conferences (See picture below).



Townsville attendance at ACNN conference in Melbourne 2016

Wanted

Items of interest to ACNN members everywhere.

Please consider contributing to this newsletter.

Send contributions to newsletter@acnn.org.au

Neonatal Research Special Interest Group

Research World Café points the way ahead!

Over the past 12 months the Research SIG Committee has been asking members their opinions on the future objectives of the SIG. During 2016 we held a survey to gather information and members' ideas on what they would like the SIG's role to include. We invited all ACNN members to complete a survey outlining their needs. Fifty-nine members returned our survey – many thanks for those returns, we were excited to gain so many members' feedback on what research is being completed and how we can assist members interested in research. Survey analysis highlighted five main themes that members identified the SIG could provide support for: funding, mentorship, education, dissemination and championing nursing research in neonatal units.

To explore the five themes highlighted in the survey, we held the Research SIG World Café at the Annual Research SIG meeting. Members of the committee – De August, Kim Psaila, Jann Foster, Kaye Spence and Margaret Broom – all took part in introducing speakers, reporting feedback from surveys, using an app to conduct a survey as well coordinating and being experts at the World Café. It was such a pleasure to meet many of our SIG members and work together to develop the objectives for 2016-17.

The aim of the café was to identify one objective related to each of the five themes the Research SIG could work towards during 2016-17. At our Café, we had five tables where participants joined an expert to discuss a question related to the five themes drawn from the survey. The participants moved from table to table as the Café progressed to discuss each of the five questions.



The five questions were:

1. How can we champion nursing research in a neonatal unit?
2. What skills do nurses need to conduct research? What education is available?
3. What types of funding is available for nurses in research?
4. How is dissemination research accomplished?
5. How do you find a mentor and what is the role of a research mentor?

The five objectives outlined were:

1. Support nursing research in NICUs
2. Assist nurses in developing their research questions
3. Identifying funding sources and essentials on applications
4. Inform members about the highlights and hazards of publishing
5. Promote mentoring opportunities and relationships



We would like extend our appreciation and thanks to our four Café guest speakers: Michelle Evans, Lois Aguanta, Dr Rose Boland and Professor Margo Pritchard. The speakers each gave a short presentation on their research experience highlighting their different roles and research interests. Thank you to Rose and Margo for joining in as experts leading tables in the Café.

Not only was the Café a great way to plan for the future, it fulfilled our other objective to make research fun! Thank you to everyone who came along, it was a terrific afternoon.

Since the Café the committee has highlighted several activities we will be organising in the next 12 months and these include:

Email

Monthly email to inform members about upcoming activities.

Online Zoom workshops

Zoom allows us to log in on our computers (you just need internet access) and hold an interactive meeting where attendees see and can chat with other attendees. The first is planned for Thursday 1 December 2016 – 10 tips to championing nursing research in a neonatal unit. Other topics include:

- Journal Club: members will be invited to talk about interesting new publications highlighting outcomes important to current practice.
- Series of How-to workshops: application, ethics, data collection
- The workshops will run for 30 minutes at the start of our monthly SIG meeting.

Website

Regular updates to provide members with information on education, funding opportunities – the update this month will list links to free education sites.

Workshop

A Research SIG Workshop planned to be held in Sydney in June 2017.

The SIG committee is excited to have a plan for next year. We hope everyone will join our activities; practising researchers,

or if you interested in getting involved research or are just interested in learning about research and what other nurses are investigating.

They may already have the answer to your question!

Research SIG Committee

NSW Breastfeeding Column

Lactation Consultants of Australia and New Zealand (LCANZ) Conference

Melbourne 7 – 8 October 2016

Louise Murphy

RPA Newborn Care, Sydney

As an experienced NICU nurse and newly certified IBCLC (lactation consultant) from Sydney, this was my first LCANZ conference in Melbourne. It provided a great mix of general lactation education, new research and some issues highly relevant to the neonatal intensive care setting. It was also a great opportunity to meet other lactation consultants and discuss common issues around setting up a new private lactation business.

Dr Jane Hawdon, one of the keynote speakers, discussed her work from the NHS England Patient Safety Programme hypoglycaemia working group aimed at reducing the admission of term babies to neonatal units. It was very thought-provoking on the eternal question of “what level of neonatal hypoglycaemia” is safe in what context, particularly in the first 24 hours after birth. It highlighted the pivotal role and clinical challenge of closely monitored and supported breast feeding in the brief postnatal stay. It also made me consider the new ways we look at assessing infants at risk of hypoglycaemia, with variable body fat percentages, ketone, insulin and cortisol responses, wasted, macrosomic and LGA appearances.

Dr Clifton Kenon Jr. was both inspiring and practical in his historical summary of lactation consultants and discussed the nurturing of future generations in the specialty. While talking from an American perspective, he discussed issues such as the variation in dedicated lactation teams across NICUs and the lack of consistently available after-hours lactation consultants within the NICU staff. These remain constant challenges both here and abroad. He highlighted the relatively recent establishment of Neo-BFHI accreditation for NICUs. It really emphasized to me the need for each NICU to dedicate funds to support and sponsor a nurse/midwife each year to gain the IBCLC qualification and to build capacity within the staff of the NICUs. This would also assist in promoting lactation research, evidence based education and continue to develop family centred care practices within the NICU. Furthermore, it creates career opportunities for those newer nurses to consider, when

currently staff do not want to take on a full-time lactation role especially as the vast majority are no longer midwives. A greater number of lactation consultants in the NICU would support families with breastfeeding. This as we know from the evidence is vital when combating the public health crisis of obesity, cardiovascular diseases, cancer and diabetes later in life.

The conference gala dinner was hidden away in a secret 1950s themed American Diner in the Rydges Hotel. The ‘Copacabana’ themed dinner brought a colourful night of good food, great company and some serious dance moves – even before starters arrived!

Dale Hansson’s session on the controversial topic of tongue ties provided some great advice for this clinical conundrum. Often overlooked in NICUs as not a significant priority, it is commonly a hidden issue as part of a complex feeding and poor weight gain history. Dale’s expertise in describing how to assess the type of tongue tie and degree of impact on feeding was clinically helpful as well as providing strategies to support mothers with the breastfeeding relationship.

Finally, Sura Alsamman, the Health and Nutrition Manager at Save the Children Jordan, discussed Infant and Young Child Feeding programs in refugee camps in Jordan. A truly amazing perspective on removing unnecessary formula supplements in relatively well babies from the refugee camps and persisting in supporting and education mothers over months to result in them fully or partially breastfeeding. It demonstrates the importance of the WHO code compliance in refugee situations and the universal relevance of simplicity, consistency, support and confidence of the mother as imperative in continuing the breastfeeding journey.

A great variety of information and thought-provoking clinical issues. Looking forward to the next one!

NSW Clinical Nurse Consultant Column

A new phase...

Lynn Sinclair

Clinical Nurse Consultant, NSW Pregnancy and newborn Services Network (PSN)

“Save one life and you’re a hero; save one hundred lives and you’re a nurse”

Unknown

It is timely that I should contribute some words to the ACNN CNC Column at this time. This is both a sad and exciting time for me. Sad because I have just resigned from my position as CNC at PSN and excited because I am moving to a new phase of my nursing career as a fulltime academic at the University of Technology Sydney.

I feel proud and honoured to have been a neonatal CNC in NSW for 10 years. The experience has been unique and more rewarding and multifaceted than I could have ever imagined when I arrived in Sydney from Scotland in 2003. This leadership role has enabled me to contribute to neonatal care provision at local, state and national levels through practice change, education, research, quality improvement initiatives and policymaking.

I have met so many amazing people from all walks of life who have shared their stories, experiences and expertise and enriched my life immeasurably in so many ways; many are treasured colleagues, some have become very dear friends. They have taught me so much and inspired me to be the best I can be. I thank them all.

So, after three positions (3 years at Westmead NICU, 3 years at NETS and 4 years at PSN), a PhD and as the current President-Elect of the Perinatal Society of Australia and New Zealand (PSANZ) it is now time for me to write a new chapter in my life story. Moving into the university environment feels like the logical next step in my career, a wonderful opportunity to enhance my own learning. My one wish is that I can share my knowledge and skills and truly touch the lives of nursing and midwifery students in a positive way, as I know they will mine. Wish me luck!

I look forward to continued collaboration with the neonatal nursing network of ACNN and wish each one of you continued success in all that you do. The neonatal nursing voice needs to be loud and strong if we are to enhance this nursing specialty and improve the quality and safety of neonatal care. We need to stay strong, motivated, positive and focused in our desire to achieve this goal.

Be awesome every day and please keep in touch.

Lynn Sinclair

Lynn Sinclair RN PhD

Email: Lynn.Sinclair@uts.edu.au



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Guidelines for the Mark New Quiet Achiever Award

The goal of the Mark New Quiet Achiever Award is to recognise the dedication and commitment of individuals to neonatal nursing and research. The award is given to a member of ACNN who has contributed meaningfully to neonatal nursing through engagement in ACNN and neonatal research or clinical practice improvement through evidence-based practice development. Often these men and women are quiet achievers who might otherwise not be recognised. The establishment of the award was approved by the ACNN National Committee in 2014. The Mark New Quiet Achiever award is sponsored by the New family to the value of \$1,000.

Eligibility

- ACNN member for a minimum of two years before nomination.
- Has actively contributed to ACNN, for example by branch participation, attending ACNN conferences, serving on committee or special interest group operational committees.

Nomination process

- Call for nominations will be made annually.
- Any ACNN member may nominate a member through a Branch, a Special Interest Group or the National Committee.
- Nominations are made by submitting a letter outlining why the member is considered a quiet achiever with any additional achievements as outlined in the nominee criteria, in no more than two A4 pages with font size not less than 10 points.
- Nominations close 31 March each year.

Nominee criteria

The selection panel will consider the nomination based on the member achieving the minimum requirements and any of the additional criteria below.

Minimum requirements

- Is regarded as a quiet achiever.
- Has presented (oral or poster) at a national or international conference.
- Has **not** been an invited speaker at an international conference.
- Has completed postgraduate study.

Additional criteria (not essential)

- Has consistently been involved in neonatal research or clinical practice improvement spanning several years.
- Has built research capacity within their neonatal environment by mentoring colleagues.
- Has published as first author in a peer-reviewed journal.
- Has demonstrated translation of research into clinical practice.

Selection Panel

Nominations are to be forwarded to the ACNN Secretary at thesecretary@acnn.org.au. The professional officer will propose a selection panel that will include a minimum of three people, to include a representative of the New family and a person independent of the National Committee.



Australian College of Neonatal Nurses Inc.

Low Resource Countries SIG

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Call for Expression of Interest (EOI) May 2017 Goroka trip

This call is for the May 5 – 13 trip only.

The call for September will be made in early February. The previously advertised dates are no longer valid. New dates for September are 1 – 9.

EOI for the May trip is to be received by 3 February.

- If spaces available EOIs will be taken after this date.
- It is advised to arrange holiday/time off work prior to putting in an expression of interest.

Please note:

- A maximum of 8 people only on each trip due to accommodation restrictions
- Each person is responsible for their
 - airfare (~ \$850 – 1000; flight details will be supplied)
 - travel insurance
 - PNG visa (free – advisable to obtain prior to departure through the Brisbane consulate)
 - immunisations and malaria prophylaxis
 - personal medical requirements
 - tentatively arranging an overnight trip to AT projects and a chance to see the bird of paradise in the wild (additional cost)
- A food and incidental kitty payment of up to \$450 is required to be paid prior to departure
- Personal spending money for items such as alcohol, souvenirs, tours, outings
- Our base will be at Goroka Hospital but it is likely we will travel to other areas in the district to conduct education and training

Preference will be given to delegates who are

- a current financial member of ACNN
- actively involved in LRC SIG activities
- actively involved or have undertaken fundraising for the LRC

Please send an EOI addressing the following questions in no more than 1 A4 page (size 12 font)

1. What experience do you have in teaching/demonstrating to others?
2. Do you consider yourself as adaptable with ever-changing conditions?
3. Do you have experience in travelling and working within a group?
4. What do you think are your strengths?
5. What do you think will be your challenges?

Please send your EOI to Gill Mibus at lrcsig@acnn.org.au. All applications received will be acknowledged by email within 48 hours. If you do not receive an acknowledgement, please resend or contact Karen on 0435 748 660 or treasurer@acnn.org.au