



Australian College of Neonatal Nurses Inc.

PO Box 32 Camperdown NSW 1450

www.acnn.org.au ABN 62 075 234 048

Newsletter

December 2018

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. All content will be edited to newsletter standard.

Editor: Shelley Reid. Proofreader: Jan Polverino.

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

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Next deadline: 1 February 2019

ACNN National Executive Committee 2018 – 2019

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From the President

This is my final report for 2018, and what a year it has been for ACNN. Our committees have continued to grow, our education programs develop and strengthen, our reach expands through social media, political statements and direct networking. It is especially gratifying that our college continues to positively evolve. It is a tribute to the work of the national, branch and special interest group committee members, and to all members of ACNN who promote our college. We truly have strength in numbers and I hope next year we will have just as much success in achieving our strategic objectives.

The national executive committee will meet on the first weekend of February to review our strategic planning outcomes and plan for the future. Currently all the branches and special interest groups have allocated funds in the budget and many run education days. We also have scholarships, travel grants, excellence awards and subsidised courses at University of Tasmania for our members. This year, we inaugurated the ACNN Honorary Fellow membership category by conferring this honour on A/Prof Kaye Spence AM and Dr Carmel Collins.

However, this is where I would like to ask for everyone's help. Please think about what you would like from your college, what else can we do? What would make you want to join and remain a member? Please send any constructive suggestions to me at president@acnn.org.au as I would like to have a list collated to take to the national executive meeting in February. We continually want to improve and I would appreciate all suggestions.

As you know, COINN is in May in Auckland, and I'm delighted that so many ACNN members have abstracts accepted and will attend. We will be giving out travel awards to help those attending. Also, we selected a lovely scarf for members to purchase and wear at COINN, to be recognised as ACNN members of COINN – see details in this issue.

Our visiting scholar Dr Nancy Feeley will be speaking first in Brisbane, then Canberra, Melbourne, Adelaide, Perth and finally in Sydney on Saturday 9 November, for an all-day seminar that will include the annual general meeting and a farewell dinner. The branches and our Perth members are working on programs and speakers and these will all be on the

Cont. on page 2

From the President (cont.)

website soon. The NSW Branch is delighted to announce that Professor Euan Wallace will be one of our invited speakers in Sydney. For those at PSANZ this year, Euan was a keynote speaker and his talks were all fascinating, entertaining and informative. Keep checking the website and the email updates for more information.

Karen New and I are travelling to Delhi this week to represent COINN at the WHO Partnership for Maternal, Newborn and Child Health Forum (PMNCH). While there, we will meet with the President of the Indian Neonatal Nurses Association to discuss some collaborative projects. There is also one of the biggest neonatal conferences in Varanasi (about 2,500 delegates) just after the meeting in Delhi, and after contacting

the conference chair I was invited to give a 20-minute oral presentation on *Saving lives and preventing disability – the importance of nurses, education and capacity building*, highlighting the importance of neonatal nurses. It is important that we as ACNN and COINN become more visible, as our voice is so important.

I wish everyone a safe, happy and peaceful Christmas and New Year, with just a little plea. This time of year can be especially hard for some, so please look out for your colleagues and look after yourself.

Merry Christmas to all,

Karen Walker

South Australia Branch Report

With just one more branch meeting for the year and our last event for the year over, we can't believe how quickly the year has flown by. The twilight seminar 'Neurodevelopmental outcomes in Neonatal Care' was a great success for the SA Branch and members who attended. We shared a delicious meal whilst listening to four fantastic speakers covering different aspects of neonatal neurodevelopment.

Our first speaker was Ros Lontis, Growth & Development Coordinator at the Women's & Children's Hospital (WCH) who spoke about the WCH program and how it implements follow-up support of preterm and sick neonates, statistics of outcomes and the future of the program. Ros was followed by Helen Fabel, the neonatal follow up co-ordinator at Flinders Medical Centre who delivered statistics and an insight surrounding outcomes in relation to the gestation and weight of neonates delivered at FMC compared to New Zealand and Australia at a national level. It was very interesting to see the data surrounding diagnosis and assessment of conditions such as autism and learning/behavioural difficulties.

James Rice, Head of the Paediatric Rehabilitation Department at the WCH then presented about the diagnosis of cerebral palsy (CP) and the neonates at high risk of this condition. He spoke about the assessment and different severities of CP, the statistics of high-risk groups in accordance with gestation and birth weight and the WCH early detection clinic, the value of early detection and intervention outcomes and the rationale of timing for procedures such as MRI in the diagnostic stage. To conclude the night Ruth Marshall-Rogers, Physiotherapist at WCH and Lyell McEwin Hospital, spoke about the physio's role when working with neonates in the nurseries from 32 weeks and throughout their first few years of life, depending on the individual needs. To accompany her talk she presented videos of an assessment she did with a 28-week neonate throughout their progress. It gave a fantastic insight to how crucial their

work with the baby and families are and what we can do as neonatal nurses to support and understand this.

I think every one who attended the night would agree on what a fabulous group of speakers there was to cover this extensive and important topic in neonatal care, we would like to thank them very much for their knowledge, expertise and effort. The SA Branch was extremely happy with the number of delegates and can't wait for what 2019 will bring. We are looking forward to the up and coming Light it Purple for World Prematurity Day this Saturday, where the Adelaide Oval will be lit up for the celebration to raise awareness.

We hope everyone has a happy and safe holiday season.

Brie Simpson



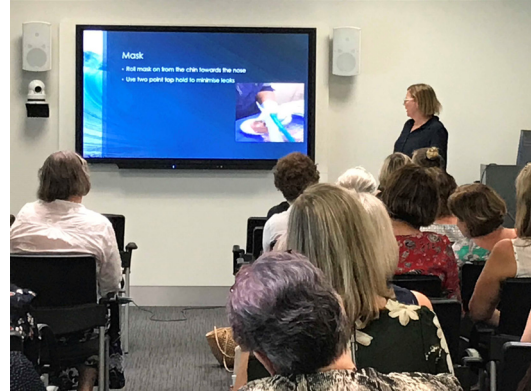
Queensland Branch Report

On 26 October we held our second Respiratory Workshop and Dinner Seminar for the year, at the Sunshine Coast University Hospital, Kawana, Qld. The workshop followed the format of the previous event held in March, consisting of presentations and practical demonstrations, and facilitated by Neonatal Nurse Practitioners from RBWH, SCUH and Redcliffe. At the conclusion of the workshop, we were able to tour the recently opened neonatal unit.

The dinner seminar had a focus on neonatal nutrition, with presentations relating to galactogogues, nutrition and growth in the preterm infant and parenteral nutrition. Presenters were Elizabeth Upton, Pharmacist, SCUH; Justin Wright, Senior Paediatric Dietitian, SCUH; and Dr David Cartwright, Neonatologist. Our final speaker was Dr Jennifer Dawson, Royal Women's Hospital, Melbourne, who presented research relating to monitoring of neonatal heart rates in the delivery

room. A general meeting of the branch followed the final speaker.

Once again, this event was well supported and enjoyed by participants. Our thanks to the organising committee and to each of the speakers.



Conference Report

New Frontiers for African Neonatal Care: 1st COINN Africa Conference

Renee Collisson

At the ACNN conference in August I was awarded a Professional Development Scholarship to attend the 1st COINN Africa Conference in Kigali, Rwanda in October.

Rwanda is a small land-locked country, located in central east Africa and bordered by Tanzania, Democratic Republic of Congo (DRC), Uganda and Burundi. Since the 1994 genocide, when over 800,000 Tutsi and moderate Hutus were slaughtered by extreme Hutus, the country has made incredible strides forward in rebuilding a country focussed on equality, education and improving health outcomes. In regards to health, Rwanda was a leading African country in achieving the Millennium Development Goals, and, of particular interest to us, reduced the neonatal mortality rate from 107 deaths per 1,000 births in 2000 to 20 deaths in 1,000 in 2015, with the latest figures suggesting it has further reduced to 16 deaths per 1,000 births. This puts them well on track for achieving the Sustainable Development Goal of neonatal mortality reaching 12 deaths per 1,000 births by 2030. So how have they achieved this and how can they continue to move forward and further reduce neonatal mortality?

The conference, held at the University of Rwanda, was extremely well attended with over 300 delegates from around the world. Represented African countries included Mali, Malawi, Tanzania, Kenya, Nigeria, DRC, Burundi and Zambia. From further afield, the UK, USA, Canada and Australia were all well represented also. We were honoured to have the Minister of Health plus representatives from WHO and Save the Children attend and speak.

Presenters from a number of countries presented on varied

topics and projects being implemented in their regions, and the impacts these were having on neonatal survival and outcomes. Presented research included topics ranging from kangaroo mother care, recognition of the sick neonate, birth asphyxia and delayed cord clamping, to promoting early and exclusive breast feeding, family-led care, preventing disability and—importantly—specialised education and recognition for nurses caring for neonates. Challenges in low resource countries in reducing neonatal mortality, discussed by a number of speakers, include the above-mentioned lack of specialised neonatal education for nurses, along with a lack of infrastructure, lack of staff and a lack of capability for high level interventions.

A recent nursing survey in Rwanda found that patient ratios were between 1 nurse to 10 babies and 1 nurse to 40 babies, which was consistent with discussions I had with a number of local nurses. This leads to findings of other studies presented throughout the conference showing neonates often only having one to two sets of observations per shift, rates of up to 50 per cent of babies being hypothermic and 50 per cent with abnormal levels of oxygenation. In an effort to improve these statistics and neonatal outcomes, one project used a number of strategies including lecture style training modules, simulation and Helping Babies Breathe training and mentoring to address education needs. Other implemented strategies included a pack with equipment such as glucometer, thermometer and Ambu-bag and mask. Further to these, infrastructure issues such as an identifying a resuscitation area

Cont. on page 4

Cont. from page 3

in each room, posters encouraging closing doors and windows, and reducing visitor flow to help prevent hypothermia were addressed.

Other interventions included family-led care and kangaroo mother care, which is an area I believe we could learn a lot from low resource countries. We were privileged to visit the neonatal unit of Muhima District Hospital the day prior to the conference. This was both an interesting and confronting experience due to the lack of resources available to treat issues that would be dealt with relatively routinely and easily with in our centres. I felt extremely lucky to live and work where I do, as well as inspired to continue trying to support and help nurses in these less well-resourced countries to continue improving practice so neonates, no matter where

they are born, receive the best possible care.

I really recommend anyone who gets the opportunity to attend this conference in the future to take it, as not only do you learn an incredible amount about some great work happening out there, but you get to see beautiful places and make some great friends from across the world who share the same passion for neonatal nursing as we do.

SCARF for COINN

The ACNN National Committee would like to encourage all ACNN members who are attending COINN—particularly for the opening ceremony—to be identified as an ACNN member to show our strength of attendance as a COINN affiliate member group. Each member is invited to purchase the pictured scarf to wear for the opening ceremony. The 'On Walkabout Blue Scarf' was selected as it is a beautiful blue colour and has little feet wondering all over it. The scarf is made in Australia, is traditional western desert work and depicts the journey of a young man searching for a partner. The scarf can be ordered from Bulurru. Once purchased, please send your receipt to treasurer@acnn.org.au as the executive committee has approved a subsidy of \$20 per member.



On Walkabout Blue Scarf
\$42.00 AUD

Conference Report

Jessie Everson-Checkley Education Grant Report: 26th ACNN Conference, Launceston

Natalie Butchard

Nurse Unit Manager, NICU John Hunter Children's Hospital, NSW

It was with much excitement, and some anxiety (as a first time presenter) that I departed Newcastle at some unearthly time in the morning, headed for Launceston for the 26th Annual ACNN Conference. Representing NICU John Hunter Children's Hospital, I had submitted and had accepted one poster, one poster presentation, and an oral presentation for the annual conference. With much gratitude, I was also awarded the Jessie Everson-Checkley Education Grant, to assist with the costs to attend this fine event.

The ballroom of the Hotel Grand Chancellor was a delightful venue for the welcome reception. An opportunity to meet with likeminded neonatal nurses, to see some familiar faces as well as to sample some of the local wares. It was a very pleasant evening.

There were a number of excellent presentations over the two and a half days, but there were two particular presentations that really struck home for me.

The first presentation that I found particularly powerful was from Dianne Webb - #hellomynameis... Too often as health professionals we rush from one task to the next, with little reflection on what this experience might be like for the patient and their family, and how having a health professional introduce themselves by name to a patient may make all the difference in their experience through the health system.

Secondly, Rosalie Martin's presentation, *Three steps to kind communication*. As a manager, but also a mother of four children, I recognize the significance of kindness in all aspects of life. From interacting with patients, families and staff in

the workplace, but also in my interactions with the wider community, kind communication is so important, but is often lost in the busyness of everyday life. Rosalie's presentation inspired me to continue to bring kindness in my work and personal life, but to also challenge my staff and colleagues to practice kind communication as well.

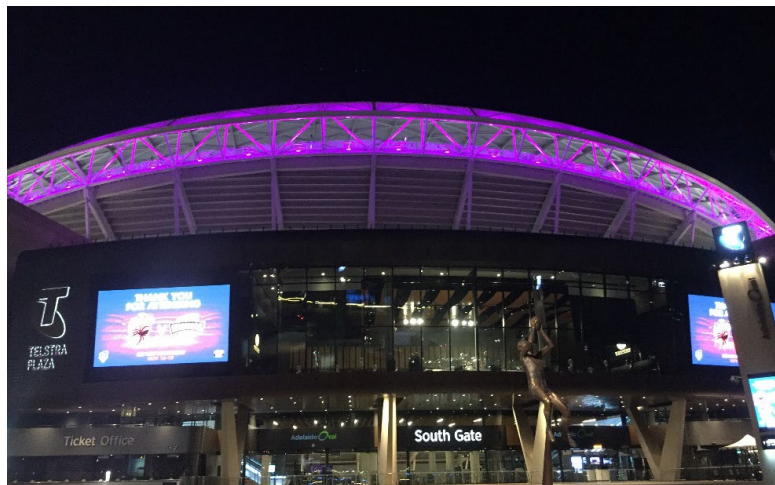
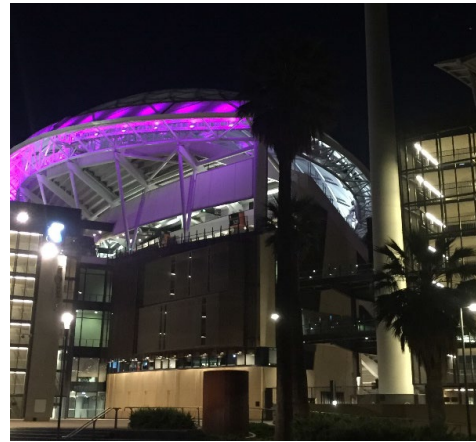
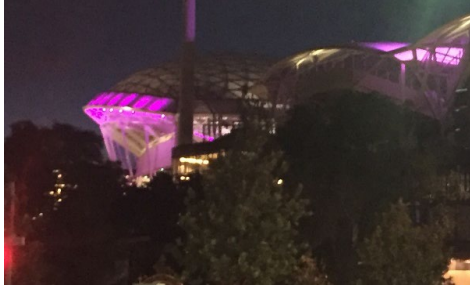
The structure of the conference into concurrent sessions based on streams was fantastic, as we were able to identify areas of particular interest. I was inspired by the work being done in the Low Resource Countries streams, from nursing education in New Guinea to the cardiac surgery program being delivered to various underprivileged countries.

I have returned to Newcastle feeling proud of all the amazing work being done in neonatal care across the country, and enthused to extend on the great work we are doing. I would like to thank the ACNN NSW committee for awarding me the grant to attend this conference.



Light it Purple - World Prematurity Day 17 November 2018

South Australia Spectacular



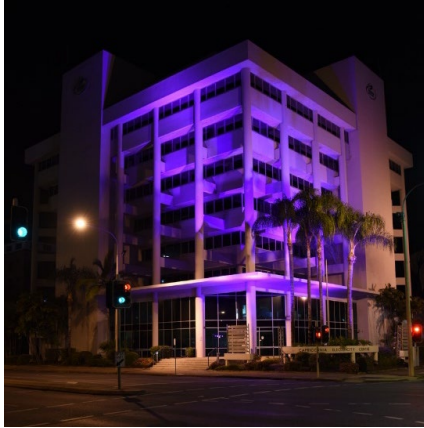
New South Wales Seminar 17 November



Light it Purple - World Prematurity Day 17 November 2018

Rockhampton Queensland

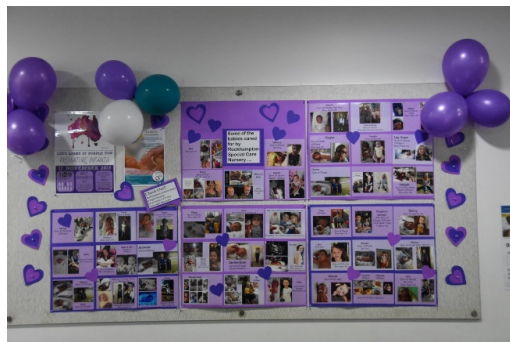
Ergon Energy Building



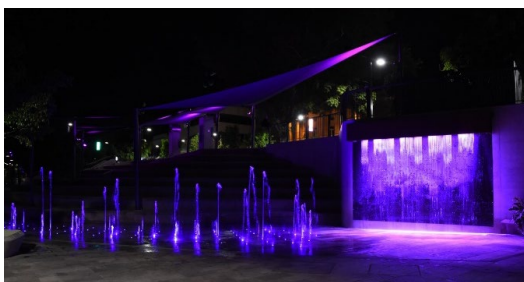
Rockhampton Hospital
SCN nurses



Megan with baby Adellyn
Picture by permission



Rockhampton Waterfront City



Family and Infant Neuroprotective Education Course - Reflections

My name is Cindi Escardo, and I was a recipient of the ACNN Professional Development Scholarship for 2018. I am a Registered Nurse at Royal Hobart Hospital and chose to use these funds to attend the Family and Infant Neuroprotective Education (FINE) Course 1 in Sydney.

After completing the 2-day course, my brain is full! Nadine, Kaye and Nicola presented a wide range of NDC concepts in an engaging and interesting way. I have been exposed to many of these concepts previously at other hospitals internationally, but the NIDCAP trainer's expertise really expanded this knowledge further. I found myself realising there is so much more that can be achieved in my NICU in Hobart and in my own practice.

There was also plenty of NDC concepts that were new to me. These included:

A further discussion of sensory development was well reviewed, which was so helpful.

Early feeding skills and infant-led feeding were discussed.

Side-lying nappy changes with an emphasis on a slow interactive approach and single sensory input at a time.

Promoting turning of the infant, that does not break contact with the bed (staged approach).

This topic flowed on to the Five Step Dialogue: promoting consistent touch in the clinical setting. This approach was carefully explained. Nadine broke down these steps in a unique way that made me see the vital importance in my own practice and something I will introduce on my ward.

The very important topic of Pain in the Neonate was reviewed. And I see that a Pain Assessment Tool is a very important aspect of our nursing assessment and something that could be introduced in my unit.

Two of the key take-home messages of the whole program were observation of the infant, and parent education and involvement.

There are so many benefits to the preterm baby that can be achieved by incorporating these skills in our workplace and nursing care. Taking the time to observe the baby you are looking after and noting behaviour and sleep states, and involving the parents in care is paramount.

Of course, I could go on and on! There were just so many amazing things to be learned in these two days. To sum it up in this reflection is not easy. I highly recommend NICU nurses around Australia attend if at all possible. The information in this course is invaluable and I am grateful for the scholarship money I received via the ACNN.

“A COIN FOR COINN”



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