



Australian College of Neonatal Nurses Inc.

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

Newsletter

December 2020

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.

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

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Next deadline: 1 February 2021

ACNN National Executive Committee 2020 – 2021

Office-bearers

President	Anndrea Flint
Vice president	Amy Curran
Secretary	Shelley Reid
Treasurer	Samantha Lannan

Ordinary Committee Members

Dustylee Williams
Sarah Neale - Social Media
Dr Linda Ng - Professional Officer

Executive Support Officer - Dr Karen New

From the President

The weeks are flying by and before we know it Christmas will be here. We had a great day in our Unit in Redcliffe celebrating World Prematurity Day, getting 'Light it Purple' for the hospital for the first time, which was exciting – see photos for World Prematurity Day 2020.

On another note I would like to discuss professional development hours. This year we have seen ACNN rise to the challenge of the pandemic, offering the National Conference virtually and supporting SIGs in offering numerous opportunities for online professional development. This raises the questions around certificates of attendance, a frequently asked question. ACNN will not be offering certificates for SIG presentations attended virtually, as this should be logged as professional development hours and a record of the program kept and a self-reflection written. There are many apps available to assist with this, minimising time spent logging hours and generating reflections. Certificates for the virtual conference held this year are no longer available. This is not to make it difficult for our members but to let you know it is logistically difficult to track all virtual participants.

The Executive held a planning meeting on 5 December, the second one for the year. We have completed and updated almost all our clinical guidelines and policies. The strategic plan for 2021 – 2025 was also formulated. Updated documents are available on the website in the members' section.

Wishing you all a safe and happy Christmas, and hoping that you get to see loved ones you may not have seen this year.

Anndrea Flint

Infant Feeding SIG

The inaugural Zoom seminar was presented this month, on cue-based feeding in the sick or preterm infant. The SIG committee is planning two more seminars in the first half of 2021 and we would like some input into what topics would be most helpful for members. Email your suggestions to infantfeeding@acnn.org.au

New South Wales Branch

The NSW Branch held its annual meeting on 9 December. The committee was re-elected to continue for another year, except for Jenny Ormsby. Jenny stepped down as her work has moved away from neonatal care into a governance role. The committee thanks Jenny very much for her many years of service on the committee, contributing her expertise, time and enthusiasm.

The Branch has set its activity plan for 2021, and will attempt to hold the country seminar in Port Macquarie, deferred from this year due to COVID-19 restrictions. Other activities cover promoting ACNN in NSW, including via social media, and increasing membership.

In 2020 the NSW Branch held a lucky draw for any new members joining since January, and any members renewing by September, in lieu of applications for the Jessie Everson-Checkley scholarship. The prize was registration for the ACNN Conference and Dinner in Canberra, 2021. The random draw was conducted by Karen New on behalf the Branch. The two new member winners are Bronwyn Bernerius and Rebecca Winterburn. The four renewing member winners are Cathie de Cock, Neil Pulbrook, Louise Willson and Maree Wooldridge. Congratulations to all winners.

Queensland Branch

The Queensland branch is working to raise the profile of ACNN and the important work that neonatal nurses do by supporting branch members in celebrating events such as World Prematurity Day and International Neonatal Nurses Day. We are also planning more workshops for 2021 to take education to regional units in Queensland. After a successful workshop in Toowoomba in August using a COVID-safe plan, we are looking forward to working with regional units to bring current evidence and practical education to their staff. We have received lots of interest so hopefully you will see us at a place near you in the next year.

Let's celebrate us!

We want to give a shout-out to all those neonatal nurses who have had achievements this year in their work or study. If you know someone who has achieved something this year – whether it be presenting to a group, finishing study, achieving practice change through quality improvement – let us know! A group achievement is also noteworthy. It has been a tough year and we would like to acknowledge the hard work that people have managed to do by listing achievements on the QLD Branch webpage.

Want to meet the committee?

Visit the member's QLD Branch webpage to check out the new committee for 2021. Keep an eye out for QLD Branch announcements in the ACNN Round Up and Branch emails. Feel free to email the Branch with any questions or ideas. We are here to help.

The QLD Branch would like to take this opportunity to thank each and every one of you for your hard work during a tough year. We wish everyone a safe and healthy Christmas. Here's to a COVID-safe 2021 and getting networks back together.

South Australia Branch

Recently the SA branch hosted a twilight meeting with the theme of quality improvement in the neonatal nurseries. Members and non-members, midwives and neonatal nurses received 1.5 hours PD and enjoyed networking whilst partaking of SA nibbles and drinks.

Associate Professor Amy Keir and Clinical Nurse Angela Cavallaro discussed the PINI project which aims to improve the neurodevelopmental outcomes for preterm infants. Amy and Angela have been announced as finalists in the SA Health Awards for 2020 for the PINI project – Improving Safety and Quality. The PINI project has shown significant improvements in the number of preterm neonates who are now normothermic on admission to the nursery from 44 per cent in 2017–2018 to 76 per cent in 2019–2020. Other improvements include the administration of antenatal magnesium sulphate to neonates born less than 30 weeks gestation, from a baseline of 66 per cent in 2017–2018 to more than 90 per cent in 2019–2020.

However, redevelopment of the neonatal nurseries is not just about improvement of neurodevelopmental outcomes. Discussion was also encouraged in how we can further implement family centred care in the neonatal nurseries, involving parental presence and participation in their neonate's care.

ACNN members were actively encouraged to collaborate in quality improvement projects in the future. Amy and Angela have kindly offered to assist members with training and will likely run a QI workshop in 2021 for the SA branch. Watch this space.

The SA branch also aims to have Zoom login for future meetings, to facilitate ease of attendance in these changing Covid 19 aware times.

Education SIG Report

Justine Parsons

Nurse Educator, NICU, John Hunter Children's Hospital

After much planning and consideration, the Education SIG ran its first virtual event in the form of an ethical case study webinar on 10 November. Anne Walsh, CNE Royal Hobart Hospital, chaired the webinar and ensured the housekeeping and time considerations were all adhered to.

To begin with, I presented the clinical case notes which were about a complex preterm birth at 27 weeks in a small, peripheral hospital that required extensive resuscitation. The infant's mother had a significant social history, including IV substance use and was known to the NSW Department of Communities and Justice. The infant required retrieval to a tertiary hospital NICU, and became critically unwell. The mother could not be located after discharging against medical advice.

After the example case was outlined, Dr Janet Green gave her presentation titled "Caregiving and ethical dilemmas: when the best interests of parents and baby collide" which provided much information on the differences between legal and moral aspects of the case. The complexities of this particular case were highlighted, as well as applicability to other cases that may arise in the NICU.

The discussion then beautifully segued into Dr Trisha Prentice's discussion on "Addressing moral distress in the midst of uncertainty". Trisha delved into the complex feelings, thoughts and stresses that health professionals experience when faced with challenging ethical dilemmas in the NICU. Finding ways to manage moral distress for the staff should be part of the overall management of the case in general.

Finally, and after some minor technical glitches, Dr Ahmed Moustafa presented his talk on "Road map to a palliative care

journey" that outlined different styles of approaching neonatal palliation, along with discussing the ways in which families experience bereavement and grief. Remembering that each family will have a variety of needs throughout end of life care for their infant is crucial, and factoring in meeting those needs as best we can is important.

The feedback we have received regarding the webinar has been extraordinarily positive – both during the webinar using the online 'chat' function and afterwards on the QR coded survey. Many respondents commented that it was a thought-provoking topic, was well presented and that the format of virtual webinar with live discussion was accessible and convenient. Several respondents asked for more webinars in the future.

Due to the sensitive nature of the information we presented, as well as with respect to our presenters, this particular webinar was not recorded. However, if there was a demand to present this topic again, the SIG would be happy to consider this.

All in all, the Education SIG team were pleased with the planning, management and execution of the virtual webinar for our first attempt. A big thanks to Karen New for being our 'go-to' person on the night, and for all her assistance with managing the Zoom waiting room and screen sharing. We've learned a lot, and can put into practice for our next set of virtual events in 2021!

If any members have ideas for particular topics they would like to see the Education SIG present via this format, please email the Secretary, Linda Ng, on linda.ng@uqconnect.edu.au

Research SIG Report

Greetings from the Research SIG!

Although 2020 has presented many unanticipated challenges, we can report a very productive year for the SIG.

We had two primary goals for 2020. The first was to finalise the protocol for the *Developing Australian Neonatal Nursing Care Outcomes: Neonatal Nursing Outcome Measures (NNOM)* research project and submit it to the Executive. The Executive has confirmed funding for this project. This research project aims to objectively identify and measure neonatal nursing outcomes to support quality nursing care and inform local and national workforce development.

The second goal was to develop strategies to support the membership in their research endeavours. We had planned to run a workshop this year, however, these plans were derailed

due to difficulties imposed by COVID. We therefore decided to move to virtual sessions instead.

As most of the membership would know, we invited researchers to present their research to members via Zoom. The presentations have been held during the first 30 minutes of our monthly SIG meetings. Most of these presentations have been recorded and are available on the ACNN website for viewing by members. We want to take this opportunity to all our outstanding presenters for giving up their time to share their work with us. We would also like to thank the membership for attending and supporting this initiative.

We have held four virtual meetings this year. Jeewan Jyoti presented her current project at our first session held in

Research SIG report (cont.)

August. She presented her work on the inspiring topic of parental involvement, *Are Parents Aware and Involved in their Newborn's Pain Management in Surgical NICU?* Jeewan is currently undertaking the Grace Clinical Neonatal Nursing Research Fellowship at Grace Centre for Newborn Intensive Care, The Children's Hospital at Westmead, NSW.

In September, Associate Professor Samudragupta (Sam) Bora, who is Group Leader, Neurodevelopmental Follow-Up and Outcomes, Mater Research Institute, Faculty of Medicine, The University of Queensland, discussed survey design with the group. His presentation *Designing Surveys in Health Research: Not as Simple as It Seems* stimulated significant discussion.

Our October presentation *Neonatal Pain Research: Improving pain management during painful procedures* was delivered by Professor Denise Harrison, who has recently moved from Ottawa, Canada, to take up a position as Professor of Nursing at the University of Melbourne. Denise developed and leads the Be Sweet to Babies program of research, focusing on improving pain management for neonates, infants, and young children in partnership with parents, clinicians, interdisciplinary researchers, and students. Her presentation was sold out and very well received on the night.

Our final presentation on November 25 was given by Renee Muirhead (PhD Candidate, University of Queensland). Renee is a neonatal clinical nurse consultant, in Brisbane, Australia, with over 27 years of clinical experience in neonatology and midwifery. Renee's presentation will discuss her systematic review protocol *Safety and effectiveness of parent/nurse controlled analgesia on patient outcomes in the neonatal intensive care unit*.

These presentations are open to all members, so if you haven't yet joined us, please watch for upcoming presentations in 2021. We will be developing our presenter list for 2021 at our December meeting. Please contact us if you would like to present your research, or alternatively, if you have suggestions for possible presenters.

In addition to these activities, the Research SIG has worked collaboratively with the Executive to develop a virtual seminar guideline, which aims to provide an outline of responsibilities and actions for Branches and SIGs to hold a virtual seminar.

Our other activities this year have involved supporting members who require mentoring with their research. Several members are highly experienced researchers and supervisors and would be happy to mentor anyone who needs support, so please contact us.

We will hold our annual meeting in December. Our focus for the discussion will be to develop our strategic plan and identify our goals for 2021.

Finally, the Research SIG would like to wish all members a very happy Christmas for 2020!

Low Resource Countries SIG Report

As for everyone, 2020 has been a challenge for the members of the LRC SIG in that we have not been able to visit and offer our support through in-person training to colleagues in Goroka, Kokoda or Wewak, PNG. However, we have continued to collaborate with our many partner groups and have had the opportunity to build further partnerships, enabling us to provide sustainability in our endeavours. It has been through the wonderful support of the [Christian Radio Missionary Fellowship](#) (CRMF), who provided us with space in their shipping container for 17 boxes of supplies to be sent up to Goroka to one of our partner organisations, [Touching the Untouchables](#) (TTU). CRMF is an inter-denominational, non-profit mission organization which has been based in PNG for over 60 years, providing the Church in PNG with technical solutions, such as radio communication, computing, solar lighting, digital audio bibles and any other technology. While TTU is an NGO based in Goroka that brings community health education programs to rural villages and communities, including training in Essential Newborn Care. The LRC SIG has been working closely with TTU since 2014, in providing training and equipment for the health village volunteers, who have responsibility for pregnant women in their villages. The supplies we sent included 100 birthing kits (kindly assembled and donated by the [Soroptimist International Brisbane South Inc](#)), 736 headlamps (kindly donated by [Solar Buddy](#)), 645 pairs of gloves, 20 wash bowls, 60 birthing sheets and 8 bags of beanies and cotton singlets. The LRC SIG are very appreciative to everyone who has donated, collected, knitted and provided supplies to us for distribution. We hope to send up further supplies in the New Year.

Additionally, we have been able to supply 'training' equipment to colleagues at the East Sepik College of Nursing in Wewak. They had requested cannulation training arms and we were able to facilitate this request.



This is the message we received from Mr Jorim Zira, Nurse Educator and Director of the College: *"Thank you so much, we appreciate so much your support with the ivt insertion arm. That is the most needed equipment for our students especially 2nd years. They will be very helpful in our teaching demonstration. We have enrolled a total of 47 first year students and 27 second yrs. We have total of 6 teachers, 1 librarian and 1 administration assistant."*

Last year we facilitated sending up nursing textbooks for their

library, thanks to [Books4PNGkids](#), who provided the transport to Wewak. We have more supplies of books and we hope to be sending these up soon.

In light of not being able to provide hands-on training 'in-country', the committee is partnering with [Taking Paediatrics Abroad](#) (TPA) and the [Kokoda Track Foundation](#) (KTF) putting together educational sessions that will be offered online and via Zoom. Our collaboration with TPA is new, while we have been working with KTF since 2019. TPA was initially established to deliver education face-to-face, facilitating volunteering for paediatric doctors, nurses and allied health professionals in developing countries and remote Australian Aboriginal communities; but has now moved to offering online education, particularly in response to the pandemic. KTF primarily focussed on delivering education in schools – providing teacher training, school infrastructure and supporting learning environments for children in remote and rural PNG. KTF is also engaged in healthcare initiatives in PNG and in 2019, KTF and members of the LRC SIG, facilitated a week of training with healthcare workers in the Kokoda region. This was very successful, and we had planned to do again this year, but alas ... we hope that we will be able to do this again soon.

The LRC SIG recently had its annual meeting and called for committee members. The first meeting of the new committee was held recently, welcoming new members and old faces alike. The current committee is seen in the adjacent photo, except for Leanne Sheppard who was not present at that

meeting. The LRC SIG meets via Zoom on the second Monday of each month and welcomes members to join our meetings. If you would like more details and/or wish to go onto the email list – email us at lrcsig@acnn.org.au



Row 1, L to R: Judy Macey, Karen New, Anndrea Flint, Melissa Burnett. Row 2, L to R: Donna Hovey, Robyn Schmid, Amy Curran, Linda Ng. Row 3, L to R: Gill Mibus and Karen Walker



We wish you and your families a safe and Merry Christmas and a brighter 2021

Neurodevelopmental Care SIG Report

Reflection on the 'new' normal

Ursula Haack

Secretary NDC SIG

The year 2020 will be remembered for many reasons, most of all for the experience of a raging pandemic. COVID-19 brought many challenges to our lives, professional as well as personal. Many changes have occurred, some of which I believe will remain.

Over the last months there was little opportunity to connect face to face within the neonatal profession. Throughout the year, many events were brought to our homes or workplaces via Zoom. Increasingly utilising this digital media platform became the 'new' normal, enabling us as neonatal nurses to remain connected within the profession and exchange information at a time of a seriously restricted ability to meet physically at conferences, forums, and seminars.

Over the last several months the NDC SIG was able to commence a virtual series of presentations. Topics included:

1. The evolution of clinical practice after moving into a new nursery and post the Family and Infant Neurodevelopmental

Education Program (FINE) training.

Presented by Mrs Kristin Hughes, Clinical Nurse, The Sunshine Coast University Hospital, Queensland

2. Circadian care in the NICU: How can we use day and night to assist in preterm infant development?

Presented by Mrs Tash Sorensen, Clinical Trial Coordinator for CIRCA DIEM trial, Telethon Kids Institute, King Edward Memorial Hospital and University of Western Australia

3. The establishment of a father's group in the NICU.

Presented by Ms Gillian Brodie, Social worker, and Mr Jeremy Johnson Neonatal Nurse and Parent of a very premature baby, King Edward Memorial Hospital, Perth.

4. The effects of nurse education levels on developmental care in Australia: perception and challenges.

Presented by Ms Nadine Griffiths, PhD Candidate, CNC, Grace Centre for Newborn Intensive Care, The Children's Hospital Westmead, Sydney.

NDC SIG (cont.)

The presentations were very well received by the audience and sparked creative discussions at Q&A time. For me, it is inspiring to see the interest in neuroprotective developmental care. The discussions gave some insight into practices of neuro developmental care in different neonatal units around Australia. After each presentation I could think of at least one project to pursue.

All presentations were recorded and are currently available to view on the ACNN website/NDC SIG. This virtual presentation series would not have been possible without the volunteer speakers, who spent their time and effort sharing the passion for their topic with us. So, on behalf of the NDC SIG, I would like to express my gratitude to Kristin, Natascha, Gillian, Jeremy, and Nadine for their contribution. By putting themselves in front of an 'invisible' virtual audience, they were helping us staying connected, and informed.

A big thank you to Dr Karen New, Executive Support Officer, who helped with the set-up, recording, and uploading of the sessions.

The NDC SIG is planning to continue with the virtual presentation series in 2021, we will keep you informed. Before this year comes to an end, we have one more presentation to offer.

The NDC SIG is an evolving SIG and we are always seeking new members and new ideas. Any interest for joining us can be addressed to ndcsig@acnn.org.au

Finally, the NDC SIG would like to encourage members to apply for the specific NDC scholarship when pursuing education and studies relevant to neuro protective family integrated developmental care. Applications can be directed to Dr Linda Ng theprofessionallofficer@acnn.org.au

Have a very Merry Christmas, stay safe, until we meet in 2021, face to face, I hope.

Neo-Skin SIG Report

Where has the year gone! Over the past 8 months, following the SIG's commencement in April, the committee has met every second month and for the in-between months have held general meetings. The general meetings are either focussed on issues raised by members, a case study, or invited speaker presentations.

The table below contains just a few of things that have come out of the discussions at the general meetings.

For the October general meeting, we hosted Robyn and Karen from the SCN in Alice Springs who outlined a quality improvement (QI) project undertaken around nappy rash as this was a significant issue within the unit. They reviewed a number of tools including those from North Devon NHS trust in the UK and Starship in New Zealand and then developed

a tool to meet the needs of their unit and population, which comprises around 70 per cent indigenous newborns. Prior to this QI project, their policy included the use of a barrier wipe only for neonates receiving human milk fortifier. However, they observed the wipes to be applied inconsistently and also noticed nappy rash in those not receiving fortifier. The unit is now using a zinc-containing cream on all bottoms as a barrier cream. They concluded that the QI project has improved consistency of application and management for at least 48 hours for staff, which has also improved the consistency of application by parents. Specifically, when nappy rash was noted and a management plan put in place, the plan remained in place for 48 hours, with revisions (as needed) only occurring after 48 hours of following the initial plan. The team believed this prevented changes in management from shift to shift.



In 2021, keep a watch on ACNN social media for the Neo-Skin SIG's 'Fun Facts & Questions' ... with prizes up for grabs!

The Neo-Skin SIG welcomes observers to our committee meetings, or if you would like to join our email list let us know at neoskinsig@acnn.org.au.

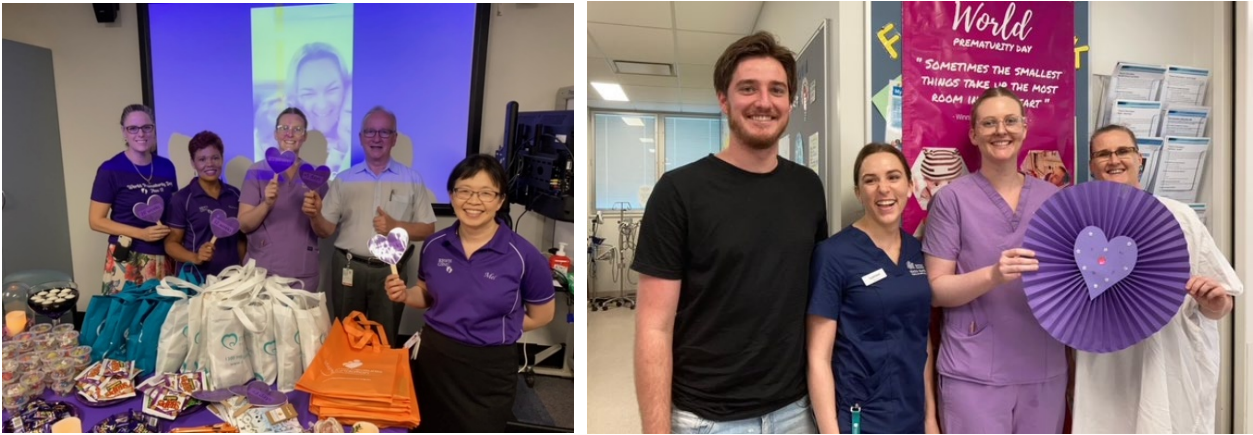
Wishing you and your loved ones a very Merry Xmas and a safe 2021 from all the [SIG committee](#).



Issue	Outcomes	Plan
<p>Scalp and facial birthing injuries – and how best should these be managed. The SIG had received a number of photos of injuries and were asked for advice on how they should be managed.</p>	<p>Following a lengthy discussion, it was felt that these are a common issue and that it would be good to search for or generate guidance on how to manage these injuries.</p>	<p>Set up a guideline development team to review the literature and produce a guideline. Currently writing a concept brief for the project. Once the project is approved, the SIG will be calling for EOI from ACNN members.</p>
<p>Water based wipes – lots of information being distributed on the product with a seemingly lack of scientific evidence and references. Also appears to be an uptake in the use of wipes in neonatal units around Australia. The committee was interested in looking at the evidence of some of the claims being made around products.</p>	<p>The committee reviewed the references presented within a number of the 'health professional brochures' from the company and found that many of the referenced studies involved adults, infants from 3 months of age, 'healthy Japanese males' and skin areas tested tended to be on the areas of the back or forearm. Of the studies that involved newborns, none involved preterm infants. Also of concern is that most of the wipes claiming to be 'water only' are very alkaline and contain no surfactant. The effect of alkaline products on skin pH and the acid mantle is unclear, and the effect of the surfactant-less wipes for removing faecal enzymes and without an emollient; use of these wipes realistically requiring increased friction/rubbing to remove faeces and faecal enzymes.</p>	<p>The committee remains interested in this area and particularly the lack of evidence. Developing an idea of a research project looking at how the skin pH changes within the nappy area of first 14 days of age. A work in progress!</p>
<p>National data collection around skin injuries by ANZNN</p>	<p>A member raised whether the SIG would consider approaching ANZNN regarding collecting data on skin injuries as this information is not collected by ANZNN at the moment and therefore difficult to ascertain national prevalence and therefore acceptable benchmarks. This also raised in relation to the NSQHS standards and the comprehensive care standard – pressure injuries in particular.</p>	<p>Trying to ascertain if other countries with neonatal networks collect data around neonatal skin injuries and whether a standardised assessment tool/definition is in use. Watch this space!</p>

Light it Purple - World Prematurity Day

17 November 2020

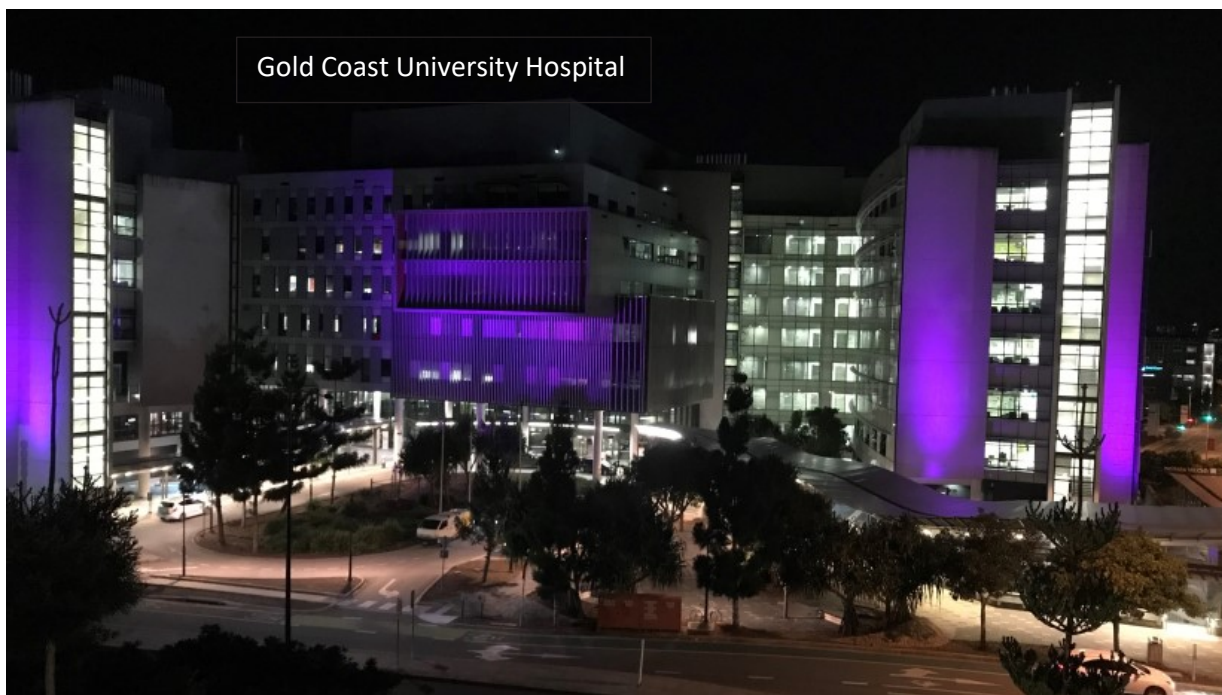


Royal Brisbane and Women's Hospital Brisbane





Redcliffe Hospital



Gold Coast University Hospital

