

My NICU Network  
My Perinatal Network



National Perinatal  
Association

+



NICU Parent  
Network

# Online NICU Staff Education Program

## Caring for Babies and their Families: Providing Psychosocial Support in the NICU

[WWW.MYNICUNETWORK.ORG](http://WWW.MYNICUNETWORK.ORG)

[WWW.MYPERINATALNETWORK.ORG](http://WWW.MYPERINATALNETWORK.ORG)

Looking to improve  
NICU staff skills in  
communicating with  
and supporting parents?

This educational  
program works!

Read the study by Hall  
et al in *Advances in  
Neonatal Care*,  
published online in  
2019.

**NOW AVAILABLE!**

Ask us about our 2-course Annual Refresher Program,  
developed to maintain annual nursing competencies

Continuing education credits provided by



# About the Program

- **WHO SHOULD TAKE THE PROGRAM?** This program is designed to educate, raise awareness, and increase the skill level of your entire NICU staff regarding providing comprehensive family support for parents. Individual learners are also welcome to take the program.
- **WHY TAKE THE PROGRAM?** Benefits to staff include improved skills in communicating with parents; improved teamwork, engagement and staff morale; reduced burnout, and reduced staff turnover. Benefits to families include improved parental resilience and mental health, and improved parent-baby bonding leading to better developmental outcomes for babies.
- **HOW DOES THE PROGRAM ACHIEVE ITS GOALS?** Our content is representative of Potentially Better Practices, engaging and story-driven, resource-rich, and developed by a unique collaboration of NICU professionals and NICU graduate parents. The program presents practical tips and an abundance of clinical information that together provide solutions to parents' emotional needs.
- **HOW WAS THE PROGRAM DEVELOPED?** This program was developed through collaboration among three organizations: a multidisciplinary group of professionals from the National Perinatal Association and Patient+Family Care, and NICU graduate parents from the NICU Parent Network. The seven courses offered represent the content areas of the "Interdisciplinary Recommendations for Psychosocial Support of NICU Parents."\*

\* Hall, SL, and MT Hynan, eds. 2015. "Interdisciplinary Recommendations for the Psychosocial Support of NICU Parents." Journal of Perinatology 35: Supplement

## Program Objectives

- Describe elements of comprehensive family support.
- Describe principles and techniques of communication to help support NICU parents.
- Identify factors that put NICU parents at risk for Perinatal Mood and Anxiety Disorders.
- Describe the benefits of peer-to-peer for NICU parents.
- Define ways to involve and empower NICU parents in the care of their baby.
- Identify the benefits of palliative and bereavement care programs to families and staff.
- Define the ways that NICU parents can be supported during the discharge process.
- Define ways in which NICU caregivers can be supported by colleagues and supervisors, and engage in self-care.

Continuing education credits will be provided for physicians (neonatologists, neonatal fellows, pediatric residents), NICU nurses, neonatal nurse practitioners, social workers, psychologists, licensed marriage and family therapists. CEUs will be provided by Perinatal Advisory Council: Leadership, Advocacy, and Consultation.

**In a recent survey of people who had taken the program, 90% said they would recommend the program to a colleague.**

# PROGRAM CONTENT



## COMMUNICATION SKILLS

CEUs offered: 1

Enhance your communication skills with NICU parents. Learn to act as a coach and mentor to parents; best techniques for

delivering bad news; involving parents in collaborative decision-making; principles of trauma-informed care and talking with parents in crisis; and provision of culturally competent care.



## PROVIDING EMOTIONAL SUPPORT TO PARENTS

CEUs offered: 1

Recognize NICU parents' increased risk for perinatal mood and anxiety disorders, especially postpartum depression and

post traumatic stress disorder; risk factors for these conditions; how to screen for them; and how to provide support to parents to mitigate their risks.



## FAMILY-CENTERED DEVELOPMENTAL CARE

CEUs offered: 1

Identify key strategies for involving parents in the developmental care of their NICU baby; how to act as a coach

and mentor to parents; how to empower parents; the importance of involving parents to decrease their risk for developing postpartum depression; and the critical importance of skin-to-skin care.



## PEER-TO-PEER SUPPORT

CEUs offered: 1

Describe benefits to parents that peer support provides; different models for providing such support; how to start and

sustain a peer support program; how to train and what to expect from peer mentors.



## PALLIATIVE AND BEREAVEMENT CARE

CEUs offered: 1

Describe key differences between palliative and bereavement care; how and when palliative care should

be offered as an alternative to intensive care; components of palliative care programs; and how to talk with parents when their baby is dying or has died.



## DISCHARGE PLANNING AND FOLLOW-UP

CEUs offered: 1

Recognize the importance of discharge planning beginning with the NICU baby's admission; how parents can be provided

with emotional support leading up to discharge and beyond; and how NICU staff can prepare parents and ease their family's transition to home.



## SUPPORTING STAFF AS THEY SUPPORT FAMILIES

CEUs offered: 1

Identify risk factors for burnout, compassion fatigue and secondary traumatic stress syndrome and how to mitigate

them; adverse effects of working in intensive care; elements of self-care; and how to create a supportive staff culture.



## ABOUT THE PROGRAM

CEUs offered: 0

Optional: Information about program content creators, including our NICU parent graduates who are experts by

experience, how the program was created, and what your NICU should do next.

## Cost

- RNs and NNPs: **\$10/CEU; \$70 for the full program**
- Physicians, licensed clinical social workers (LCSWs), licensed professional clinical counselors (LPCCs) licensed marriage and family therapists (LMFTs): **\$35/CEU; \$245 for the full program.**
- Ask about our condensed Advanced Provider Program: **\$100 for the program.**
- The program is available for entire NICU staffs to take at the same time, complete with an online Discussion Forum throughout all lessons. **Contact [help@myNICUnetwork.com](mailto:help@myNICUnetwork.com) to learn more.**



# Faculty

## **Jenene Craig, PhD, MBA, OTR/L, CNT**

Program Director, Fielding Graduate University  
Infant and Early Childhood Development Program (IECD)  
Board member, National Perinatal Association, Metro  
Atlanta, GA.

## **Cheryl Milford, EdS**

As a NICU and Developmental Psychologist and Director of Development for the National Perinatal Association, Cheryl was instrumental in the development of course content and fostering the mission of My NICU Network. Despite passing away in 2020, her contributions endure and continue to shape our course.

## **Sage N. Saxton, PsyD**

Clinical Psychologist and Associate Professor of Pediatrics and Neonatology, Oregon Health and Science University, Portland, OR.

## **Sue L. Hall, MD, MSW, FAAP**

Neonatologist, Ventura, CA.

## **Sara Mosher, RN, MHA**

NICU Nurse and Founder of Patient+Family Care, Bend, OR.

## **Tiffany Moore, PhD, RN.**

Assistant Professor, University of Nebraska Medical Center, College of Nursing, Omaha, NE.

## **Keira Sorrells, BSFCS**

Preemie Parent and Founder and Executive Director of the NICU Parent Network, Jackson, MS.

## CANCELLATIONS AND REFUNDS

### • For Individual Subscribers:

- If you elect to take only one course, there will be no cancellations or refunds after you have started the course.
- If you elect to take more than one course and pay in advance, there will be no cancellations or refunds after payment has been made unless a written request is sent to [sara@mynicunetwork.com](mailto:sara@mynicunetwork.com) and individually approved.

### • For Institutional Subscribers:

- After we are in possession of a signed contract by an authorized agent of the hospital and the program fees have been paid, a 50% refund of the amount paid will be given if we are in receipt of a written request to cancel at least 14 (fourteen) days prior to the scheduled start date for your NICU's online program.
- Refunds will not be given for staff members who neglect to start the program. Also, no refunds for those who start the program, but do not complete all 7 courses within the time frame allotted.

For Physicians: This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association's CME Accreditation Standards (IMQ/CMA) through the Joint Providership of the Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) and the National Perinatal Association. PAC/LAC is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing education for physicians. PAC/LAC takes responsibility for the content, quality and scientific integrity of this CME activity. PAC/LAC designates this activity for a maximum of **7 AMA PRA Category 1 Credit(s)™**. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the *CMA Certification in Continuing Medical Education*.

For Nurses: The Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider CEP 5862. When taken as a whole, this program is approved for 8 contact hours of continuing education credit.

For CAMFT: Perinatal Advisory Council: Leadership, Advocacy, and Consultation (PAC/LAC) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. CE Provider #128542. PAC/LAC maintains responsibility for the program and its content. Program meets the qualifications for 7 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

For OT/PT/SLP: While CEUs are not yet available for licensed neonatal therapists (OT, PT, SLP or RCP), they are invited to take the program as individuals for \$10/course. If taking as part of an entire NICU staff, the only charge is an administrative fee of \$10/therapist for the entire program.

Contact us at [help@mynicunetwork.org](mailto:help@mynicunetwork.org) or by phone at 805-372-1730 for more information about our programs, and to get a link to view our Sneak Peek!

