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

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“In the ideal NICU, psychosocial support of both NICU parents and staff should be goals equal in importance to the health and development of babies.”

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.

About the Course:

• WHO SHOULD TAKE THE COURSE? This course 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 course.

• WHY TAKE THE COURSE? We aim to create a paradigm shift; transforming your NICU from a Neonatal Intensive Care Unit, to a Neonatal Intensive Parenting Unit, where the focus is just as much on supporting the family as it is providing medical care to their baby. The ultimate goal in taking the course is to improve outcomes of babies, through strengthening the parent-baby bond.

• HOW DOES THE COURSE 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 course presents practical tips and an abundance of clinical information that together provide solutions to parents’ emotional needs.

• HOW WAS THE COURSE DEVELOPED? This course 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 Preemie Parent Alliance. The seven lessons offered represent the content areas of the “Interdisciplinary Recommendations for Psychosocial Support of NICU Parents.”

Course Objectives:

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

Course 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.

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.

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.

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 Course
CEUs offered: 0
Optional: Information about course content creators, including our NICU parent graduates who are experts by experience, how the course was created, and what your NICU should do next.

Cost
- RNs and NNPs: $10/CEU; $70 for the full course.
- Physicians, licensed clinical social workers (LCSWs), licensed professional clinical counselors (LPCCs) licensed marriage and family therapists (LMFTs): $20/CEU; $140 for the full course.
- The course is available for entire NICU staffs to take at the same time, complete with an online Discussion Forum throughout all lessons. Contact sara@mynicunetwork.com to learn more.
Cancellations and Refunds

• **For individual subscribers:**
  - If you elect to take only one lesson, there will be no cancellations or refunds after you have started the lesson.
  - If you elect to take more than one lesson 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 and individually approved.

• **For institutional subscribers:**
  - After we are in possession of a signed contract by an authorized agent of the hospital and the course 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 course.
  - Refunds will not be given for staff members who neglect to start the course. Also, no refunds for those who start the course, but do not complete all 7 lessons 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)TM. 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 course 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/course and its content. Course 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), they are invited to take the course as individuals for $10/lesson. If taking as part of an entire NICU staff, course is offered to them for free.

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