

The S.T.A.B.L.E.[®] Program National Instructor Course

This course is restricted to qualified Instructor Candidates only. **Teaching methods:** Didactic (instructor) presentation using PowerPoint slides, case vignettes, practice sessions, participant questions, and class discussion.

Day 1

07:00 **Begin course;** Pre-testing* (mandatory). Test must be completed by 0800.
08:00 If all students finished with pre-test – review answers; Introduction to the program, Overview – Infant mortality statistics in the U.S., S.T.A.B.L.E. Program history, Program development process and content, Intended audience, learner participation; Instructor manual introductory pages

09:30 **BREAK (15 minutes)**
09:45 Safe care and Sugar Module

12:00 **LUNCH (45 minutes)**
12:45 Temperature Module

14:30 **BREAK (15 minutes)**
14:45 Airway Module

17:00 **Adjourn for the day**

Day 2

07:30 **Begin course,** Blood pressure Module

09:30 **BREAK (15 minutes)**
09:45 Lab work Module

11:30 Emotional support Module

12:00 **Adjourn for lunch (45 minutes)**
12:45 Quality improvement module & complete post-testing

14:00 Instructor classifications and registration - Lead, Support, Administrative Support

14:30 **BREAK (15 minutes)**
14:45 Cardiac and PE/GA module overview – (if modules not included as part of course)
 Program implementation: Program components and ordering logistics, class preparation
 Web site

- Lead instructor list
- Posting upcoming learner courses
- On-line student roster submission process and rules
- Instructor News
- How to access student pre and post tests

Instructor attributes and teaching tips
 Outcome evaluation – suggestions for future research

17:00 **Complete evaluations and adjourn**

***Testing:** A pre-test is administered at the beginning of the National Instructor Course. The passing score is 70% or higher. A post-test is also administered throughout the course and the passing score is 85% or higher. If **either** the minimum pre- or post-test scores are not achieved, the attendee will be awarded a Learner course completion card and they will be eligible to register as “Administrative Support”.

NATIONAL INSTRUCTOR COURSE OBJECTIVES

Upon completion of this Instructor course, participants will:

1. Gain an understanding of the basis for the S.T.A.B.L.E. Program module content and program development.
2. Understand who should participate in the S.T.A.B.L.E. program.
3. Know how to implement the S.T.A.B.L.E. program on a local or regional level using a one or two-day format. This includes how to arrange a Learner course, course logistics and ordering program materials, accessing and administering student tests, recommended skills labs, learner renewal options and recommendations, and how to submit a student roster.
4. Understand how to incorporate the Physical Exam/Gestational Age Assessment module into the S.T.A.B.L.E. Program offering.
5. Identify the qualifications for becoming a Lead or Support Instructor or Administrative Support role and the process for preparing Support Instructors.
6. Understand how Lead instructors may access the secure part of the web site.

Upon completion of these modules, participants will understand:

SUGAR and SAFE CARE

1. Issues of patient safety and error reduction in the delivery of nursing and medical infant care.
2. Infants at increased risk for becoming hypoglycemic and hyperglycemic.
3. Signs of hypoglycemia.
4. The initial, appropriate IV fluid therapy to provide for sick infants.
5. The IV glucose treatment of hypoglycemia and when to re-evaluate the blood glucose following treatment.
6. Candidates for placement of an umbilical catheter.
7. Principles for safe use of umbilical venous and arterial catheters.

TEMPERATURE

1. Infants at increased risk for becoming hypothermic.
2. Ways infants lose body heat and protection from cooling.
3. Physiologic responses to hypothermia for premature and term infants.
4. Necessary precautions to observe when re-warming severely hypothermic infants.

AIRWAY

1. How to evaluate the degree of respiratory distress an infant is experiencing.
2. Indications for continuous positive airway pressure (CPAP), positive pressure ventilation (PPV) with bag and mask or endotracheal intubation.
3. How to provide assistance during endotracheal intubation.
4. How to secure an oral endotracheal tube.
5. How to evaluate endotracheal tube location.
6. How to evaluate a blood gas as normal, respiratory, metabolic or mixed acidosis and if compensated.
7. The initial ventilatory support for very low-birth-weight, low-birth-weight and term infants.
8. The signs and symptoms of a pneumothorax, use of transillumination and chest x-ray to evaluate for pneumothoraces and principles of emergent evacuation of a pneumothorax.

OBJECTIVES (continued)

BLOOD PRESSURE

1. The causes, presentation and initial treatment of hypovolemic, cardiogenic and septic shock.
2. Physical exam for shock.
3. Indications for and safe administration of dopamine.

LAB WORK

1. Risk factors that predispose an infant to infection.
2. Clinical signs of infection.
3. Basic CBC interpretation.
4. Initial antibiotic therapy.

EMOTIONAL SUPPORT of the Family

1. The crisis families experience when an infant requires care in a neonatal intensive care unit.
2. Ways healthcare providers can support parents of sick infants.

QUALITY IMPROVEMENT

1. Concerns regarding patient safety and methods to reduce medical errors and preventable adverse events.
2. The importance of self-assessment to evaluate care provided in the post-resuscitation/pre-transport stabilization period.