National Instructor Course Agenda & Objectives

Program description

The 2-day National Instructor Course will provide a comprehensive overview of The S.T.A.B.L.E Program Learner / Provider course materials and will prepare expert neonatal nurses, physicians and respiratory therapists for the Lead or Support Instructor role. The S.T.A.B.L.E. Program course materials (Instructor manual, Student manual, and Learner Course slides) will be reviewed in detail to familiarize instructor candidates with all aspects of the Program.

*This program has been approved by the California Board of Registered Nurses Provider Number 15417, for **13.8** contact hours of continuing nursing education.*

Agenda Day 1

07:30 **Breakfast and sign-in**

08:00 **Course begins.** Welcome to the Course! Brief overview: Leading causes of infant & neonatal mortality in the United States. Introduction / 6th edition Instructor Manual.

09:30 **BREAK (15 minutes)**

09:45 Instructor Manual overview and Testing / Quiz administration and continuation of course presentation.

11:45 **LUNCH (provided)**

12:45 Continuation course presentation

14:15 **BREAK (15 minutes)**

14:30 Continuation course presentation

16:30 **Adjourn for the day**

16:45 – 17:45 ***Optional attendance: View the 2nd Edition PE/GA assessment slide program and representative slides from the Cardiac Module.*** This is an optional attendance option to allow you to become familiar with adjunct teaching modules: 2nd edition Physical exam/ Gestational age assessment slides and the S.T.A.B.L.E. – Cardiac Module.

Agenda Day 2

07:30 **Breakfast and sign-in**

08:00 **Course resumes:** Continuation course presentation

09:30 **BREAK (15 minutes)**

09:45 Continuation course presentation

11:45 **LUNCH (provided)**

12:45 Continuation course presentation

14:15 **BREAK (15 minutes)**

14:30 Continuation course presentation. Complete mixed module post-test / grade test.

16:30 **Complete Instructor Registration form and Course Evaluation / Adjourn**

The following information will be covered in this two day course. *Please note the order of presentation will vary but all of the information will be presented.*

- All of the S.T.A.B.L.E. Program modules and quizzes.
- Course logistics: setting up a course, AV requirements, using Adobe Flash slides, how to order course materials.
- Web site overview: Instructor News & Forum, downloading tests, posting a learner course, finding an Instructor, completing and submitting a student roster, where to find the PSSAT form and the therapeutic hypothermia checklist & neuro exam on the website.
- Student renewal options.
- Attributes of The Adult Learner.
- Instructor attributes that contribute to an optimal teaching and learning experience.
- How to prepare a Support instructor using the S.T.A.B.L.E. training guidelines and Instructor qualifications.

Course Objectives

Upon completion of this 2-Day National S.T.A.B.L.E. Instructor course, participants will be able to:

1) Discuss the contribution of preterm birth and at least 3 other leading causes of neonatal mortality on neonatal and infant mortality rates in the United States.

2) Following review of the S.T.A.B.L.E. modules: Sugar, Temperature, Airway, Blood pressure, Lab work, the participant will document understanding of the content by successfully passing each Module Quiz (achieve a score of 80% or higher) and will pass the mixed module test by scoring 3 or fewer wrong on the 8 question test.

3) Understand the logistics behind running a S.T.A.B.L.E. Learner Provider course, including how to set up a course, necessary course materials, how to process a student roster, attributes of effective instructors, renewal course options and how to maintain active instructor status.

The following content will be reviewed in each module:

Sugar and Safe Care

1. Infants at increased risk for developing hypoglycemia, including preterm and small for gestational age infants, infants of diabetic mothers, and sick, stressed infants.
2. The impact of late-preterm birth on increased morbidity and mortality.
3. Screening recommendations for gestational diabetes from ACOG.
4. The physiologic basis of aerobic and anaerobic metabolism.
5. The initial intravenous fluid therapy to provide to sick infants.
6. Recommendations for monitoring the blood glucose.
7. Signs of hypoglycemia, IV glucose treatment of hypoglycemia and post-treatment reassessment.
8. Indications for placement of umbilical catheters.
9. Principles for safe use of umbilical catheters.
10. Surgical and medical abdominal conditions that present as bowel obstruction.

Temperature

1. Infants at increased risk for hypothermia (pre-term infants, infants undergoing resuscitation, infants with abdominal wall defects, sedated or anesthetized infants).
2. The normal physiologic response to cold stress for term infants.
3. Mechanisms of heat gain and loss (conduction, convection, radiation, evaporation).
4. The physiologic, potentially detrimental response to hypothermia for term and preterm infants.
5. Candidates for therapeutic neuroprotective hypothermia.
6. Methods to rewarm hypothermic infants and how to monitor hypothermic infants during rewarming.

Airway

1. Labs and tests to obtain during the post-resuscitation / pre-transport period.
2. Signs of neonatal respiratory distress and how to distinguish between mild, moderate, and severe distress.
3. Blood gas interpretation and treatment of respiratory and metabolic acidosis.
4. Signs of respiratory failure.
5. Principles of assisted ventilation, including candidates for continuous positive airway pressure (CPAP), bag and mask or T-piece resuscitator positive pressure ventilation (PPV), assisting with endotracheal (ET) intubation, securing the ET tube, chest x-ray evaluation for ET tube position, and initial ventilatory support.
6. Respiratory illnesses and airway challenges that present in the neonatal period.
7. Identification and treatment of pneumothorax.
8. How to safely use analgesics to treat pain.

Blood Pressure

1. The difference between compensated and uncompensated shock.
2. The principles of cardiac output and heart rate as they relate to shock and factors that can impair cardiac output.
3. The physical examination to evaluate for shock.
4. The causes and initial treatment of the three major types of shock seen in infants: hypovolemic, cardiogenic, and septic shock.

Lab Work

1. Perinatal and postnatal risk factors that predispose infants to infection.
2. The clinical signs of neonatal sepsis.
3. Bacterial and viral organisms that may cause infection.
4. Laboratory tests to obtain in the pre-transport / post-resuscitation period.
5. White blood cell (WBC) development, how to calculate and interpret the absolute neutrophil count and immature to total ratio.
6. The initial antibiotic treatment of an infant with suspected sepsis.

For more information, *contact Mason Meinhold, National Instructor Course coordinator at* ***Mason@stableprogram.org*** *or visit* ***www.stableprogram.org***

Course Location

University Guest House and Conference Center
110 S. Fort Douglas Blvd
Salt Lake City, UT 84113

Includes continental breakfast, lunch, afternoon snacks, an Instructor Manual, and other course materials.

Course Faculty

Kristine A. Karlsen, PhD, NNP-BC
Author, The S.T.A.B.L.E. Program post-resuscitation course, the S.T.A.B.L.E. – Cardiac Module, The Neonatal Stabilization Scenarios Learning resource materials, and the Physical Exam/Gestational Age Assessment Learning resource.

Cancellation policy for all S.T.A.B.L.E. Courses

Refund will be made by check. For those registrations paid for by credit card, a $20 processing fee will be assessed, per registration, for the original bankcard fee assessed at the time of registration.

Cancellation 31 or more days before the course: 100% refund (*less $20 credit card fee if applicable)
Cancellation 15 to 30 days before the course: 50% refund (*less $20 credit card fee if applicable)
Cancellation 7 to 14 days before the course: 25% refund (*less $20 credit card fee if applicable)
Cancellation 0 (no show) to 6 days before the course: No refund

Course Transfer Policy

Transfers to another course date 0 to 4 days prior to the event currently registered for:

$60 fee (if transferring a one-day course)
$120 fee (if transferring a two-day course)
$180 fee (if transferring a three-day course)
$240 fee (if transferring a five-day course)

If you do not attend the course you transferred to, then all fees will be forfeited. You may re-transfer to another course, but additional fees may apply if the transfer occurs within the 0 to 4 days prior to the course time frame.