



*Perinatal Staff Education
Mayo Clinic
Rochester, Minnesota*

**Perinatal
Educational Opportunities
2010**



Basic Fetal Monitoring Program: January 7 & September 23



**Intermediate Fetal Monitoring Program: April 28 & 29 and
October 27 & 28**



Advanced Fetal Monitoring Program: November 2

The High Risk Perinatal Patient Program: March 23 & September 29

**The American Academy of Pediatrics: Neonatal Resuscitation Program (NRP):
January 13, February 10, March 10, April 14, May 12, June 9, July 14,
August (No Class), September 8, October 13, November 10, and
December (No Class)**

NRP Instructor Program: Contact Perinatal Staff Education for details.

**The S.T.A.B.L.E. Program: February 17, May 19, September 15, and
November 17**

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Class Information

Class sizes are limited. Register early and include payment with registration. Payments must be received 14 days prior to the class date. Each participant will receive a confirmation letter two weeks prior to the class. If you do not receive a confirmation letter, please contact Perinatal Staff Education at (507) 266-7473 or email PERINATALSTAFFEDU@mayo.edu .

Class Locations:

Rochester Methodist Hospital - Eisenberg Building

SL 3 (Subway level, Room 3)

Charter House

1-152 (1st floor, Room 152)

1-154 (1st floor, Room 154)

St. Marys Hospital

Mary Brigh Building (MB) 3-502, (3rd floor, Room 502)

Parking

St. Marys Hospital Campus

St. Marys Hospital Underground Parking Ramp: Located on the St. Marys campus immediately west of the Main Hospital Entrance on 14th Avenue SW.

Downtown Campus

Damon Parking Ramp: Located downtown across from the Mayo and Gonda Buildings on 3rd Avenue and First Street SW.

Graham Parking Ramp: Located downtown just west of the Charlton Building on 3rd Avenue and First Street NW.

Baldwin Parking Ramp: Located behind the Baldwin Building on 2nd Street and 4th Avenue SW.

A map indicating the location of downtown parking facilities will be mailed to registrants upon request. The cost of parking is **NOT** included.

Refreshments

A light snack and lunch will be provided for the full-day classes.

Hotel Accommodations

Please request a brochure when you register.

Basic Fetal Monitoring Program

January 7, 2010
September 23, 2010
(0730 – 1530)

Program Description

The basic fetal monitoring program is designed for the health care professional who is new to OB and has minimal fetal monitoring experience, or will be performing antepartum testing. This program could be used as a component of the orientation process. An introduction to the equipment, terminology and systematic review of fetal heart rate (FHR) patterns will be included. This program includes the National Institute of Child Health and Development (NICHD) guidelines.

Objectives

- Describe the physiology of the maternal/fetal unit and the relationship to changes in the fetal heart rate.
- Define common terms used in pregnancy and labor and delivery.
- Describe the various ways to assess the maternal/fetal unit.
- Discuss the advantages and limitations of fetal monitoring equipment.
- List the components of a fetal heart rate tracing used in a systematic review.
- Apply standards of documentation for the assessment of fetal heart rate tracings and nursing care.
- Discuss nurses legal responsibility when performing fetal monitoring and documenting assessments and interventions.

Locations

January 7: Charter House (CH 1-154)
September 23: Charter House (CH 1-154)

Contact Hours: 7.1



Intermediate Fetal Monitoring Program

April 28 & 29, 2010
October 27 & 28, 2010
Day 1: (0730 -1700)
Day 2: (0730 -1700)

Program Description

(Formerly Fetal Heart Monitoring Principles and Practices Program or FHMPP)
Intermediate FMP is a two day program that is designed to enhance and validate the knowledge and skills of experienced health care professionals. The program offers demonstration, practice, and testing of the following skills: auscultation, performing Leopold’s Maneuvers, placement of an intrauterine pressure catheter and spiral electrode, tracing interpretation, identification of indicated intervention, communication and documentation. This program includes the NICHD guidelines. A minimum of six months clinical nursing experience using fetal heart monitoring technology in an intrapartum setting is recommended. Attendance at both days is required.

Contact hours will be awarded upon successful completion of the test.

Objectives

- Demonstrate the decision-making process necessary for the proper selection and verification of fetal heart monitoring (FHM) techniques.
- Analyze fetal heart rate patterns, uterine activity and their implications for fetal well-being.
- Correlate indicated clinical interventions with related maternal-fetal physiology.
- Describe the role and responsibility of the professional nurse in the use of FHM in intrapartum care.
- Simulate the psychomotor skills used in FHM.
- Communicate verbal and written data about patient status and verify accountability.

Locations

April 28 & 29: Charter House (CH 1-154)

October 27 & 28: Charter House (CH 1-154)

Contact Hours: CE/CME: 18.3/15.25



Advanced Fetal Monitoring Course

November 2, 2010

(0730 – 1700)

Program Description

A one day program designed for the nurse who has successfully completed the Intermediate Fetal Monitoring Program and has one year of fetal monitoring experience. Advanced FMP content builds on the essential knowledge and skills gained through Intermediate FMP. The program uses a case study approach that focuses on the analysis of more complex FHM patterns, characteristics and related case information. The program also emphasizes maternal-fetal physiology, interpretation, intervention, communication skills and risk management strategies.

Contact hours will be awarded upon successful completion of the test.

Objectives

- Identify basic physiologic principles underlying fetal heart monitoring.
- Describe advanced physiologic principles of maternal and fetal oxygen transfer and acid-base balance.
- Describe advanced concepts in antenatal testing including analysis and interpretation of biophysical profiles and complex antenatal fetal heart monitoring tracings.
- Identify physiologic principles, goals and interventions for patients undergoing antenatal testing.
- Evaluate the effectiveness of interventions for patients undergoing antenatal testing.
- Compare and contrast physiologic principles and causes of adult cardiac dysrhythmias with fetal cardiac dysrhythmias.
- Analyze fetal cardiac dysrhythmia patterns and describe outcomes associated with these patterns.
- Analyze complex fetal heart monitoring patterns including uterine rupture, maternal-fetal hemorrhage, and abruption, utilizing NICHD FHM nomenclature/definitions.
- Apply perinatal risk management principles, communication techniques and documentation strategies related to complex and challenging patient care scenario.

Locations

November 2: Charter House (CH 1-154)

Contact Hours: CE/CME: 11.9/10.0



The High Risk Perinatal Patient Program

March 23, 2010
September 29, 2010
(0730 – 1600)

Program Description

The high-risk perinatal patient program is designed for the health care professional that has at least one year of OB experience. The class will focus specifically on disease entities of the pregnant woman and the intrauterine effects on the fetus. Case studies will be used for each disease entity along with specific fetal heart rate tracings. A systematic review of the fetal heart rate tracing will also be used.

Objectives

Describe nursing management of the following pregnancy complications: placental abruption, placental previa, substance abuse, hypertensive disease in pregnancy, diabetes, compromised maternal airway, premature rupture of membranes, premature onset of labor and multiple gestation.

Locations

March 23: Charter House (CH 1-152)
September 29: Charter House (CH 1-154)

Contact Hours: 8.4



The American Academy of Pediatrics: Neonatal Resuscitation Program (NRP)

Program Description

This program has been designed to teach an evidence-based approach to resuscitation of the newborn. The causes, prevention, and management of mild to severe neonatal asphyxia are carefully explained to provide health professionals with optimal knowledge and skill in resuscitation.

Objectives

- Describe the key concepts, physiology, and element of preparation that are needed to approach the resuscitation procedure effectively.
- List the three primary signs used for evaluation of the newborn during resuscitation.
- Describe the management of the newborn with meconium.
- Demonstrate the initial steps of resuscitation on a newborn manikin and the ability to make correct decisions and intervene with correct actions.
- Demonstrate correct technique for bag-and-mask ventilation and problem-solving steps if no chest rise occurs.
- Demonstrate correct technique for chest compressions.

- State the dosage, route, and rate of administration for epinephrine and volume expanders.
- List the risk factors and special precautions needed when resuscitating preterm infants.
- Describe ethical principles associated with starting and stopping neonatal resuscitation.

Times: 7:30-11:30 a.m. or 12:30-4:30 p.m.

Dates and Locations

Rochester Methodist Hospital (RMH), Eisenberg (EI) Building Subway Level or St. Marys Hospital (SMH), Mary Brigh (MB) Building 3-502

January 13	RMH, EI SL 3 or SMH, MB 3-502
February 10	RMH, EI SL 3 or SMH, MB 3-502
March 10	RMH, EI SL 3 or SMH, MB 3-502
April 14	RMH, EI SL 3 or SMH, MB 3-502
May 12	RMH, EI SL 3 or SMH, MB 3-502
June 9	RMH, EI SL 3 or SMH, MB 3-502
July 14	RMH, EI SL 3 or SMH, MB 3-502
September 8	RMH, EI SL 3 or SMH, MB 3-502
October 13	RMH, EI SL 3 or SMH, MB 3-502
November 10	RMH, EI SL 3 or SMH, MB 3-502

No Contact Hours Offered



If you are interested in becoming an NRP Hospital Based Instructor, please call Perinatal Staff Education at (507) 266-7473 for details, or email PERINATALSTAFFEDU@mayo.edu .



The S.T.A.B.L.E. Program

February 17, 2010
 May 19, 2010
 September 15, 2010
 November 17, 2010
 (0730-1700)

Program Description

The S.T.A.B.L.E. program is designed to address care during the post-resuscitation/pre-transport stabilization of sick newborns. S.T.A.B.L.E. is considered by many experts to be the follow-up, complementary program to the American Academy of Pediatrics’ Neonatal Resuscitation Program (NRP). **The NRP program is a pre-requisite to taking the S.T.A.B.L.E. program.**

The S.T.A.B.L.E. program is composed of six modules: Sugar/Safe Care, Temperature, Airway, Blood Pressure, Lab Work and Emotional Support. A post test will be administrated during the course.

A course completion card and CEUs are awarded to those with a passing test score of 85% or greater.

The S.T.A.B.L.E. Program was authored, and founded, by Kristine A. Karlsen, MSN, RNC, NNP Transport Program, Park City, Utah.

Objectives

- Discuss the mechanisms of thermoregulation and the prevention of cold stress.
- Identify the risk factors, symptoms, and treatment of hypoglycemia in the neonate.
- Discuss the assessment of and interventions for the infant in respiratory distress.
- Interpret arterial blood gases.
- State the causes and presentation of hypovolemic, cardiogenic and septic shock in the neonate.
- List risk factors, clinical signs, and laboratory evaluation of the neonate at risk for sepsis.
- Describe methods of supporting family members when their infant is transported.

Locations

February 17: Charter House (CH 1-154)

May 19: Charter House (CH 1-154)

September 15: Charter House (CH 1-154)

November 17: Charter House (CH 1-154)

Contact Hours: 9.3



Registration Information

To register for any of the classes, complete the **registration form** and mail **with payment** to:

Perinatal Staff Education
Eisenberg SL-41, Nursing Services
Mayo Clinic
200 First Street SW
Rochester, MN 55905

One person per registration form. Form may be photocopied. Confirmation of registration will be sent out 2 weeks prior to class. Workbooks for the 2-day AWHONN, S.T.A.B.L.E., and NRP courses will also be mailed out with the confirmation notice.

Registration and Tuition

Please note that registrations must be received a minimum of two weeks prior to the class date.

Class sizes are limited. See registration form for registration deadlines. Cancellations made after the registration deadline are non-refundable. Lack of registrants may lead to class cancellations.

Each participant will receive a confirmation letter two weeks prior to the class date. If you do not receive a confirmation letter, please call Perinatal Staff Education at (507) 266-7473.

Basic Fetal Monitoring Program: \$60.00

(Includes materials, breaks, and lunch)

The High Risk Perinatal Patient Program: \$60.00

(Includes materials, breaks, and lunch)

AWHONN Intermediate Fetal Monitoring Program (2 days): \$195.00

(Includes AWHONN Fetal Heart Monitoring Textbook and Intermediate Course Student Pack, breaks, and lunch)

AWHONN Advanced Fetal Monitoring Program: \$125.00

(Includes AWHONN Advanced Course Student Pack, breaks, and lunch)

The S.T.A.B.L.E. Program: \$110.00

(Includes workshop materials, textbook, breaks and lunch)

The NRP Provider or Renewal Program:

\$75.00 – Includes NRP textbook

A book, pretest, and answer sheet is sent out 2 weeks prior to class and needs to be completed **before** the class.

The NRP Instructor Program: \$100.00

A one-day program designed to provide education to become a hospital based-instructor of the Neonatal Resuscitation Program. Thorough knowledge of the 5th Edition NRP Textbook and current NRP certification is essential for successful completion of this course.

Instructor manual, pretest, and answer sheet is included in this price and will be sent out 2 weeks prior to class. A new 5th Edition NRP book is available for purchase. The cost is an additional \$35.00.

To register for the Instructor Course call Perinatal Staff Education at (507) 266-7473.

Registration Form
(This form may be duplicated)

Last Name _____ First Name _____

Home Address _____

Title/Position _____ Employer's Name _____

Phone Numbers: Work () _____ Home () _____

Email Address: _____ **I need information on hotels**

Please X desired class below

<u>Class</u>	<u>Dates</u>	<u>Registration Deadline</u>	<u>Fee</u>
Basic FHM Program	<input type="checkbox"/> January 7	December 24	\$60.00
	<input type="checkbox"/> September 23	September 9	\$60.00
High Risk Perinatal Patient Program	<input type="checkbox"/> March 23	March 9	\$60.00
	<input type="checkbox"/> September 29	September 15	\$60.00
AWHONN Intermediate FHM Program	<input type="checkbox"/> April 28 & 29	April 14	\$195.00
	<input type="checkbox"/> October 27 & 28	October 13	\$195.00
AWHONN Advanced FHM Program	<input type="checkbox"/> November 2	October 19	\$125.00
The S.T.A.B.L.E. Program	<input type="checkbox"/> February 17	February 3	\$110.00
	<input type="checkbox"/> May 19	May 5	\$110.00
	<input type="checkbox"/> September 15	September 1	\$110.00
	<input type="checkbox"/> November 17	November 3	\$110.00

The Neonatal Resuscitation Program Provider or Renewal ~ (\$50.00 or \$75.00 see brochure for details)

Choose location: SMH or RMH

Choose time: 7:30 a.m. – 11:30 a.m. or 12:30 p.m. – 4:30 p.m.

Choose date:

January 13 February 10 March 10
 April 14 May 12 June 9 July 14
 September 8 October 13 November 1

The Neonatal Resuscitation Instructor Program
(Call Perinatal Staff Education 507-266-7473 for registration information)

Enclose payment by check or money order to: **Mayo Clinic Perinatal Staff Education,
EI SL-41 Nursing Services, 200 First Street SW, Rochester, MN 55905**