



*Perinatal Staff Education
Mayo Clinic
Rochester, Minnesota*

**Perinatal
Educational Opportunities
2012**



Basic Fetal Heart Monitoring Class: January 11 & September 12



**Intermediate Fetal Heart Monitoring Program: April 24 & 25
and October 23 & 24**



Advanced Fetal Heart Monitoring Program: November 7

The High Risk Perinatal Patient Class: April 9 & September 24

The American Academy of Pediatrics: Neonatal Resuscitation Program (NRP):
<http://mayoweb.mayo.edu/clse/RegisterforClass.html>
or call Cardiac Life Support Education (507)266-4100.

**The S.T.A.B.L.E. Program: February 22, May 23, September 26, and
November 28**

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Class Information

Register early and include payment with registration. Payments must be received 21 days prior to the class date. Class sizes are limited. Each participant will receive a confirmation e-mail two weeks prior to the class. If you do not receive a confirmation e-mail, please contact Perinatal Staff Education at (507) 266-7473 or email PERINATALSTAFFEDU@mayo.edu .

Class Locations:

Rochester Methodist Hospital - Eisenberg Building

SL 75 (Subway level, Room 75)

Colonial Building

2-16 (2nd floor, Room 16)

Gonda Building

2-160 (2nd floor, Room 160)

7-103 (7th floor, Room 103)

7-163 (7th floor, Room 163)

12-160 (12th floor, Room 160)

19-105 (19th floor, Room 105)

Charter House

1-154 (1st floor, Room 154)

Saint Mary's Hospital

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

Parking

Saint Marys Hospital Campus

Saint Marys Hospital Underground Parking Ramp: Located on the Saint 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 e-mailed to registrants upon request. The cost of parking is **NOT** included.

Basic Fetal Heart Monitoring Class

January 11, 2012 (Charter House 1-154)
September 12, 2012 (Charter House 1-154)
(0730 – 1530)

Program Description

The basic fetal heart 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.

Contact Hours: 7.1



Intermediate Fetal Heart Monitoring Program

April 24 & 25, 2012 (Both Days: Charter House 1-154, 0730-1630)
October 23 & 24, 2012 (Both Days: Gonda 12-160, 0730-1630)

Program Description

Intermediate FHM 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.

Contact Hours: CE/CME: 18.3/15.25



Advanced Fetal Heart Monitoring Program

November 7, 2012 (Charter House 1-154)
(0730 – 1700)

Program Description

A one day program designed for the nurse who has successfully completed the Intermediate Fetal Heart Monitoring Program and has one year of fetal monitoring experience. Advanced FHM content builds on the essential knowledge and skills gained through Intermediate FHM. 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.

Contact Hours: CE/CME: 11.9/10.0

The High Risk Perinatal Patient Class

April 9, 2012 (Charter House 1-154)
September 24, 2012 (Charter House 1-154)
(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:

- Diabetes
- Hypertensive Disorders
- Premature Onset of Labor
- Premature Rupture of Membranes
- Abruptio
- Placental Previa
- Multiples
- Intrauterine Growth Restriction

Contact Hours: 8.4



The American Academy of Pediatrics: Neonatal Resuscitation Program (NRP)
All being held in Plummer 1-60

Times: 0730-1030 or 1130-1430

Link for information and class registration:

<http://mayoweb.mayo.edu/clse/RegisterforClass.html>

Or call Cardiac Life Support Education: (507) 266-4100

No Contact Hours Offered



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

February 22, 2012 (Gonda 19-101)

May 23, 2012 (Gonda 19-101)

September 26, 2012 (Gonda 19-101)

November 28, 2012 (Gonda 19-101)

(0730-1630)

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 administered during the course.

A course completion card and contact hours 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.

Contact Hours: 8.4



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 e-mailed 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. If you do not receive an e-mail or workbooks, please call Perinatal Staff Education at (507) 266-7473.

Registration and Tuition

Please note that registrations/payments must be received a minimum of three 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 or instructors may lead to class cancellations.**

Mayo Health System Staff will only be charged for books/materials. Costs subject to change.

PLEASE NOTE: SNACKS AND MEALS ARE NOT PROVIDED.

Basic Fetal Heart Monitoring Class: \$100.00

(Includes materials- full day, no book)

Books/Materials- None

Course cost for Non-Mayo participants \$100.00

The High Risk Perinatal Patient Class: \$100.00

(Includes materials- full day, no book)

Books/Materials- None

Course cost for Non-Mayo participants \$100.00

AWHONN Intermediate Fetal Heart Monitoring Program (2 days):

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

Books/Materials- \$135.00

Course cost for Non-Mayo participants \$200.00

Total: \$335.00

AWHONN Advanced Fetal Heart Monitoring Program:

(Includes AWHONN Advanced Course Student Pack)

Books/Materials- \$115.00

Course cost for Non-Mayo participants \$100.00

Total: \$215.00

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

Books/Materials- \$41.95

Course cost for Non-Mayo participants \$100.00

Total: \$141.95

(Includes workshop materials and textbook)

Neonatal Resuscitation Program (NRP)

<http://mayoweb.mayo.edu/clse/RegisterforClass.html>

Or call Cardiac Life Support Education: (507) 266-4100

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**

Supervisor's Name: _____ Phone Number: _____

Please X desired class below

<u>Class</u>	<u>Dates</u>	<u>Registration Deadline</u>	<u>Fee</u>
Basic FHM Class	___ January 11 ___ September 12	December 22 August 22	Free: Mayo Participants \$100.00 for Non-Mayo Participants
High Risk Perinatal Patient Class	___ April 9 ___ September 24	March 19 September 4	Free: Mayo Participants \$100.00 for Non-Mayo Participants
AWHONN Intermediate FHM Program	___ April 24&25 ___ October 23&24	April 3 October 2	\$135.00 for Mayo Health System Participants for books/materials \$335.00 for Non-Mayo Participants
AWHONN Advanced FHM Program	___ November 7	October 17	\$115.00 for Mayo Health System Participants for book/materials \$215.00 for Non-Mayo Participants
The S.T.A.B.L.E. Program	___ February 22 ___ May 23 ___ September 26 ___ November 28	February 1 May 2 September 5 November 7	\$41.95 for Books/Materials \$141.95 for Non-Mayo Participants No cost for internal Mayo Participants

*Note: S.T.A.B.L.E. costs for books/materials are subject to change. New edition expected in 2012.