

# 3rd Annual Conference Perinatal Nursing

## Improving Outcomes for Mother and Baby

### Keynote Speaker

#### *The Maternal Fetal Triage Index*

Catherine Ruhl, CNM, MS,  
*Director, Women's Health Programs, Association of Women's Health, Obstetrics and Neonatal Nurses, Washington, DC*



Catherine Ruhl, CNM, MS, currently coordinates professional nursing education programming at AWHONN and represents AWHONN to a variety of national organizations. She has over 30 years of experience in maternal health as clinician, manager and educator. Catherine has been a certified nurse-midwife for 29 years and currently practices at Presbyterian Hospital in Albuquerque, New Mexico.

### Here's how last year's participants are planning to change their practice:

- I will try to ask more follow-up questions instead of minimalizing the concerns of my patients.
- The postpartum depression session gave important information to share with patients prior to discharge.
- NRP update was excellent. Will use this to help others understand the updates.
- I will do a better job of preparing first time moms about what to expect.

### Agenda

October 26, 2017 • Peachtree Banquet Center

#### AM

**7:30 Check-in and Continental Breakfast**  
Visit Exhibits (come early to visit exhibits, this is the best time to do so as exhibit times are limited throughout the day)

**8:00 Welcome and Introductions**  
Shirley J. Farrah, PhD, RN-BC, *Assistant Dean and Teaching Professor, Nursing Outreach, MU Sinclair School of Nursing*

**8:15 The Maternal Fetal Triage Index**  
Catherine Ruhl, MS, CMN, *Director, Women's Health Programs, Association of Women's Health, Obstetrics and Neonatal Nurses, Washington, DC*  
The Maternal Fetal Triage Index (MFTI) is a five level index used to classify a pregnant woman's acuity when she presents for care at a birth unit. The RN's role in triage, the use of the MFTI, and lessons learned from nurse leaders who have implemented the MFTI on their units will be presented.

**9:15 Break (Visit Exhibitors)**

**9:45 Combatting Maternal Sepsis**  
Catherine Ruhl, MS, CMN  
Maternal sepsis is a rising threat during childbirth and the postpartum period. Readiness, recognition and response to maternal sepsis on obstetric units will be discussed along with nursing's leadership role in improving the care of women with sepsis.

**10:45 Missouri Safe Sleep Initiatives**  
Mary List, *Program Manager, Safe Cribs for Missouri, Missouri Department of Health and Senior Services, Jefferson City*  
This session will provide an overview of safe sleep initiatives in Missouri, progress and challenges faced. The speaker will also discuss how perinatal nurses can support safe sleep practices and aid in the prevention of infant deaths.

**11:45 Hosted Luncheon (Visit exhibitors)**

#### PM

**12:40 Maternal Mental Health: Risk Assessment and Intervention Before, During and After Pregnancy**  
Sue Kendig, JD, WHNP, FAANP, *Women's Health Integration Specialist, SSM Health-St Mary's, St Louis; Director of Policy, National Association of Nurse Practitioners in Women's Health (NPWH), Washington, DC; Co-Chair, Council on Patient Safety in Women's Health Care Maternal Mental Health Patient Safety Bundle*  
Mental health issues have a significant effect on maternal mortality and morbidity. Maternal suicide is recognized as a significant contributor to maternal deaths, similar to postpartum hemorrhage, hypertension in pregnancy and venous thromboemboli. Recent guidance from the IOM, USPHSTF, and ACOG recommend screening all women for depression during the prenatal and

postpartal period. This session will provide an in-depth review of the Council on Patient Safety in Women's Health's recently released Maternal Mental Health: Depression and Anxiety Patient Safety Bundle, including screening and brief intervention techniques to assist women's health providers in incorporating these recommendations into their busy practice settings.

#### 1:40 Move to Concurrent Sessions

#### 1:45 Concurrent Sessions (choose A or B)

**A) The Implementation of Telehealth for Postpartum Breastfeeding Support** - Urmeka Jefferson, PhD, RN, Assistant Professor, MU Sinclair School of Nursing, Columbia

Dr. Jefferson will share her recent research in the practice of using telehealth to assist breastfeeding mothers. Many mothers stop breastfeeding in the early days after birth due to problems such as sore nipples, lack of milk supply or mastitis. Having support from a nurse who can provide answers to the questions and solutions to the problems can mean the mother will be able to continue breastfeeding her infant. Telehealth is a means to provide this nursing support, especially in rural areas or when the mother has few resources to call upon.

**B) Evidence-Based Practice in Perinatal Nursing** - Valerie Bader, PhD, MN, CNM, Assistant Teaching Professor, MU Sinclair School of Nursing, Columbia; Claudia Brooks, BSN, RN, Staff Nurse, Labor and Delivery; Pam Lesser, RNC-AWH, MSN, Director, Perinatal Services, SSM Health-St Mary's Hospital, St Louis; Rhonda Allen, BSN, RNC-OB, Staff Nurse, Missouri Baptist Medical Center, St Louis; Pamela Henson, RNC-LRN, Staff Nurse Special

*Care and Assessment Nurseries, Barnes-Jewish Hospital, St Louis*  
Nursing research provides the scientific knowledge for nursing practice. Becoming cognizant of that knowledge and incorporating the latest evidence into practice is important for successful patient outcomes. Evidence based projects (EBP) are a major way to move this knowledge into nursing practice and provide the best care for our patients. The first speaker in this panel will review some areas where EBP projects are needed in perinatal nursing. This is followed by three evidence based practice projects discussed by the nurses who managed these projects.

#### 2:45 Beverage Break

**3:00 Addiction and Pregnancy** - Daniel Jackson, MD, MS, FACOG, Maternal and Fetal Medicine Subspecialist and Medical Director of Obstetrics, MU School of Medicine, Columbia

This session will discuss the impact of the nationwide opiate epidemic on pregnancy. Dr. Jackson will discuss treatment for opiate dependence, including methadone and buprenorphine during prenatal and peripartur care. Dr. Jackson will also discuss neonatal abstinence syndrome. The effects of other illicit drugs on pregnancy, including methamphetamine, marijuana and cocaine will also be discussed.

#### 4:00 Adjourn

**HANDOUTS:** A conference syllabus will not be provided. A link to handouts will be e-mailed to each paid registrant five business days prior to the conference. MU Nursing Outreach asks all speakers to submit handouts. If there are no handouts posted, that means the speaker did not submit them by the due date. Any handouts received after the due date will be posted as they are received. Some speakers bring handouts on the day of the event. Handouts will remain up one month after the event.

## General Information

### Accreditation

#### Nursing

The University of Missouri Sinclair School of Nursing is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Midwest Multistate Division Provider Number MO 1019-7.

6.0 contact hours will be awarded to all individuals who attend, complete the evaluation form, and are paid in full. This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process.

#### Lactation Consultants

Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiners.

#### Requirements for Successful Completion

- Learners must attend and be paid in full.
- Learners must participate in any individual or small group activities.
- Learners must complete the online evaluation form.

### Location

The 3rd Annual Perinatal Conference on October 26, 2017 will be held at the Peachtree Catering and Banquet Center, 120 E. Nifong, Suite D, Columbia, MO, 65205. Should you need to be reached during the conference, the phone number is (573) 875-6608.

### Lodging

#### Stoney Creek Hotel

A block of rooms has been reserved on the night of October 25 at the special rate of \$99 until September 25, 2017 at the Stoney Creek Inn located at 2601 South Providence Rd., Columbia, MO, 65201. After this date, rooms will be on a space available basis only. To make reservations, please call the hotel directly at 1-800-659-2220 and be sure to ask for the MU PERINATAL CONFERENCE ROOM BLOCK. Participants are responsible for making their own reservations and guaranteeing reservations with a credit card. Directions and driving/flight/shuttle information is posted on conference website: <http://www.nursingoutreach.missouri.edu>.

### Planning Committee

- Stacie Barker, MSN, RNC-NIC**, Patient Care Supervisor, Women's & Children's Health, Boone Hospital Center, Columbia
- Diane Bibb, MSN, RNC, IBCLC**, Clinical Educator/Lactation Consultant, Hannibal Regional Hospital, Hannibal
- Judy Bildner, MS(N), RN, MCCNS**, Clinical Manager, MU Women's & Children's Hospital, Columbia
- Tracy Bocklage, RNC**, Staff Nurse, MU Women's & Children's Hospital, Columbia
- Shirley Farrah, PhD, RN-BC**, Assistant Dean, Nursing Outreach and Teaching Professor, MU Sinclair School of Nursing, Columbia
- Cindy Franke, BSN, RNC-NIC**, Service Line Specialist, Neonatal Intensive Care Unit, MU Women's & Children's Hospital, Columbia
- Urmeka Jefferson, PhD, RN**, Assistant Professor, MU Sinclair School of Nursing, Columbia
- Catherine Lewis, RN**, OB Manager, Capital Region Medical Center, Jefferson City
- Rebecca Schwaller, BSN, RN, IBCLC**, Childbirth Education Coordinator, Lactation Consultant, SSM Healthcare, St Mary's, Jefferson City
- Cynthia Stephens, MS (N), RN**, Clinical Instructor, Nurse Planner, Nursing Outreach, MU Sinclair School of Nursing, Columbia
- Alison Williams, MBA-HCM, BSN, RN, CPHQ**, Vice President of Clinical Quality Improvement, Missouri Hospital Association, Jefferson City
- Judy Wilson-Griffin, MSN, RNC, PNCNS**, Section Chair, AWHONN of Missouri, St. Louis
- Debbie Yarnell, RN**, Program Year One Coordinator, State Fair Community College Nursing Program, Sedalia

**NOTE:** Participants are asked to set their cell phones on vibrate or silent and exit the meeting room for all calls. Please bring a sweater or jacket due to variations in temperature and personal preferences.

If you have any dietary restrictions, please notify us via email ([nursingoutreach@missouri.edu](mailto:nursingoutreach@missouri.edu)) or phone (573-882-0215).



## Opportunities for Exhibit Space or Sponsorship

**Exhibitors:** You are cordially invited to engage in face-to-face conversations with perinatal healthcare providers and educators from across the state. This is an opportunity to share your products or services with a number of key contacts in a short time frame.

**Sponsors:** There are opportunities to sponsor refreshment breaks, continental breakfast and hosted luncheon as well as invited speakers.

**Interested in Exhibiting at this Event? Or being a Sponsor? Please go to the Conference Website for Details and Application Form**

<http://nursingoutreach.missouri.edu>

**Please call 573-882-0215 for any questions.**

## Registration Cancellation and Substitution

We understand that circumstances may arise that require you to cancel or send a substitute. If you cancel your attendance seven or more business days before the conference by October 17, 2017, your registration fee will be refunded, minus a \$25 processing fee. You may send a substitute at any time. Please notify the Nursing Outreach office ([www.nursingoutreach.missouri.edu](http://www.nursingoutreach.missouri.edu)) of any registration changes prior to the conference to facilitate the check-in process.

Please note that upon submitting your registration, you are responsible for paying the full registration fee, whether or not you actually attend the conference, unless your registration is canceled at least seven business days prior to the conference by October 17, 2017. All cancellation notices must be in writing; e-mail notification is acceptable.

### How do you prefer to receive mailings about upcoming conferences?

- Direct Mail Brochures  
 Electronic Notification  
 Either way is fine

**Questions? Comments? Call (573) 882-0215 or email [NursingOutreach@missouri.edu](mailto:NursingOutreach@missouri.edu)**

## Conference Cost

- \$159 Early Registration**  
(Postmarked on or before October 12)  
 **\$179 Regular Registration**  
(Postmarked after October 12)  
 **\$199 Onsite**  
 **\$99 Students** Please provide the following information (Do not qualify for Group Discounts):

College/University \_\_\_\_\_

Name of Major Advisor \_\_\_\_\_

**Group Discounts:** A separate registration form is required for each individual and all forms must be submitted together by USPS mail, e-mail or fax: NO online registrations.

Payment: ONE check made payable to University of Missouri.

Mail to: MU Nursing Outreach  
 Sinclair School of Nursing  
 Room S266  
 Columbia, MO 65211-4120

If paying by credit card, please call our office at 573-882-0215

**DO NOT EMAIL OR FAX THE CREDIT CARD NUMBER**

### Early Registration – Group Discount

- \$143.10 (10% discount) for 3-5 registrations  
 \$135.15 (15% discount) for 6 or more registrations

### Regular Registration – Group Discount

- \$161.10 (10% discount) for 3-5 registrations  
 \$152.15 (15% discount) for 6 or more registrations

### Please choose one of the following concurrent sessions:

- A) The Implementation of Telehealth for Postpartum Breastfeeding Support  
 B) Evidence-Based Practice in Perinatal Nursing

I am a Mizzou Alum:  Yes  No

List my name on the conference roster:  Yes  No

**For CREDIT CARD PAYMENT please call our office**

**(573)882-0215 or register online.**

**Do NOT fax or email credit card information.**

# 3rd Annual Perinatal Nursing Conference • October 26, 2017

## Improving Outcomes for Mother and Baby

### Registration Form

Full Name: \_\_\_\_\_

Name for Badge (if different): \_\_\_\_\_

Educational Credentials: \_\_\_\_\_

Organization: \_\_\_\_\_ Position: \_\_\_\_\_

Work Mailing Address: \_\_\_\_\_

City/State/Zip/County: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_

City/State/Zip/County: \_\_\_\_\_

Phone \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### Registration/Payment:

If you register without paying, you are responsible for payment whether or not you attend the conference unless you cancel 7 business days before the conference.

Check enclosed made payable to **University of Missouri**

Mail to: MU Nursing Outreach  
 S266 School of Nursing Building  
 Columbia, MO 65211

Please use ISE (MU only) MO Code \_\_\_\_\_ PS Account \_\_\_\_\_

Fax registration to: (573) 884-8278 (Do not fax credit card information-please call with payment) **Online registration is preferred**

Check is being processed and will arrive under separate cover.

### Please choose the one option that best represents your role:

Clinician/Practitioner  Educator  Administrator/Manager  Other \_\_\_\_\_

### Please choose the ONE option that best represents YOUR PRACTICE:

RN  NP  FNP  ANP  WHCNP  Other \_\_\_\_\_

CNS  CNM

Lactation Consultant  Other \_\_\_\_\_

3rd Annual Conference

# Perinatal Nursing



## ***Improving Outcomes for Mother and Baby***

**October 26, 2017**

**Peachtree Banquet Center • Columbia, MO**

### **Purpose**

The purpose of this one-day conference is to update the knowledge and enhance the skills of maternal-infant healthcare providers related to the clinical management and care of high-risk pregnant women and their newborn babies. The day features the latest evidence-based practices and tools applicable to both inpatient and ambulatory perinatal practice settings. Plenary sessions on topics of general interest are supplemented by breakout sessions on more specialized topics.

### **Target Audience**

*Obstetric, Nursery and Neonatal ICU nurses, Advanced Practice Nurses, Lactation Consultants, Students, Educators, Clinical Managers and other maternal-infant health professionals who may be interested.*

***See inside for program details  
and registration information!***

**Nursing Outreach: Where Continuing  
Education and Continuing Competency Meet**

**[www.nursingoutreach.missouri.edu](http://www.nursingoutreach.missouri.edu)**



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