



# Preemie Professional

## Preemie Professional

*Dr. Michael Narvey, BScH, MD FAAP, FRCPC*



Photo Credit: Winnipeg Health Sciences Centre AV Dept

### Professional Tip:

*Do not evaluate your patient day-to-day but rather in 3-4 day periods to assess progress.*

**Organization:** Health Sciences Centre & St. Boniface Hospital in Winnipeg, Manitoba, Canada

**Years in the Field:** 17

**Focus:** Minimizing pain and stress by reducing invasive testing in the preemie. Actively searches for accurate non-invasive testing to replace capillary or central sampling.

**Blog:**

<https://winnipegneonatal.wordpress.com>

**Facebook:**

<https://www.facebook.com/allthingsneonatal>

**Twitter:**

[@NICU\\_musings](https://twitter.com/NICU_musings)

## Advocate: World Autism Day

Preemies are at high-risk for a variety of developmental disabilities and parents need resources to be solid advocates. With that in mind April 2, 2015 is **Autism Awareness Day**. Learn more about this special day as well as month as well as through our friends at **Autism Speaks**: <http://preemie.us/ASDday>

## To Do List



**CONGRATS:** *Sunny Dean* has won the *little man* DVD and *@woodra* is our winner for Andy Male's book, *Go Premies!*



**LIKED US YET?:** PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!



Download PreemieWorld's FREE tools <http://bit.ly/PreemieFreebies> and pass them onto NICU Parents as part of your welcome packet.

**MARK YOUR CALENDAR!**



**First Coast Neonatal Symposium**  
University of Florida  
April 22-24, 2015  
Jacksonville, FL  
[www.neonatalSYMPOSIUM.COM](http://www.neonatalSYMPOSIUM.COM)

**The Young Child Expo & Conf 2015**  
Los Ninos Training  
April 22-24, 2015  
New York, NY  
[www.youngchildexpo.com](http://www.youngchildexpo.com)

*Have an event you want to share with our community? Contact us at:*  
[connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Preemie Resource: Health Record

PreemieWorld provides a number of free handouts to be used in the **NICU and beyond** in its "Freebies For You" section of the website.

**This month's freebie is "Health Record."** "Going from appointment to appointment can leave you frazzled on paperwork," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "We created this

freebie to help caregivers save time on form completion and more." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce.

**Download it here:** <http://preemie.us/preemiehealth> and **check others here:** <http://bit.ly/PreemieFreebies>

### Support: His Middle Name



*With the very early birth of their son, the Lubins "didn't have a leg to stand on" and created their own community.*

**Year Established:** 2011

**Outreach:** International

**Web:** [www.hismiddlename.com](http://www.hismiddlename.com)

**Background:** The Lubins started the organization organically from friends and family locally and then grew from there with a strong online presence.

**Programs:** The family is very connected to the March of Dimes with speaking engagements, a March for Babies walking team and more:  
<http://preemie.us/HisMiddleName>

### Org: [www.Plupp.org](http://www.Plupp.org)

*From a father's multiple experiences with premature birth comes a free and easy way to give back with the use of search engine technology.*

**Website:** [www.plupp.org](http://www.plupp.org)

**Year Established:** 2015

**Outreach:** Global

**Focus:** "[www.Plupp.org](http://www.Plupp.org) gives every person globally with access to the Internet the ability and opportunity to donate to the cause of reducing premature birth rates and reducing death related to preterm birth with just the click of a mouse or touch of a button," says Director James Stockford. "This service is free and [www.plupp.org](http://www.plupp.org) has a special partnership with Yahoo! to provide this service so that it

directly donates to premature birth charities. The more popular [www.plupp.org](http://www.plupp.org) becomes the more that can be donated to these vital causes."

**Background:** "After personally going through the experience of having two premature babies myself," notes Stockford, "I wanted to give back as much as possible in return for the medical and emotional aid that my family received during those difficult times."



## PreemieWorld: "Like" Us On Facebook & You Could Win!



Visit PreemieWorld's FB page at:  
<http://bit.ly/FBPreemie>

**"Like" our FB page from 3/31/15 to 4/26/15 and you could win a copy of the award-winning *little man* DVD from PreemieWorld!**

<http://bit.ly/FBPreemie>

*Parents & Professionals:*  
Subscribe to our FREE newsletters today @ [www.PreemieWorld.com](http://www.PreemieWorld.com)



## Book: Bentley's Premie Blessing

### The Details:

#### **Written By:**

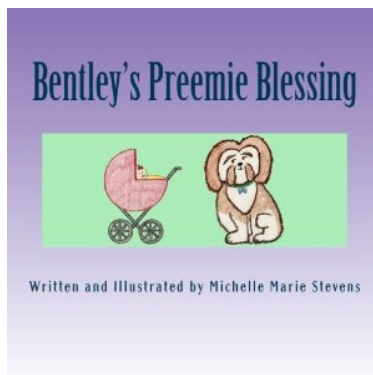
Michelle Marie Stevens

#### **Illustrated By:**

Michelle Marie Stevens

#### **Website:**

[www.premie blessings.com](http://www.premie blessings.com)



*Bentley's Premie Blessing* is the perfect gift for the new preemie family in the NICU, especially ones with siblings at home trying to adjust to the radical change in their routine.

Written from a family's pet dog's perspective, the narrative is perfect for reading to a baby as well as to a new sibling trying to understand why Mom and/or Dad are not at home as usual.

With clear and friendly illustration, this is a book that will also be a welcome addition to the baby's book library at home.

***COOL:** We're giving away a copy of this very book to one new PremieWorld Twitter follower 3/31/15- 4/26/15 - [www.twitter.com/premieworld](http://www.twitter.com/premieworld)*

## After the NICU: The Premie Binder

*Going to an appointment? Save time and effort by creating a "Premie Binder" ahead of time. Include:*

- Discharge Paperwork
- Completed "Health Record" (see our "freebie" on p.1 free to download from our website).
- Pediatrician paperwork regarding growth statistics over time.
- Specialist paperwork regarding instructions for tests, treatments, as well as test results.
- Information for your local pharmacy and your mail order pharmacy.
- Your child's insurance card and other related paperwork.
- Therapy evaluations and reports
- Education plans for childcare, educational settings and more.

## Premie Professional Online

### NICU Professionals Group: ([www.LinkedIN.com](http://www.LinkedIN.com))

Tough Topics in the #premieworld: What do you think of this article on #preemies #bigbiz and #donormilk in the NICU? - <http://ow.ly/KTTtu>

Changing the Way We Diagnose Sepsis

Benefits of Maternal Ingestion of Probiotics on Rates of NEC

### Early Intervention Professionals Group: ([www.LinkedIN.com](http://www.LinkedIN.com))

Need Help with Toddler that is Not Using Words to Communicate

How to Know When to Push the Panic Button with a Late Talker!

### Premie World ([www.Twitter.com](http://www.Twitter.com)):

SPECIAL: Premie Update on Sam, a 26 weeker - <http://premie.us/PremieSam>

To Delay or Not Delay - That is the Question - Premies Being Held Back? <http://ow.ly/KphnQ>

### BE THE SMART PRO: Tell Your Families about the "Premie Network" on Inspire.com:

Deb Discenza of PremieWorld moderates this FREE global network of *over 21,000* parents from NICU to home to school. [www.inspire.com/premie](http://www.inspire.com/premie)

*Check out these groups and more by referring to the "Get 'Social' With Us" on page 4 for more information. Have news or research to share with us? [connect@premieworld.com](mailto:connect@premieworld.com)*

## Get "Social" With Us!



[www.PremieWorld.com](http://www.PremieWorld.com)  
[www.LittleMantheMovie.com](http://www.LittleMantheMovie.com)



@PremieWorld



- PremieWorld
- Premie Parent's Survival Guide to the NICU



PremieWorld



Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents
- Little Man the Movie

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## Tips: Premie Parents are Powerful (Part I)

*They say hindsight is 20/20 and that is so true. Deb Discenza, Publisher at PremieWorld, gives insight into what she believes Premie Parents in the NICU right now should know for sure:*

*Know that a premie parent's love is medicine.* After having my daughter at 30-weeks gestation and later staring into her incubator in the NICU, I felt so lost, so useless as a parent. Nothing felt natural to me in those first few days and weeks. What did I know? I figured the medical staff knew more than I did. I wondered if it would matter at all if I was by her side in the NICU during the stay. What I know now is that the gentle lullabies I sang to my daughter while

holding her, the Kangaroo Care sessions we did, the books I read to her – they *all* were a form of medicine as well. I helped to soothe her, as did my husband. Relieving her stress in the NICU chaos gave her the ability to rest and to sleep, which in turn helped her to grow and to thrive. That “medicine” continued at home where we worked through numerous developmental delays and took on a lot of therapies over the years. Yet it all came down to a moment this past week when my thriving 11.5 year old said, “Mom, thank you for all you do for me. You do a lot and I love you.” Love is the most powerful medicine of all.

**#premieparentpower**