



# Preemie Professional

## Preemie Professional

### **Susanne Tropez-Sims, M.D., MPH, FAAP**

*Professor & Associate Dean of Clinical Affairs  
& Past Chair of the Pediatric Section of National Medical Association*



*Photo Credit: Meharry Medical College*

**Years in Field:** 37

**Orgs:**  
Meharry Medical College  
and the National Medical  
Association

**Preemie Focus:**  
RSV prophylaxis and all infants  
reaching their maximum  
potential

**Web:**  
Learn more about the National  
Medical Association at  
[www.nmanet.org](http://www.nmanet.org)

#### Professional Tip!

*African American infants are at increased risk of severe sequella from RSV. Treatment should be aggressive and early and make sure to educate parents against a smoking environment.*

## Advocate: Vote on World CP Day

October 2, 2013 is a special day in the Cerebral Palsy community. As a sister community we know the high risk of preemies to have Cerebral Palsy, let's help make a difference. Join the vote to help decide on ideas gathered worldwide so one of those plans can become a reality and help CP families continue to thrive. Vote here on 10/2/13: <http://en.worldcpday.org>

## Preemie Resource: RSV Education Handout

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 "RSV - What Parents Should Know"** courtesy of our friends at the Alliance for Patient Access (AfPA) ([www.allianceforpatientaccess.org](http://www.allianceforpatientaccess.org)). "You can never be too careful when it comes to RSV season. Professionals are always on the look out for great

materials to educate their families in the NICU and at home," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "This one has it all and is backed up by cited research." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **So go download it here now:** <http://bit.ly/RSVLetter> and check out many more here: <http://bit.ly/PreemieFreebies>

## To Do List



RSV season is almost here. At the next staff meeting have an in-service about the importance of hand washing for parents and pros.



Professionals, sign up your organization to receive *Preemie Family* to distribute to your families: <http://bit.ly/PreemieFam4Pros>



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

#### MARK YOUR CALENDAR!



*13<sup>th</sup> National Neonatal Nurses Conf.*  
Academy of Neonatal Nursing  
September 8-11, 2013  
Las Vegas, NV  
<http://academyonline.org/>

*2013 AAFP Scientific Assembly*  
Amer. Academy of Family Physicians  
September 24-28, 2013  
San Diego, CA  
<http://www.aafp.org>

*Have an event to share? Email us details at [connect@preemieworld.com](mailto:connect@preemieworld.com)*

*Tools and Resources  
for the Preemie Community*

Support: Quiet Light Foundation   Organization: Alliance for Patient Access



*After having premature twins at 26 weeks, Amy Forsythe wanted to help other parents, creating the Quiet Light Foundation in 2010.*

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

**Outreach:**

Regional – Nebraska/Western Iowa

**Programs:**

Provide peer counseling, lactation counseling, local service referrals, breastfeeding support and support group meetings. Also offers events throughout the year for families and for parents. Support can be provided to any family at any time, regardless of a child’s age.

*Have a burning cause you would like to advocate for in healthcare? The Alliance for Patient Access (AfPA) is your go-to organization for learning how to be an effective advocate.*

**Established:**  
2006

**Founder:**

David Charles, M.D., the Chief Medical Officer of the Vanderbilt University Clinical Neurosciences Institute and former health policy advisor to Senator Bill Frist.

**Website:**

[www.allianceforpatientaccess.org](http://www.allianceforpatientaccess.org)

**Focus:**

AfPA is a national network of physicians with the shared mission of ensuring and protecting

patient access to medical treatments and therapies, including prescription pharmaceuticals, biologics, and medical devices. AfPA accomplishes this mission through educating members and the public on policy priorities and training them to be an effective advocate.

**Preemie Focus:**

In 2012, AfPA added to its portfolio access to respiratory therapies, which includes RSV immunoprophylaxis.



**The EVENT of the YEAR: Preemie Parent Summit**



**2013 Preemie Parent Summit**

<http://bit.ly/PreemieParentA>

October 4-6, 2013 • Nashville, TN

## Preemie Genius: *The Imagine Project*

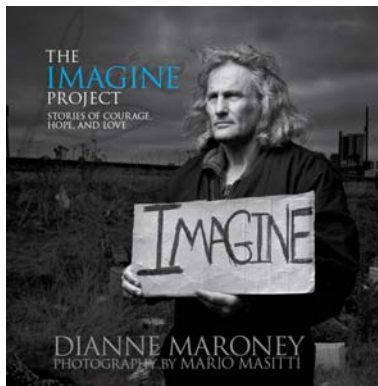
### The Details:

#### **By:**

Dianne Maroney

#### **Website:**

[www.theimagineproject.com](http://www.theimagineproject.com)



### The Genius:

Dianne Maroney, known for her *Your Premature Baby & Child* as well as for her insight as both parent and professional in the NICU is back with a book that takes prematurity to the next level.

With stories preemie-related and some not, Maroney has collected incredible stories of strength and courage and combined them with amazing photos to provide the perfect gift for new NICU parents, NICU units, as well as anyone going through a challenging time of any type.

*You could win a copy of "Imagine" by "liking" our FB page 9/1/13 - 9/26/13 at <http://bit.ly/FBPreemie>*

## After the NICU: RSV & the Diaper Bag Check

*RSV season is coming into full throttle so make sure these items are included in the diaper bag until the season is over:*

- Hand sanitizer for hands
- Sanitizing wipes for surfaces
- Sanitizing spray for areas that might be compromised
- Extra pacifiers in case the one in use goes out of commission
- Change of clothes
- RSV Awareness Info: <http://bit.ly/RSVLetter>

*Have a topic for After the NICU? Send it into us at [connect@premieworld.com](mailto:connect@premieworld.com)*

## Preemie Professional Online

### NICU Professionals Group: (www.Linkedin.com)

“STUDY: VLBW Infants Often Miss Rotavirus Vaccination Upon NICU Discharge - <http://ow.ly/nZOUr>”

“RESEARCH: If you were a preemie, take heed for your heart - <http://ow.ly/nTqBd>”

### Early Intervention Professionals Group: (www.Linkedin.com)

“The Missing Developmental Milestones, the Ability to Self-Regulate”

“Why is ADHD and Ritalin so controversial to the detriment of the real sufferers?”

### Preemie World (www.Twitter.com):

“NEW: Common Myths About Multiples in Preemie Pro - <http://bit.ly/PreemiePro17>”

“Blog about our experience with preeclampsia, prematurity, and the NICU”

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

Deb Discenza of PreemieWorld moderates this global network of over 15,000 parents from NICU to home to school. [www.inspire.com/preemie](http://www.inspire.com/preemie)

*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.PreemieWorld.com](http://www.PreemieWorld.com)  
[www.LittleMantheMovie.com](http://www.LittleMantheMovie.com)



@ PreemieWorld



- PreemieWorld
- Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

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


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## Q& A: What are the Top 3 Things A Parent Can Do to Prevent RSV?

*RSV season is quickly approaching and it sends preemie parents and professionals into a frenzy of activity. The Alliance for Patient Access (AfPA) gives us some great tips on preventing RSV:*

**1. Hand washing, hand washing and more hand washing.** Using hand gel or soap and water before and after contact with your baby is the *most* important prevention measure. Put hand gel in each room of the house, in each car, in the diaper bag, your purse, etc.

**2. Limit exposure.** This means that once RSV season starts (in early October) you screen people who come to visit to

make sure they don't have a cold or cough. Visitors should wash their hands before and after contact with your baby. Limit trips to places with lots of people – the mall, grocery stores, church, etc.

**3. Know your baby's risks.** There are certain babies that are more susceptible to getting RSV when exposed. This includes babies born before 36 weeks, babies with lung issues or heart issues. Talk to your baby's health care provider to find out if your baby is at increased risk and if a monthly injection of a medication is needed.

Get more info on RSV: <http://bit.ly/RSVLetter>