



# Preemie Professional

## Preemie Professional

*Linda S. Franck, RN, PhD, FRCPCH, FAAN*



Photo Credit: Linda Franck

### Professional Tip:

*Use data and partner with families – it is an unbeatable combination to improve patient care.*

**Organization:** UCSF – School of Nursing

**Roles:** Jack & Elaine Koehn Endowed Chair in Pediatric Nursing; Professor, Dept. of Family Health Care Nursing; Co-PI, UCSF Preterm Birth Initiative - CA

**Focus:** Dr. Franck has a specific interest in the patient and family experience of health care and has pioneered interventions to reduce stress for preemies and their families. She studies ways to engage parents as partners in clinical care and in research to improve quality of care and quality of life for NICU babies.

### Advocate: NICU Awareness Month

Do you work in a NICU or had a baby in the NICU? Not many people understand what a **Neonatal Intensive Care Unit** is and how it is important to honor the patients, the caregivers and the staff members of this special unit. **Project Sweet Peas** has created **Neonatal Intensive Care Awareness Month** for September. Check out more here, pass it on: <http://www.nicuawareness.org>

### FREE: NICU Nurses Day (9/15/15) Logo

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 another preemie symbol: NICU Nurses are Angels.** “As September is celebrating Neonatal Nurses, we wanted to give NICU Nurses special recognition. They have hard

jobs that not only involve technical expertise but also help to promote the parent/infant bond. They take real ownership of their jobs,” notes PreemieWorld’s **Deb Discenza**. “It is because of the love and trust of these dedicated nurses that parents can step away for a bit for a bite to eat, go home to sleep and more.”

**Download it here:** <http://preemie.us/NICUAngels>

*Follow us on FB, Twitter & LinkedIn!*

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## To Do List



**CONGRATS:** [Chelsie Abadie](#) won the book, *The Healing of the 1 lb. Baby* and [Gina Infranca](#) won the little man DVD.



**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!**



**1<sup>st</sup> Congress of joint European Neonatal Societies (jENS)**  
September 16-20,2015  
Budapest  
[www.jens2015.eu](http://www.jens2015.eu)

**15<sup>th</sup> National Neonatal Nurses Conf**  
Academy of Neonatal Nursing  
September 17-19,2015  
Swan & Dolphin Resort/DisneyWorld  
[www.academyonline.org](http://www.academyonline.org)

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

*Tools and Resources  
for the Preemie Community*

Support:  
Made for a Miracle

*After having boy/girl twins at 31 weeks due to placental abruption Angelina Castleberry was so inspired by those that reached out to help her that she wanted to pay it forward to other families with **Made for a Miracle**.*

**Established:**  
May 2015

**Outreach:**  
Local CA area and then planning on national outreach.

**Web:**  
[www.madeforamiracle.org](http://www.madeforamiracle.org)

**Focus:**  
Provide NICU Care Packages to families in the NICU as well as celebrating the NICU staff and volunteering and participating in the Walk to Remember.

Org: Little Warrior Princesses

*When **Brandon and Cassandra Dickerson** found out they were pregnancy with twins, neither one of them expected to be in the delivery room at just 26 weeks. Their daughters, **Ava and Olivia**, entered the world weighing less than a pound each and with the odds stacked against them. Once home and thriving, the family began looking for ways to give back.*

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

**Established:** 2015

**Area:** Great Kansas City, MO

**Focus:** Helps families with transportation and food assistance during their extended stay at the hospital. "No parent

expects his or her child to be born early," says Cassandra. "And almost immediately, the family begins incurring lots of unexpected, unbudgeted expenses." Brandon adds, "There are so many things for new parents to be concerned about – especially with premature and sick babies. Basic necessities shouldn't be one of them."

**Donations Needed:** Every little bit helps so that parents can focus on what is most important – their child. Contact them today!



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



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

**"Like" our FB page from 9/1/15 to 9/26/15 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)

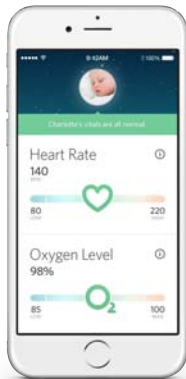


## Owlet Baby Vitals Monitor

### The Details:

**By:**  
Owlet Baby Care

**Available at:**  
[www.owletcare.com](http://www.owletcare.com)



Didn't get discharged from the NICU with a monitor and *freaked out*? The **Owlet Baby Vitals Monitor** is a consumer-grade product that can help.

With a simple device placed in a lightweight but durable and snug baby-sock (with larger socks included in the set to accommodate growth), parents can check on their infant's heart rate and oxygen level in real-time using the Owlet app and receive alerts. The Owlet's base unit is multi-functional as an in-room charging unit, a color-coded notifier of the baby's overall status and a day/night light. *A must-have for preemies!*

*We're giving away one Owlet!  
Follow us on Twitter by 9/26/15 to enter: <http://bit.ly/PremieTweets>*

## After the NICU: Visiting the Nurses

*Discharge from the NICU is a huge relief, but you will find that you'll want to go back and visit the nurses. Ideas for all budgets:*

- **Cake!** Bring them a cake for either the calendar age birthday or the adjusted age birthday, your pick! The team loves treats!
- **Not a baker?** Bring them a care package full of snacks and a love note from your preemie along with a current picture.
- **Clothes!** Have some old preemie clothes to give away? Donate them to the unit. Both the nurses and their families will be grateful.
- **The idea of going near the NICU makes you nervous?** Mail a love note with a current picture of your baby now. Even better print out our logo on p. 1 and write a special note on it.

## Premie Professional Online

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

RESEARCH: Personal Clothing May Spread Respiratory Infections Within the NICU

VERY COOL: Student Designs & 3D Prints Bottle System for Premature Babies

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

Zucker's Research & Tips for Parents!

Has anyone used Brain Entertainment with their clients/patients/students?

Sign Language for Pediatric Healthcare Professionals and Educators

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

PREEMIE UPDATE: See an Update on Premie Twins Elliott & William

PremieWorld's Deb Tells Her Story & Gives Insight to Bettering Outcomes to NIDCAP

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

Deb Discenza of PremieWorld moderates this FREE global network of *almost 23,000* 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@preemieworld.com](mailto:connect@preemieworld.com)*

## Get "Social" With Us!



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



@ PreemieWorld



1. PreemieWorld
2. Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

1. NICU Professionals
2. Early Intervention Professionals
3. Preemie Parent Support Group Leaders
4. Preemie Parents
5. Little Man the Movie

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## Tip: NICU Nurses Are Angels (Part VI)

*They say hindsight is 20/20 and that is so true. Deb Discenza, Publisher at PreemieWorld, in this sixth installment, gives insight into what she believes Preemie Parents in the NICU right now should know for sure about preemie resiliency:*

It is **Neonatal Nurses Month** and parents should know that this event includes the NICU Nurses caring for their infants.

While nurses are highly skilled professionals in neonatal care, they also work hard to bridge the gap between parents and professionals. Their caring spirit takes their expertise to a whole new level, often lending an ear to us parents as we work through

diagnoses, our agonies and our worst fears about our babies' prognoses. They are there when things are low and also there when moments are celebrated. The first hold, the first stabilization off the ventilator, and ultimately discharge day are all moments that NICU Nurses know are precious and important. And when a baby passes away, that is when a NICU Nurse is there to comfort families and create memories that will be consoling later on. Take time to thank your NICU Nurses!

Download our **NICU Nurses Are Angels** logo and share it on your blog and social networks:  
<http://preemie.us/NICUAngels>  
**#preemietough**