

Perinatal Network News

Education

- The Loyola Perinatal Center continues to offer **free** CEs through our e-Journal club. Please refer to our [website](#).
- [Summer Education Bundles](#) | June-Sept 2022
- [Everything Twins](#) | Teams September 1
- [Advanced EFM](#) | Loyola September 12
- [The STABLE Program](#) Morris | September 29
- SAVE THE DATE:** Neonatal Nutrition: Human Milk & Infant Formulas | Teams October 12
- [AWHONN Intermediate Loyola](#) | October 20
- [Trauma Informed Care](#) Maggiano | November 7
- [Spinning Babies](#) | Loyola December 12

WELCOME Loyola's new Executive Director of Clinical Operations- Women and Children's Services: Tracie Shelton, MSN, NEA-BC, RNC-OB!
Welcome ABMC's L&D, Mother-Baby/SCN Manager: Renee Begale BSN, RNC-OB!

The AAP just released "Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment" <https://doi.org/10.1542/peds.2022-057990>

- Avoid commercial positioning devices and home CR monitors.
- Weighted swaddles/clothing/objects on or near baby are NOT safe/NOT recommended.
- Sitting devices (car seats, strollers, swings, carriers/slings) are NOT recommended for routine sleep
- 2 months of at least partial human milk feedings significantly lowers risk of sleep-related deaths
- Parents encouraged to sleep in same room – NOT in same bed as a baby (first 6 months)
- Avoid parent & infant exposure to nicotine, alcohol, marijuana, opioids, illicit drugs

Self-reflection Tool Mitigating Bias	
I	Introspection- explore and reduce stress
M	Mindfulness- practice ways to reduce stress
P	Perspective taking- consider other points of view
L	Learn to slow down- counter-stereotypic imaging
I	Individualization- evaluate people based on their personal characteristics
C	Check your messaging- use statements that welcome and embrace multiculturalism
I	Institutionalize fairness- support a culture of diversity
T	Take two- is lifelong work



S. T. O. P. Trafficking
1-866-347-2423

HOMELAND SECURITY INVESTIGATIONS

Identifying Human Trafficking

- * Accompanied by someone who insists on answering questions for the patient.
- * Hx. Of sex/or substance abuse, multiple Abs, STDs
- * Not in control of own money or identity, such as licenses or passports
- * Inappropriate dress for weather or situation
- * Branding
- * Wanting to leave AMA

Effects of Labeling Parents

Caregivers may assign positive or negative informal labels to parents. Those assigned negatively are less likely to be asked their care preferences. This may lead to their concerns being dismissed and/or they may not be offered as many opportunities to participate in care. Family-centered care should be a goal in the NICU & Mother-Baby unit, yet the culture of assigning labels is a barrier to fostering a team approach to care, optimal outcomes, and discharge readiness.

Please visit our [website](#) for any upcoming programs & further information about our perinatal

Upcoming Re-designations!

St. Alexius August 17, 2022
Resurrection October 19, 2022

Call 9-8-8!

- In 2020, one person died by suicide every 11 minutes in the U.S.
- Suicide is a leading cause of death for those ages 10–34
- April 2020 - April 2021, drug overdoses claimed the lives of over 100,000 people

On July 16, 2022, Illinois introduced **The 988 Suicide & Crisis Lifeline**. Dialing 988 will connect anyone experiencing mental health-related distress to The National Suicide Prevention Lifeline. People can dial 988 if they're having emotional distress, thoughts of suicide, or mental health or substance use crises. Worried about a loved one who may need crisis support. **(Scan QR code for more info)**



Regional Quality Council:

August 30, 8am-9am

Nurse Council:

August 8, 9:30am – 2pm

Fun Trivia for Staff Nurses

Submit correct trivia answers for a chance to win up to \$50 towards ONE Loyola Perinatal Nurse program of your choice OR \$10 Starbucks Gift



Congratulations to our winners from May's FUN Trivia:

1. **Monica Richards** from St. Alexius
 2. **Mary Jean Handrigan** from Loyola
- Check your email for your prize!