

Finding My Way Back Home—The Journey To Skin To Skin In The NICU

Featuring Erika Clemens, MS OTR/L, SWC, IBCLC, NTMTC



Friday, May 13th
10:00 AM to 12:30PM PST

Register
Now

<https://tinyurl.com/skin-to-skin>

\$25 Early Bird

\$40 General Admission

 **BreastfeedLA**

<https://www.breastfeedla.org>

DESCRIPTION

Premature and fragile infants admitted to the NICU have altered neurodevelopmental trajectories and are at risk for long term medical and neurodevelopmental issues as well as feeding difficulties. Research has shown that Skin to Skin may improve these outcomes and also may facilitate increased rates of breastfeeding. Medical instability may prevent these infants from participating in Skin to Skin initially, yet in many NICUs, even after a child is stable, it is still a challenge shifting the high tech medicalized environment to fully embrace Skin to Skin as an evidence based priority. Through the journey of one NICU determined to change their culture, this webinar explores the research, barriers, practice strategies and stories of promoting Skin to Skin, stressing its importance as the foundational modality to facilitate neurodevelopment and as the initial step on the path to optimal breastfeeding outcomes.

OBJECTIVES

During this presentation, participants will:

- Be able to communicate at least 5 benefits of skin to skin practice to provide a rationale to families in the NICU
- Be able to identify 3 potential obstacles to successful implementation of a Skin to Skin culture
- Be able to explain 3 potential solutions to troubleshoot barriers
- Be able to state 2 recommended components of a NICU culture that supports Skin to Skin
- Be able to describe the Standing Parent Transfer to best facilitate Skin to Skin practice

CONTINUING EDUCATION

RN: BreastfeedLA is an approved provider by the California Board of Registered Nursing. This course offers **2 contact hours** of continuing education. BreastfeedLA's provider number is CEP 16435. Licensee must maintain certificate for a period of four years.

IBCLC: BreastfeedLA is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT113-36. **1.5 L-CERPs** will be awarded.

RDs & OTs: Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio



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SPEAKER



Erika Clemens MS OTR/L, SWC, IBCLC, NTMTC is the Lead NICU Occupational Therapist at UC San Diego Health and works with families in the NICU and Postpartum units. It has been her privilege to be an OT for 21 years, practicing in a variety of inpatient, outpatient, and home health settings working with individuals across the lifespan. She has worked in the NICU setting since 2008 and is passionate about educating staff and empowering families while facilitating positive feeding experiences in the NICU. Erika is the chair of the Developmental Care and the Supporting Premature Infant Nutrition (SPIN) groups—collaborating to create programs such as Wee Reads and Wee Feeds to facilitate optimal developmental outcomes. She has presented at a variety of conferences regionally and nationally on topics related to Developmental Care and breast/bottle feeding in the NICU.

AGENDA

10:00am - 10:10am Introductions

10:10am - 11:10am

Explore the journey of one NICU's research, barriers, practice strategies and stories of promoting Skin to Skin

11:10am - 11:20am

Break

11:20am - 11:25am

A word from our sponsor

11:25am - 12:10pm

Other developmental interventions (and their benefits) that can be done during Skin to Skin, and a review of updated data

12:10 pm- 12:30pm

Q&A