MARCH OF DIMES TRAINING INSTITUTE

March of Dimes offers a wide range of educational opportunities for healthcare providers, including neonatal, perinatal and certified patient experience professionals, with continuing nursing education credits. We offer web-based and on-site hospital trainings.

March of Dimes Foundation is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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**Live, Onsite Presentation:** Professional development for your staff, conducted at your hospital by a faculty member of the March of Dimes Training Institute. Each session offers 1.25 nursing contact hours.

**Video-based Presentation:** Taped version of the presentations are available through the March of Dimes nursing website: [www.marchofdimes.org/nursing](http://www.marchofdimes.org/nursing). CNEs range from .8 contact hours to 1.5 hours per session, depending on the topic.

**For information, contact:** Please submit a request through our Contact form on our website: [https://www.marchofdimes.org/contact-us.aspx](https://www.marchofdimes.org/contact-us.aspx)
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| C4C           | **Caring for the Caregiver: Real Support for Healthcare Professionals** highlights the challenges healthcare providers encounter while supporting families in distress and helps participants identify ways to maintain a healthy, professional quality of life. Learning Objectives:  
1. Identify barriers to developing a healthy, professional quality of life in the NICU  
2. Describe the individual and institutional responsibility for maintaining a healthy, professional quality of life in the NICU  
3. Identify symptoms of professional burnout and fatigue  
4. Explore wellness strategies to combat burnout and fatigue |
| CMC           | **The Child with Medical Complexities: Designing a Better Pathway from Hospital to Home** explores challenges faced by families during their complex NICU stay and as they begin to transition to home with an equipment-dependent infant. This session shares best practice strategies focused on discharge education, teaching tools, community resource guides and at-home support. Learning Objectives:  
1. Describe the parent’s perspective as they begin the transition to home process with a child who has medical complexities  
2. Describe educational and information tools which staff can use to prepare families transitioning to home |
| CCR           | **Creating a Culture of Respect in the NICU** identifies diversity in the workplace and explores inherent biases within all of us; examining how bias influences the workplace environment. The session focuses on improving our cultural competencies in order to provide a non-judgmental and supportive culture in the unit. Learning Objectives:  
1. Describe the increasing diversity in the United States  
2. Define explicit and implicit bias, and describe their impact on neonatal outcomes  
3. Explore strategies to create a respectful NICU environment |
| CSM           | **Social Media from the Lens of a Multigenerational Workforce** explores the needs and differences of a multigenerational staff and examines how to communicate appropriately through social media. Learning Objectives:  
1. Describe characteristics of Baby Boomers, Gen Y, Gen X, and Gen Z and how these characteristics influence communication styles and preferences.  
2. Identify professional standards for communicating on social media  
3. Discuss opportunities that social media can provide for families of NICU babies |
| EPT           | **Easing Parent Trauma in the NICU: Trauma-Informed Care for the NICU Nurse** addresses the critical ways frontline staff can engage families in the NICU, to provide support to families showing signs of perinatal mood and anxiety disorders or post-traumatic stress syndrome. This session will focus on understanding the effects of |
| ELN | **Experiencing Loss in the NICU: Supporting parents and staff through difficult times** provides an in depth look at infant loss in the NICU, and includes videos of parents, sharing their stories and memories of their bereavement experiences in the NICU. This session highlights specific strategies for NICU staff self-care and resiliency. Learning Objectives:  
1. Describe common characteristics of grief exhibited by parents and families in the NICU  
2. Describe ways NICU staff can provide care and support to parents during a loss  
3. Identify strategies to implement self-care for the NICU staff after a neonatal death |
| NAS | **Neonatal Abstinence Syndrome: Addressing Models of Care which Support the Baby and Family** provides an in depth look at various approaches to caring for families and babies exposed to opioids, and the ways in which staff can promote good outcomes beyond the NICU stay. This session will highlight a number of hospitals across the United States with exceptional programming and outcomes for their patients with NAS, and provide information on how to replicate those strategies into your own NICU. Learning Objectives:  
1. Explore new models of care for infants suffering from Neonatal Abstinence Syndrome  
2. Compare and contrast these new approaches with the traditional care provided to these infants  
3. Identify specific strategies for supporting the opioid exposed mother and baby during the hospital experience and beyond  
4. Repudiate common myths with facts about opioid addiction and recovery  
5. Discuss incorporating new approaches into your own practice, unit and institution |
| OVH | **Overheard: What We Say, What We Mean, and What Families Hear** invites participants to analyze statements in the NICU with respect to intent, impact and overall effectiveness for communication. This session explores the many various forms of communication, including body language, unit and navigational signage, printed materials, and the spoken word. Learning Objectives:  
1. Explain the difference between intent and impact in their verbal and non-verbal communications with NICU families.  
2. Identify supportive, alternative word choices to common statements said in the NICU. |
3. Describe principles for communicating effectively with NICU families.

**PPS**  
**Partnering with Parents to Improve Safety in the NICU** begins with a film about a baby who acquired a central line infection in the NICU, and documents the family’s goal of eliminating this adverse outcome. This session focuses on the importance of infection control measures and examines how families can be powerful partners in change.  
**Learning Objectives:**  
1. Explain the critical importance of handwashing in the NICU  
2. Identify three ways to engage parents as full partners in NICU safety  
3. Describe how a collaborative work environment can impact patient safety in the NICU

**PXE**  
**Improving the Patient Experience in the NICU by Enhancing Parent Education** addresses the vital importance of how we communicate and educate patients in a meaningful way, while making lasting impressions. Role modeling exercises are incorporated into this session to help illustrate the value of practicing effective communication techniques.  
**Learning Objectives:**  
1. Discuss how parent education relates to patient experience  
2. Integrate effective adult education techniques into work with families  
3. Identify solutions to common barriers to learning

**S2S**  
**Skin to Skin Holding: The Journey toward Best Practice** provides a comprehensive look at the current literature, including evidence-based benefits to both baby and parent, and long-term effects of the practice. This session is a valuable starter course for a new nurse, as well as a good refresher course for the experienced NICU nurse.  
**Learning Objectives:**  
1. Discuss the benefits of skin to skin care for newborns, their parents and the NICU staff  
2. Articulate strategies to promote skin to skin holding to families and to your peers in the NICU

**SSN**  
**Shorter Stays in the NICU: Impact and Implications for Care** provides insight into the emotional experience of the shorter-stay family, and includes surprising data on the average length of a NICU stay. This session offers guidance on how to best support shorter-stay families as they prepare to take care of their child at home.  
**Learning Objectives:**  
1. Identify common diagnoses associated with shorter-stay infants.  
2. Describe three common perceptions / experiences reported by families of shorter stay families in the NICU.  
3. Discuss at least three strategies to support shorter stay families.