

News of The Academy of Neonatal Nursing

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Editor

Join us in Washington, DC, for the 8th National Neonatal Nurses Meeting!

The 8th National Neonatal Nurses Meeting will be held in the nation's capital October 9–11, 2008. Come early, and participate in our preconference day, Wednesday, October 8, enjoying a full or half-day of educational offerings such as the Cardiopulmonary System Certification Review Course, Pharmacokinetics, PICC Line Management and Complications, and more. On October 9, our keynote speaker, Terry Johnson, ARNP, RNC, MN, will kick off the main conference with "Small is the New BIG: Microtrends and the Small Forces Behind Tomorrow's Big Changes in Neonatal Nursing." After the morning general sessions, the afternoons are filled with over 30 workshops with the latest information to keep Academy members up to date on the most current neonatal trends. Hot topics such as "The Dark Side of C-Sections," "The Neonatal Golden Hour," "NNP Precepting," "Proteomics and the Metabolomics," and "Genetics and Dysmorphology: Evolving Syndromes, New Technologies" are just a sampling of the many great workshops offered.

This year our venue is the beautiful Marriott Wardman Park Hotel, where, on Friday morning, you can join us for a brisk, early morning walk around the National Zoo, located just two blocks away. The National Zoo, home to the famous giant pandas, was founded in 1889 and is situated in a 163-acre urban park. Right in front of the hotel is the Metrorail Red Line, which allows for easy and inexpensive subway travel in and around Washington, DC. The Metro

runs most nights until midnight and on the weekends until 3 AM. Right down the street is the Adams Morgan district, known for great restaurants and nightlife.

Be sure to check out The Academy website, academyonline.org, for more conference information and online registration. Join The Academy of Neonatal Nursing, register early, and save a bundle!

National Nurses Week May 6–12

The American Nurses Association has declared National Nurses Week beginning on National Nurses Day, Tuesday May 6, and ending on Florence Nightingale's birthday, May 12. International Nurses Day is recognized by the International Council of Nurses on May 12. Regardless of which day (or days!) you recognize Nurses Day in your part of the world, here are some suggestions for celebrating the nursing profession:

- Surprise a colleague with a thank-you card or small gift.
- Treat yourself to a massage.
- Be sure to wear your ANN logo pin (FREE with membership).
- Take a break from cooking, laundry, and housework.
- Bring some treats to your unit or office.
- Renew your ANN membership...Recruit new members! See information on the Unit Membership Drive on the website.

Neonatal Network:[®] The Journal of Neonatal Nursing

2008 Excellence in Writing Awards

Neonatal Network[®] is again generously sponsoring Excellence in Writing Awards for exceptional manuscripts submitted during the 2008 calendar year. A panel of editors will select three articles judged on the quality of writing and relevance to neonatal nursing practice. The author(s) of the first place manuscript will receive \$3,000 and a trip to the National Meeting in Phoenix, Arizona, in 2009. One thousand dollars will be awarded for each of the two manuscripts of merit. For more information, please go to neonatalnetwork.com and click on "2008 Writing Awards" for more information.

Writing for Publication Workshop

Jeanette Zaichkin, RNC, MN, editor of the *NRP Instructor's Manual* and *Newborn Intensive Care: What Every Parent Needs to Know* is offering a "Writing for Publication" half-day workshop on Wednesday October 8, 2008, on the Preconference Day at the National Neonatal Nurses Meeting in Washington, DC. This workshop provides prospective authors with a broad range of tips and ideas on writing for publication. Areas such as selecting a topic, collecting research, referencing, copyright ownership, and the editing process are only some of the items covered. Bring your questions; this workshop can be as interactive as needed. You can also bring your outline or unfinished manuscript, whether it is on a clinical topic or reports a research study, and arrange for a private consultation with an editor from *Neonatal Network*[®], the most respected journal in neonatal nursing, now in its 27th year of publication. This workshop session number is 080. Sign up today!

The National Office of Public Health Genomics

What is the difference between genetics and genomics? *Genetics* is the study of inheritance, or passing on of genes that direct and influence human traits, such as hair and eye color. *Genomics* is the study of all the genes in a person, as well as their interactions with each other and the person's environment. The National Office of Public Health Genomics (NOPHG), a division of the U.S. Department of Health and Human Services Center for Disease Control and Prevention, is an excellent source for up-to-the-minute genetic and genomic news and

information. NOPHG has recently posted on its web-site "Translating Genomic Discoveries into Population Health Benefits 2008." This informative publication highlights three programs: The Family History Public Health Initiative, a program to increase awareness of family history as a major risk factor for common chronic diseases; The Evaluation of Genomics Application in Practice and Prevention, established to test a "systematic, evidence-based process for evaluating genetic tests and other applications of genomic technology"; and The Human Genome Epidemiology Network (HuGENet), a global collaboration of individuals and organizations "committed to the assessment of the impact of human genome variation on population health and how genetic information can be used to improve health and prevent disease." Direct-to-consumer genetic testing, such as nutrigenomic tests that analyze DNA and lifestyle habits to assess health risks, is increasingly available and is also discussed. To read this publication in its entirety, go to www.cdc.gov/genomics.

Alternative Therapies in the NICU: Reiki and Infant Massage

Two widely accepted alternative therapies, Reiki and infant massage, have made their way into the neonatal intensive care units throughout the U.S., Canada, the United Kingdom, Europe, Australia, and Asia and are gaining in popularity. Reiki is a form of healing in which a practitioner transfers healing energy from his/her hands to the patient. The name Reiki comes from two Japanese words, "Rei," meaning higher power and "Ki," which means life force. There are three levels of Reiki "attunement": Reiki I, II, and Masters level. For more information about Reiki and to view the list of hospitals that offer Reiki attunement sessions, please go to Reiki.org.

Infant massage is a gentle, soothing method that may relieve stress and discomfort, improve sleep, and promote bonding. The care of NICU patients is complex; therefore, infant massage needs to be considered carefully. The Riley Hospital for Children in Indianapolis has an Infant Massage Therapy Program, established in 2004, with four certified educators of infant massage on staff. Infants are referred by their neonatologists, and the educators teach both parents and nurses correct massage techniques for consistency of care. An Infant Massage Patient Education Document is included in the patient's medical chart to track the infant's and caregivers' progress. For more information about infant massage certification, check out infantmassageusa.org for a listing of hospitals and educators in your area.

"Considerations for Touch and Massage in the Neonatal Intensive Care Unit" by Joy V. Browne (*Neonatal Network*,[®] February, 2000, 19 [1], pp. 61–64) provides a great overview of infant massage and addresses issues related to touch stimulation. ANN members can view this article by going to the subscriber log-in link at neonatalnetwork.com.

Deadline for ANN's Scholarships and Awards is June 1, 2008

Attention ANN members! Do you or someone you know demonstrate a strong commitment to neonates, show creativity, intelligence, and perseverance and have an unbending will to be the best? Do you want to attend the 2008 National Neonatal Nurses Meeting in Washington, DC, and are willing to share the experience with your colleagues? Perhaps you are currently enrolled in an educational program for an undergraduate, graduate, or postgraduate degree related to nursing. The Academy of Neonatal Nursing is there for you! The Academy of Neonatal Nursing Excellence in Neonatal Practice Award, The Academy Conference Scholarship Award, and The Academy of Neonatal Nursing Academic Scholarship Award applications are available online at academyonline.org and are just a click away. The deadline is **June 1, 2008**, so don't delay. Apply today!

FNRE

Did you know The Academy of Neonatal Nursing donates \$1 of every membership to the Foundation for Neonatal Research and Education (FNRE)? This philanthropic, not-for-profit organization "promotes the development of expertise in the neonatal profession, promotes evidence-based practice, and raises the awareness of the general public as the consumers of neonatal services." FNRE offers grant and scholarship opportunities to professionally active neonatal nurses who are pursuing academic advancement or who are engaged in a service that contributes to the health care of neonates or the neonatal nursing profession. ANN members are encouraged to support and promote this very important organization. For more information, please visit inurse.com/fnre.

Academy News Briefs

- Phthalates, used in lotion, shampoo, and powder, can alter human male reproductive development and have been found "above the limit of detection" in the urine of 81 percent of the 163 infants born between 2000 and 2005 in a study published in *Pediatrics* (February,

2008, 121[2], pp. e260–e268). "[T]his association was strongest in the younger infants. Young infants are more vulnerable to the potential adverse effects of phthalates given their increased dosage per unit body surface area, metabolic capabilities, and developing endocrine and reproductive systems," the authors concluded.

- The *Journal of Pediatrics* (February 2008, 152[2], pp. 232–236) published a study that found neonates who were given lipid emulsions from plastic as compared with glass packaging had a statistically significant difference in the incidence of hypertriglyceridemia, reported Dr. Camilia R. Martin, and colleagues, of Beth Israel Medical Deaconess Center in Boston. The authors advise physicians to monitor triglyceride levels in all infants who receive intravenous lipid emulsion infusion.
- Thinking of having a baby? Take your folic acid! A study from the National Institutes of Health was reported at the 28th Annual Meeting of The Society of Maternal-Fetal Medicine of over 40,000 women who participated in the First and Second Trimester Evaluation Risk (FASTER) trial designed to improve early detection of Down syndrome. The researchers found births between 20 and 28 weeks gestation were reduced by 70 percent among study participants who had taken the current recommended 400 mcg dose of folic acid daily for a year prior to pregnancy. A summary of the results can be found at nih.gov/medlineplus/news/fullstory_60654.html.
- Early use of nasal continuous positive airway pressure did not significantly reduce the rate of death or bronchopulmonary dysplasia in infants born at 25 to 28 weeks gestation when compared with intubation, according to a multinational, multicenter study of 610 neonates. This study was reported in *The New England Journal of Medicine* (February 14, 2008, 358, pp. 700–708).