

The **S.T.A.B.L.E.** Program Learner Course Agenda

Registration and overview of the STABLE program

Section One: **SUGAR** Module

- Initial IV fluid therapy for sick newborns
- Neonates at risk for hypoglycemia and symptoms of hypoglycemia
- IV treatment of – hypoglycemia and post-treatment evaluation
- Candidates for placement of an umbilical catheter and safe use of catheter

BREAK

Section Two: **TEMPERATURE** Module

- Detrimental effects of hypothermia and infants at highest risk for hypothermia
- Ways infants lose body heat and how to protect against cooling
- Development of pulmonary vasoconstriction and shunting as a consequence of hypothermia
- Process and cautions for re-warming severely hypothermic infants

Section Three: **ARTIFICIAL/ASSISTED BREATHING** Module

- Basic evaluation of neonatal respiratory distress
- Indications for PPV with bag/mask or endotracheal intubation
- Securing an ET tube; calculate correct placement of an ET tube
- Blood gas evaluation using Acid-Base Nomogram
- Chest x-ray evaluation of ET tubes
- Pneumothoraces – identification and evacuation

LUNCH

Section Four: **BLOOD PRESSURE** Module

- Hypovolemic, cardiogenic and septic shock
- Identify physical exam components that help recognize signs of shock
- Dopamine mixing and administration precautions

Section Five: **LAB WORK** Module

- Risk factors and clinical signs for infection
- CBC interpretation

BREAK

Section Six: **EMOTIONAL SUPPORT** Module

- Understanding this crisis
- Ways health care providers can support parents of sick newborns

QUALITY IMPROVEMENT/CASE STUDY/EVALUATIONS

ADJOURN

** Agenda subject to change*



The **S.T.A.B.L.E.** Program

Sugar & Safe Care

Temperature

Airway

Blood pressure

Lab Work

Emotional Support



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The **S.T.A.B.L.E.** Program

Because of the infrequent need to treat a sick neonate, it is often a challenge for hospital staff to maintain knowledge and skills in this area. The STABLE program was first introduced in May 1996 and is a resource that focuses on post-resuscitation care of sick newborns including physical assessment, problem recognition and management. This mnemonic-based program serves as a concise guideline to organize the myriad of details and interventions necessary for stabilizing sick newborns.

WHO SHOULD TAKE THE STABLE PROGRAM?

Physicians:
Pediatric, ER, family practice, and obstetric physicians including residents.

Nurses:
RNs working in L&D, postpartum, nursery, emergency departments, nurse midwives, licensed practical nurses, and nursing assistants.

Others:
Respiratory therapists, pre-hospital providers—EMTs and paramedics.

Disclaimer: We reserve the right to cancel this course in the event of weather conditions, class size, and instructor availability.



Course Objectives:

At the completion of this course, participants will be able to:

- Review blood sugar guidelines and IV stabilization
- Discuss the importance of temperature stabilization.
- Evaluate neonatal respiratory distress.
- Describe shock and blood pressure management
- Interpret lab work
- Analyze the need for emotional support
- Analyze a neonatal case study

Continuing Education Credit for 8 hour learner course:

Sanford Health Center for Learning is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approved for 8.0 ANCC contact hours.

Sanford Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Sanford Health designates this live activity for a maximum of 8.0 AMA PRA Category 1 credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

S.T.A.B.L.E. Instructors:

Our S.T.A.B.L.E. instructors consist of Certified Neonatal Nurse Practitioners.

S.T.A.B.L.E. Scheduling:

Please contact our Outreach Education Coordinator at (800) 625-7035 or email STABLE@sanfordhealth.org for further information or to arrange a S.T.A.B.L.E. presentation for your area.

S.T.A.B.L.E. Books:

If you would like to purchase your own book, you can do so by going to www.stableprogram.org. Books are also available to check out at Wegner Library.

An administrative fee of \$25 will be incurred if you cancel less than 7 days prior to the class or if you are absent.

Registration:

Sanford Health Employees can register at:
SanfordLearn:
Course code: ci-4084

All others can register online at:
sanfordhealth.org:
Keyword: STABLE program