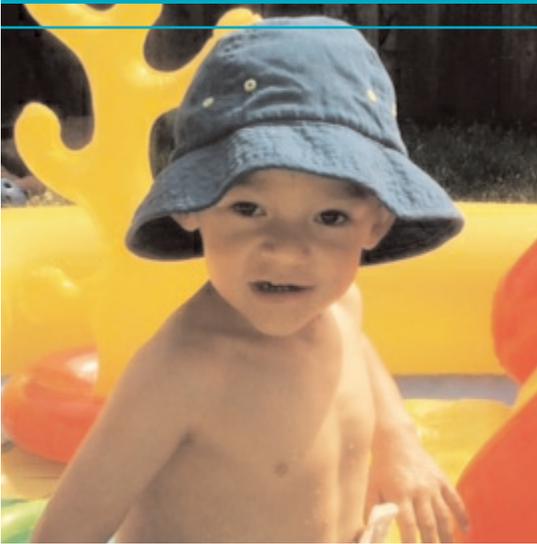


nicu Family News



The NICU Small Baby Room

With much excitement, we recently opened a Small Baby Room (SBR) within the NICU. This room is designed to care for babies that are born at 22 weeks to 25 weeks, 6 days gestation. It is sometimes referred to as the Micropreemie Room or Room Four. We provide excellent care to the babies in all our rooms, but this room was added to meet some of the specific neurodevelopmental needs of these teeny-tiny babies.

Pictured below is a poster you will find on the door of the Small Baby Room which features the words SMALL, BABY, ROOM, CARE used in an acrostic style. The words highlight many of the care principles that we are encouraging for the staff and families in this room which will benefit these tiny babies. They include things to focus on such as keeping the lights and the noise levels low, encouraging kangaroo care and moms' breast milk, handling the babies for procedures according to their readiness, minimizing tests/procedures, and working as a team as a staff and with the families.

The NICU Family News is produced by the Saint Barnabas Medical Center (SBMC) Neonatal Intensive Care Unit (NICU) Family Advisory Council (FAC). It is designed to provide you with information we hope you will find useful during and after your family's stay in the NICU.

DID YOU KNOW...

...you can stay in touch with other SBMC NICU parents and "discuss" topics important to you and your baby's progress by liking our facebook page: www.facebook.com/SBMCNICU. What are you waiting for? Like us now! Thanks.

■ ■ Saint Barnabas Medical Center
■ ■ Barnabas Health

The SBMC NICU is now on Facebook
www.facebook.com/SBMCNICU 

94 Old Short Hills Road, Livingston, NJ 07039
1-888-724-7123 barnabashealth.org/sbmc

S	Skin-to-skin	B	Be an advocate and inspire others
M	Mom's own milk encouraged	A	Always use aseptic technique
A	Always partner with parents	B	Buddy care
L	Lower voices, lights and noise	Y	You can prevent infection
L	Listen to families and each other		
R	Respond quickly to alarms	C	Compassionate Care
O	Open Communication	A	Act as a team
O	Ongoing education & best practices for ever-improving care	R	Respectful of each other's ideas and opinions
M	Minimal handling	E	Excellence always

Interview With NICU Nurses Jamie Beins, RN, and Karen Verbeke, RN, BSN:

About the NICU & Small Baby Room

Q: What are your credentials and how long have you been a nurse?

A: (Jamie): I am an RN with 11 years of experience in the SBMC NICU. I came here right from nursing school back in 2004. I am currently pursuing my bachelor's of science degree in nursing at an online university.

A: (Karen): I have an RN and BSN and have been working at SBMC for 23 years. The last 17 years have been spent working in the SBMC NICU.

Q: How did you know you wanted to be a NICU nurse?

A: (Jamie): I knew I wanted to be a NICU nurse because I have always adored little babies and I enjoy taking care of people. I also have a lot of energy, which is needed in an intensive care unit, so the NICU seemed like a perfect place for me!

A: (Karen): I spent 10 years of my career working with adult patients, as well as in management and nurse recruitment. I was eager to get back to the bedside and NICU was always an area that interested me.

Q: What have you liked the most about working in the NICU?

A: (Jamie): What I like most about working in the NICU is the end reward for the families and for us as nurses. The feeling of helping babies that cannot help themselves, comforting parents and seeing them eventually go home is amazing!

A: (Karen): The best part of working in the NICU is the opportunity to build relationships with the parents since many of them are with us for long periods of time. It is rewarding to see their growth as parents and their comfort level increase along with the growth of their infant. I have also never worked in a unit with such an excellent level of team work and comradery.

Q: What do you like most about working in the Small Baby Room (SBR)?

A: (Karen): The SBR has been a great experience and even more beneficial for the babies and their parents. In some ways, entering the room feels like you are entering a different unit. While the doctors and



Jamie Beins, RN



Karen Verbeke, RN, BSN

nurses are the same, it provides a much more calm atmosphere that helps avoid over stimulation. It provides a pleasant and quiet environment for parents to spend time with their infants. It is nice to be separate from the all the activity outside the closed door.

Q: Why did you volunteer to help get the SBR started a couple of months ago?

A: (Jamie): I helped get the Small Baby Room started because I wanted to be involved in giving our micropreemies the best possible care and outcomes they can get.

A: (Karen): At first, I was not familiar with the whole concept of the SBR, but the more I learned about the reasons behind it, I became much more interested. We are able to positively affect a baby's growth and development by the changes we make in the delivery of care to our smallest patients.

Q: What do you think has been the most beneficial change so far in caring for the babies and/or the families in the SBR?

A: (Jamie): The most beneficial change so far is the focus on the developmental care and working with the infant cues in carrying out care and procedures. The environmental changes are also very important. For the parents, this room provides a space that is quiet with more privacy.

A: (Karen): As nurses, we have a history of being very task-oriented, and now with the opening of the SBR, while the tasks still need to get done, it encourages us

to stop and think how to best accomplish them based on the cues we receive from the babies while maintaining an environment that best promotes their growth and development.

Q: What other changes would you like to see in this room in the future and why?

A: (Jamie): So far, things are going well in the SBR. I am eager to see if having a brand new NICU built over the next few years will allow us to further improve micropreemie care and allow us to provide this kind of developmentally focused care for all our babies.

A: (Karen): In terms of the future of the SBR, I would like to see guidelines for using parents' voice recordings or heartbeat sounds for the infants. With all we have learned in recent years about touch and kangaroo care, I think infant massage would also be beneficial for parents and stable preemies. Perhaps, such training for staff and parents could also be a future goal for the SBR.

Q: What does family centered care mean to you?

A: (Jamie): To me, family centered care means that the focus of care in our NICU is not only the baby but includes the whole family. Family centered care is about getting the family involved and including them in all aspects of their infants care.

A: (Karen): Basically, family centered care means involving the parents in the care of their infants; partnering with staff to do as much as possible for the babies.

Q: What suggestions or advice do you have for NICU and/or SBR families?

A: (Jamie): The NICU can be a long and trying time for some families. Most babies will have some good days and some not so good days. The NICU can be like a roller coaster of emotions. I encourage families to try to stay positive and remember baby steps are good steps in the right direction. Our goal is to get your precious little babies home with you as soon, and as healthy, as possible.

A: (Karen): I would encourage families with babies in the SBR to become involved in their care, even early on. While you may not be able to fully hold them initially, you can give hand hugs. Help us soothe them while we perform our tasks.

Q: Anything else you would like to say about your job?

A: (Jamie): I think I have the most rewarding job. I just love seeing our little preemies thrive and their parents' joy when they are able to take them home.

Q: Any interesting personal fact you would let folks know about you?

A: (Jamie): Something personal I can share about myself is that I love music and dancing. You can find me turning up the volume and singing my heart out on the way to work at 5:30 am and singing and dancing with my kids while I cook dinner!

A: (Karen): A fun fact about myself is that I share the same birthday with my mother and youngest daughter. I was my mother's third daughter and Emily (my youngest) is my third daughter. Three generations sharing the same birthday!



Save-The-Date:
 15th Annual Miracle Walk
 To Benefit the SBMC NICU
Sunday, 10/4/15
 Verona Park, Verona, NJ

REGISTER NOW AT MIRACLEWALK.COM
 973-322-4259 ■ FACEBOOK.COM/MIRACLEWALK

Important Phone Numbers:

NICU
973-322-5300

NICU Step-down (3100)
973-322-5310

NICU Nurse Manager
973-322-8938

NICU Social Worker
973-322-5503

NICU Case Managers
973-322-2045
973-322-2678

Birth Certificate Office
973-322-5327

Lactation Consultants
973-322-5684

NICU High Risk Infant
Follow-Up Program
973-322-2631

Want to Help the Family Advisory Council?

The FAC is made up of graduate parents dedicated to helping new NICU parents. We meet monthly to discuss ways to do this. We're always looking for recent graduate parents to share their experiences and ideas to make our NICU the best it can be. We welcome your ideas and participation. Contacts:

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973-322-5453

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Safe Summer With Your Baby

The following tips are provided by other NICU parents to help you have a safe and enjoyable summer with your baby.

Heat/Sun

- Don't overdress your baby as you don't want him to get overheated.
- Try to avoid being outside much with your baby between 10:00 am and 3:00 pm when the sun and temperature are hottest.
- When outside try to keep baby in the shade or have a sun shade for your stroller.
- Wide brimmed hats for baby are a must!
- If outside in the heat, parents and baby should drink enough fluids to stay hydrated.
- Sunscreen is usually not recommended for babies under 6 months of age so check with your pediatrician about this before heading outdoors with them.
- For babies 6 months and older try to use a sunscreen with an SPF of at least 30 and remember to apply it at least a half an hour before going outside and reapply, reapply, reapply!

Water Safety

- If you want your little ones to play in the water, supervise them within arms-reach at ALL times -- even if the water is shallow. A small baby/child can drown even in a few inches of water. Remember this is true in the bathtub as well.

Bypass Bugbites

- Most pediatricians don't recommend using bug spray until several months of age. Check with your pediatrician before using it at all.
- Once you get the okay to use bug spray, remember to use it daily when heading outdoors. Most doctors say not to use the combination of sunscreen and bug spray products because then neither tend to be as effective.
- When outside, mosquito netting is very useful over strollers, infant seats, and pack and plays.
- An inexpensive rotating fan that blows near, but not directly on, a baby's seat can help keep baby cool and the bugs away at the same time!
- Ticks are also a concern, so check your child's body for them at the end of each day spent outside.

Beware of Bee Stings

- In some situations you may not be able to avoid your child getting stung by a bee, but bees are attracted to flowers so don't put fragrances or floral-patterned clothing on them.
- If your baby spills food or drink on themselves that might attract bees, change them quickly.
- If a bee lands on, or next to your child, try to calmly and gently blow it away.

Avoid Burns and Poisonous Plants

- Never leave your kids near hot appliances or a BBQ without an adult in arms-reach.
- Be able to identify common poisonous plants like poison ivy, sumac and oak (pictured right) so you and your baby can try to avoid them.

