

# nicu Family News



Rosanne H. Silbermann Foundation  
Family Lounge & Sibling Play Area

*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...

We just moved into our brand-new NICU a few months ago (September of 2017). It is 5 times the size of our previous unit and there is much more space for families to spend time with their little loved ones. In addition, numerous amenities were added to this unit including a large area for hand-washing and securing your personal items before entering the unit as well as a beautiful family lounge and library for resting, eating, doing some work, and more. Handwashing remains the number one way to help keep the risk of your baby getting an infection low. Be sure to use the new hand-washing area when you arrive on the NICU each day. Then, wash your hands in your baby's room whenever they appear dirty, you have done any diaper changing or other cares with your baby.

## What to Know About Spending Time in the NICU

Most families who wind up with a baby in our NICU were not expecting to be here. The peaceful thoughts of having baby next to you in your hospital room change in an instant. You have a "new normal" to get used to, that often includes buzzers and monitors and terms you have never heard of before. It's unexpected for sure and likely even a little scary but your baby still needs you so here are some guidelines for spending time in the NICU:



- NICU parents are welcomed in the NICU at any time and you are encouraged to spend as much time with your baby as possible.
- When spending time with your baby you are encouraged to touch, and do kangaroo care, and other cares for your infant (as much as their medical condition allows). Kangaroo care (skin-to-skin) is a special way for parents to hold their baby. When you spend time in the NICU you can hold your baby against your bare chest (skin-to-skin). Talk to your nurse for more information and help with this.
- You may bring other friends or family (one at a time) into the NICU to spend time with you and your baby. Remember, a maximum of only two people may be at baby's bedside at a time. Also, only parents may be at baby's bedside during the shift changes (daily from 6:30 to 7:30 am and pm).
- You are identified as the parent of your baby/babies by your ID band. When you are discharged from the hospital, please see a NICU staff person or someone at our Welcome Desk to have your picture taken and placed with your ID band in a pouch that can be worn around your neck while you are in the NICU. If you would like anyone to be able to visit when you, the parents, can not be here, ask at the NICU Welcome Desk for the needed paperwork. It can be arranged for up to four other people you choose to get a picture ID to visit your baby/babies when you are not here. Still only a maximum of two people are allowed at the bedside at a time and all visitors, other than siblings, need to be at least 18 years old.

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## Interview With Jacklyn Katinsky, BSN, RN NICU Clinical Coordinator

### Q: How long have you been a nurse/NICU nurse?

A: I graduated from Villanova University in 2007 with my Bachelor's Degree in Nursing. I have been lucky enough to be a NICU nurse at Saint Barnabas Medical Center for my entire professional nursing career.

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

A: My mom is a nurse, so a career in nursing was something I had thought about since I was a little girl. Growing up I was always taking care of babies since I was the oldest of four children and ten years older than my youngest sibling. I remember dressing up as "a nurse that takes care of babies" for Halloween one year while wearing my mother's nursing cap and name pin. These thoughts stuck with me for as long as I can remember. Once in high school and preparing for college, I realized that being a neonatal nurse was my dream job.

### Q: Why did you want to become the clinical coordinator?

A: I have always known that at some point in my career I would step away from the bedside and focus on a different aspect of nursing. That is one of the great things about being a nurse, there are so many avenues you can go down with your experience. After working in our unit for almost 10 years, I wanted to challenge myself and move into a leadership role. By participating with our NICU Nursing Council in past years, I realized that I liked to take part in the decision making in the unit to help bring the best possible care to our tiny patients and their families.

### Q: What do you hope to accomplish as the NICU Clinical Coordinator?

A: My initial goal was to help with our move to the new unit (this past September), and make the adjustment to working in a new environment smooth and functional for all of our staff. Now that we are here, I would like to continue to update some of our policies to current practice and encourage and help create staff education on current NICU topics.

### Q: What do you think has been the most beneficial change so far in caring for the tiniest babies and their families in the new unit?

A: I think that our new unit fosters family centered care. Each baby has their own space which allows the parents and family members to stay longer and become more involved in the care of their baby. We are also able to individually control the environment of each baby so we know that they are getting appropriate developmental care based on their age.

### Q: We, as a unit, have been striving to improve our delivery of Family Centered Care for several years. What does that mean to you?

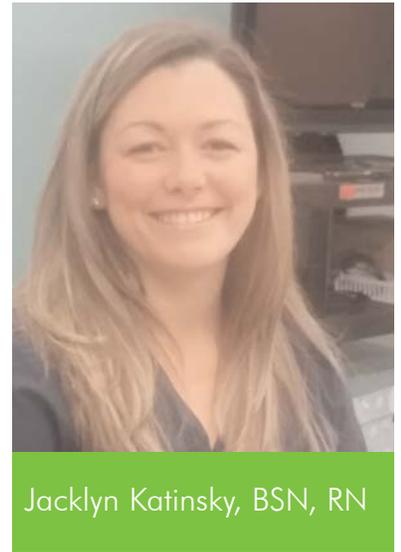
A: To me, Family Centered Care means not only having the parents and families participate in the baby's care and daily routines, but also to promote collaborative partnerships with the staff and include the parents and families in planning the infant's care.

### Q: What suggestions or advice do you have for NICU families?

A: Try to take advantage of all of the great things our unit has to offer. There are some great resources and classes available for parents and families run by both staff and our family advisory support parents. These can be extremely helpful throughout your stay in the NICU.

### Q: Any personal/fun fact about you that you would be willing to share with NICU families?

A: I have two little ones at home, ages 2 and almost 5, who keep me busy when I'm not at work!



Jacklyn Katinsky, BSN, RN

## Two Times a Charm

Our Saint Barnabas NICU experience started with the birth of our first daughter, Molly, in June 2014. Molly was 39 weeks but as the result of a very fast delivery, ended up in the NICU for five days due to shallow breathing. The last thing you'd expect with a full-term baby is a stay in the NICU but I believe everything happens for a reason. To this day, I am so very thankful for that experience. Little did I know we would be back in the NICU almost three years later with the birth of my son, who would be born prematurely.

In March 2017, I was 35 weeks pregnant and had just returned from a very long day at work in NYC. I was home alone with our 2 1/2 year old daughter and my water unexpectedly broke, for no known reason. I tried not to panic but I knew that once my water broke, I would have to deliver the baby within the next 24 hours. That also meant a likely stay in the NICU. As I mentioned before, we had already experienced the NICU at Saint Barnabas with my daughter, so I knew that no matter what was about to happen and what journey we were about to embark



Molly & Cooper in the NICU and now.

on, we would be in excellent hands.

As expected, my son was admitted to the NICU where he would spend the first week of his life. Once we were admitted, it was comforting to see the familiar faces that were there to support and guide us during our first NICU experience, a few years prior. Due to it being flu season, my daughter was not able to visit

her brother in the hospital. On top of that, we were hit with a massive snow storm during my son's NICU stay and we were unable to get to him for a day and a half. The doctors and nurses were so amazing as many of them packed their bags and planned to stay overnight at the hospital, sleeping in cots or wherever they could rest their heads, to ensure that they were there for their shifts or to cover the

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## 17th Annual Miracle Walk Benefits the NICU

The 17th Annual Miracle Walk to benefit the SBMC NICU was held on Sunday, October 8, 2017, in Verona Park. Despite some drizzle and rain, the weather was warm and it did not seem to keep away the walkers and fundraisers. Overall, the event was a big success with lots of smiling, face painted walkers enjoying the donated food, music and festivities.

To date, the event has raised over \$325,000 for the new, state-of-the-art NICU that opened in September 2017. The new NICU is five times the size of the old previous unit and allows for much more comfort for families spending time with their sick and/or premature babies. Those interested can still make donations. You can also see our sponsors and lots of picture from the day there.



**TO LEARN MORE OR DONATE:**  
[MIRACLEWALK.COM](http://MIRACLEWALK.COM) ■ 973-322-4259  
[FACEBOOK.COM/MIRACLEWALK](https://www.facebook.com/MIRACLEWALK)

## Important Phone Numbers:

NICU  
973-322-5300

NICU Nurse Manager  
973-322-8938

NICU Social Worker  
973-322-5503

NICU Case Managers  
973-322-5909  
973-322-2678

Birth Certificate Office  
973-322-5327

Lactation Consultants  
973-322-9088

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:

Eileen Steffen, RNC  
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## What to Know About Spending Time in the NICU

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- We suggest that siblings that come to spend time in the NICU be at least 3 years of age and free of any signs of poor health. A NICU nurse will do a brief health screening to ensure this. Parents should help them wash their hands at the sinks first and then wash themselves. If siblings are less than 3 years old, your NICU baby will stay in their isolette or crib during the visit.
- Only bring one sibling at a time to the bedside for a maximum of 3 people and this visit should be limited to about 15 minutes, unless the siblings age and/or maturity level allow for more. Siblings may visit in strollers as space permits.
- Everyone coming to the NICU for the first time each day OR anyone returning to the NICU from outside the hospital must wash their hands up to their elbows with the soap provided at the sinks. Please roll up your sleeves and remove all jewelry and watches before washing. Also sign the log at the Security Desk for a day locker and secure any coats and personal belongings before washing your hands.
- Use the waterless hand gel before and after touching your baby, and the areas around your baby's bedside. Also wash with soap and water whenever you see your hands are dirty.
- Please do not use your cell phone to make or take calls inside the NICU. You can use it to text, e-mail or take pictures but be sure it is placed in a clean plastic bag each day upon arriving to the NICU. Bags are available at the handwashing areas before entering the unit. If you do not have one, be sure to ALWAYS wash or gel your hands after touching your phone, ipad or any other electronic device before touching your baby. Please do not hold/use your cell phone while holding your baby.

If you have any questions about any of this please ask any of the NICU staff. They are here to help you and your family!

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## Two Times a Charm (continued from page 3)

shift of those who could not make it to the hospital. Knowing that there was going to be adequate staff available at the hospital during the storm put my mind at ease since we could not be there.

The nurses and doctors in the NICU are not like any other. They are a special breed of people, whom I will be eternally grateful to for the love and care they provided both of my children, during their first days and weeks in this world. ~ Jennifer, Joshua, Molly and Cooper