

In September 2018, I had the privilege of attending the Symposia Medicus Neonatal Conference in Newport Beach, CA with the help of scholarship I won at the annual MPO conference in 2017.

There were many topics of interest covered. The most interesting included the following:

Delayed Cord Clamping

Cord Blood Admissions Labs

Lipid Delivery & Requirements in the Preterm Infant

CMV Transmission by Blood and Breast Milk in Very Low Birth Weight Infants

The delayed cord clamping and using cord blood for admission labs presentations were most interesting to me as a nurse in the expanded role of Circulating RN in our NICU. I attend deliveries and have firsthand experience in these situations. They discussed in both lectures the decreased amount of blood needed from these tiny babies for labs if we are able to collect labs from the cord blood at delivery and reduced transfusions in infants with delayed cord clamping. Our institution currently practices delayed cord clamping, but does not routinely draw all admission labs from the umbilical cord. It is something that has been discussed in the past and hopefully will be re-visited in the near future.

One presentation also discussed a less invasive route of surfactant administration that was new to me! Some hospital are passing a feeding tube into the trachea without intubation, administering the surfactant, and hand bagging the surfactant into the lungs to be absorbed.

I was able to attend this conference and bring back ideas to our NICU, sharing what I learned and hoping some of these ideas can someday be implemented as well. I encourage more nurses to attend out of state conferences to learn what other hospitals are doing in the advancements of neonatal care. It was a wonderful experience and I hope to attend another national conference in the future.

-Shannon D.