



Instructor Course - Agenda & Objectives

The 2-day Instructor Course will provide a comprehensive overview of The S.T.A.B.L.E Program Learner / Provider course materials and will prepare expert neonatal physicians and nurses for the Lead or Support Instructor roles. The S.T.A.B.L.E. Program course materials (Instructor manual, Student manual, and Learner Course slides*) will be reviewed in detail to familiarize instructor candidates with all aspects of the Program.

Note: *The Learner Course program slides are not provided as part of the course registration. They may be purchased separately from S.T.A.B.L.E. (see Store at www.stableprogram.org) or the American Academy of Pediatrics.

This course has been approved for 10.3 clock hours of instruction, which is equivalent to 12.4 hours of contact hours of continuing education credit by the California Board of Registered Nurses, CEP #15417*

*Some states require 60 minutes of instruction for each contact hour of continuing education. Other states allow 50 minutes of instruction for each contact hour of continuing education. Please check your state's rules and claim the number of contact hours that meet your state's rules. That is, claim either 10.3 contact hours or 12.4 contact hours of continuing education.

Day 1

08:00 Continental breakfast and sign-in

08:30 Course begins. Welcome to the Course! Brief overview: Leading causes of infant & neonatal mortality in the United States. Introduction / 6th edition Instructor Manual.

10:00 BREAK (15 minutes)

10:15 Instructor Manual overview and Testing / Quiz administration and continuation of course presentation.

12:00 LUNCH – *the 2nd Ed. Physical Exam/Gestational Age Assessment slide program will be played during the lunch break for those interested in viewing them*

13:00 Continuation course presentation

14:30 BREAK (15 minutes)

14:45 Continuation course presentation

16:30 Adjourn for the day

Day 2

08:00 Continental breakfast and sign-in

08:30 Course resumes: Continuation course presentation

10:00 BREAK (15 minutes)

10:15 Continuation course presentation

12:00 LUNCH – *the 2nd Ed. Physical Exam/Gestational Age Assessment slide program will be played during the lunch break for those interested in viewing them*

13:00 Continuation course presentation

14:30 BREAK (15 minutes)

14:45 Continuation course presentation. Complete mixed module post-test / grade test.

16:30 Complete Instructor Registration form and Course Evaluation / Adjourn

Instructor Course Objectives

Upon completion of this 2-Day National S.T.A.B.L.E. Instructor course, participants will be able to:

- 1) Discuss the contribution of preterm birth and at least 3 other leading causes of neonatal mortality on neonatal and infant mortality rates in the United States.
- 2) Following review of the S.T.A.B.L.E. modules: Sugar, Temperature, Airway, Blood pressure, Lab work, the participant will document understanding of the content by successfully passing each Module Quiz (achieve a score of 80% or higher) and will pass the mixed module test by scoring 2 or fewer wrong on the 8-question test.
- 3) Understand the logistics behind running a S.T.A.B.L.E. Learner Provider course, including how to set up a course, necessary course materials, how to process a student roster, attributes of effective instructors, renewal course options and how to maintain active instructor status.

The following information will be covered in this two-day course. Please note the order of presentation will vary but all of the information will be presented.

- All of the S.T.A.B.L.E. Program modules and quizzes.
- Course logistics: setting up a course, AV requirements, using Adobe Flash slides, how to order course materials.
- Web site overview: Instructor Updates and Resources, Instructor News & Forum, Downloading tests, Posting a learner course, Finding an Instructor, Completing and submitting a student roster.
- Student renewal options.
- Attributes of The Adult Learner and Instructor attributes that contribute to an optimal teaching and learning experience.
- How to prepare a Support instructor using the S.T.A.B.L.E. training guidelines and Instructor qualifications.

The following content will be reviewed in each S.T.A.B.L.E. Program module:

Sugar and Safe Care

1. Infants at increased risk for developing hypoglycemia, including preterm and small for gestational age infants, infants of diabetic mothers, and sick, stressed infants.
2. The physiologic basis of aerobic and anaerobic metabolism.
3. The initial intravenous fluid therapy to provide to sick infants.
4. Recommendations for monitoring the blood glucose.
5. Signs of hypoglycemia, IV glucose treatment of hypoglycemia and post-treatment reassessment.
6. Indications for placement of umbilical catheters.
7. Guidelines for safe use of umbilical catheters.
8. Surgical and medical abdominal conditions that present as bowel obstruction.

Temperature

1. Infants at increased risk for hypothermia (pre-term infants, infants undergoing resuscitation, infants with abdominal wall defects, sedated or anesthetized infants).
2. The normal physiologic response to cold stress for term infants.
3. Mechanisms of heat gain and loss (conduction, convection, radiation, evaporation).
4. The physiologic, potentially detrimental response to hypothermia for term and preterm infants.
5. Candidates for therapeutic neuroprotective hypothermia.
6. Methods to rewarm hypothermic infants and how to monitor hypothermic infants during rewarming.

Airway

1. Labs and tests to obtain during the post-resuscitation / pre-transport period.
2. Signs of neonatal respiratory distress and how to distinguish between mild, moderate, and severe distress.
3. Blood gas interpretation and treatment of respiratory and metabolic acidosis.
4. Signs of respiratory failure and principles of assisted ventilation, including candidates for continuous positive airway pressure (CPAP), bag and mask or T-piece resuscitator positive pressure ventilation (PPV), assisting with endotracheal (ET) intubation, securing the ET tube, chest x-ray evaluation for ET tube position, and initial ventilatory support.
5. Respiratory illnesses and airway challenges that present in the neonatal period.
6. Identification and treatment of pneumothorax.

Blood Pressure

1. The difference between compensated and uncompensated shock.
2. The principles of cardiac output and heart rate as they relate to shock and factors that can impair cardiac output.
3. The physical examination to evaluate for shock.
4. The causes and initial treatment of the three major types of shock seen in infants: hypovolemic, cardiogenic, and septic shock.

Lab Work

1. Perinatal and postnatal risk factors that predispose infants to infection.
 2. The clinical signs of neonatal sepsis.
 3. Laboratory tests to obtain in the pre-transport / post-resuscitation period.
 4. White blood cell (WBC) development, how to calculate and interpret the absolute neutrophil count and immature to total ratio.
 5. The initial antibiotic treatment of an infant with suspected sepsis.
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