



The background is a gradient of blue. In the corners, there are decorative white line art elements resembling circuit boards or neural networks, with lines and small circles.

# COMING FULL CIRCLE: A FORMER NICU NURSE LEADER TURNED NICU MOTHER


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# DEDICATION






Search



Menu



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Department: Pediatrics

**Primary Location:**  
PO Box 801430  
Charlottesville, VA 22908

# BACKGROUND

- Education
- Work experience





NOVEMBER  
2, 2019

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CATALYST FOR  
CHANGE



# THE JOURNEY BEGINS



## 26 WEEKS

- OB appointment
- Admission
- NICU consult



## 27 WEEKS

- Light bed rest
- 27 week appointment





# 28 WEEKS



- OB appointment
- Admission





1.239 KG BABY BOY



# KANGAROO CARE



# D-day: Discharge





## CLINICAL OVERVIEW





# CLINICAL OVERVIEW



DISCHARGE



# WHAT WENT WELL

- Family Integrated Care
  - partner with families in the care of their infant
  - promote infant growth through increased breast feeding
  - provide developmentally responsive care with parents acting as a buffer to the adverse effects of the NICU environment
  - encouraging and supporting skin-to-skin contact and engaging parents as collaborators in decision-making
- Franck, L. S., & O'Brien, K. (2019). The evolution of family-centered care: From supporting parent-delivered interventions to a model of family Integrated Care. *Birth Defects Research*, 111(15), 1044–1059.  
<https://doi.org/10.1002/bdr2.1521>



# WHAT WENT WELL

- Consistency in **nursing** care
  - “This pilot study indicates that nursing care that is consistent and centralized, not necessarily around one nurse but rather a core team of nurses, may be beneficial in reducing maternal stress and may hold the promise of positively impacting additional infant, family, and nursing outcomes.”
- Gonya, J., Harrison, T., Feldman, K., Stein, M., & Chawla, N. (2018). Nursing networks in the NICU and their association with maternal stress: A pilot study. *Journal of Nursing Management*, 27(2), 442–449. <https://doi.org/10.1111/jonm.12679>





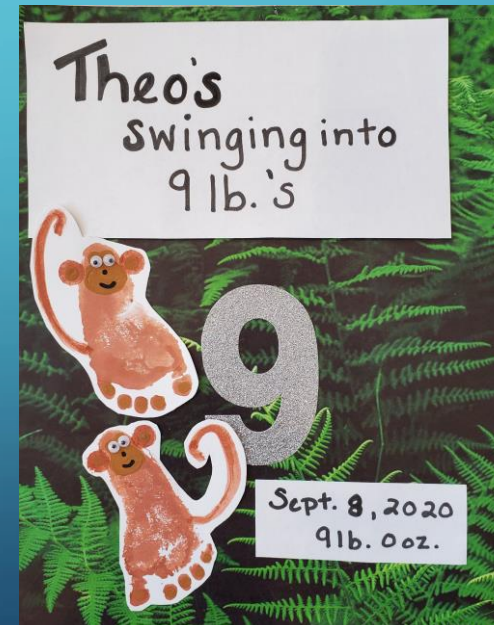
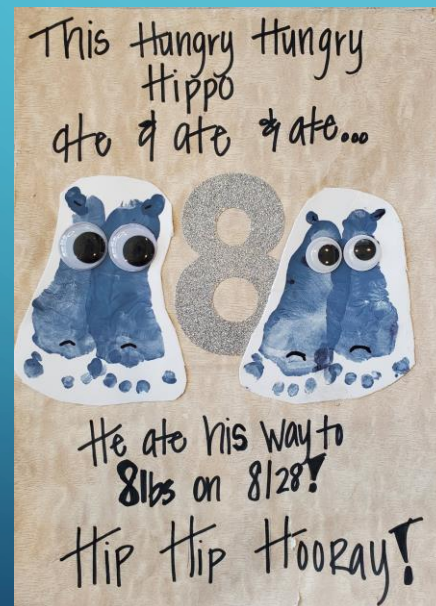
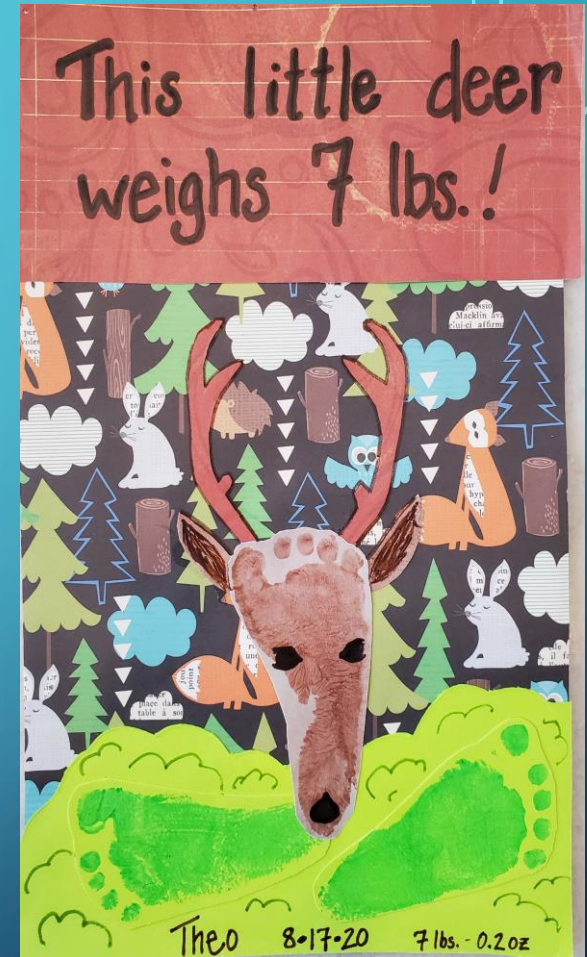
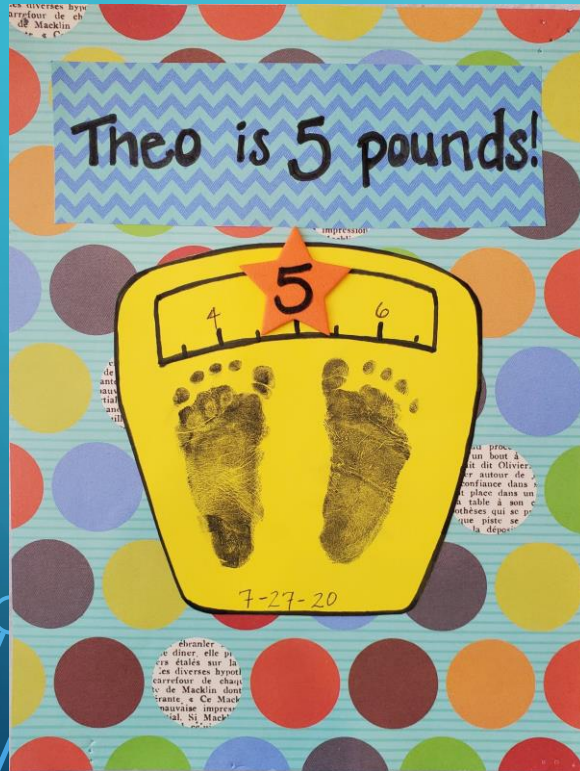
# WHAT WENT WELL



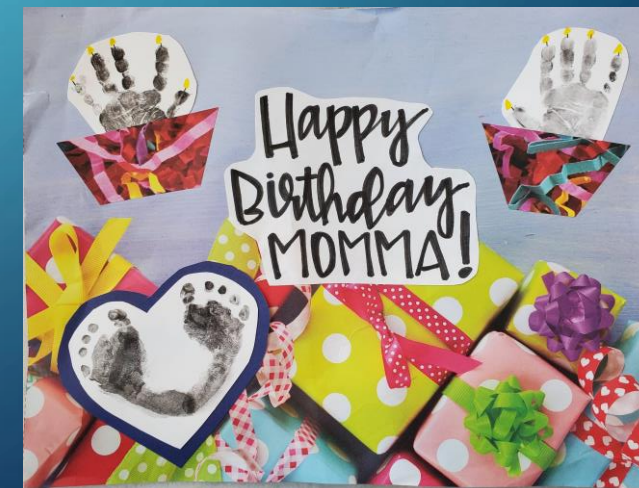
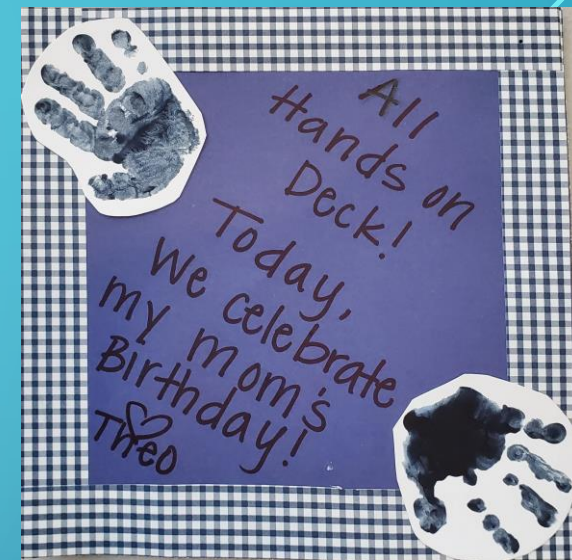
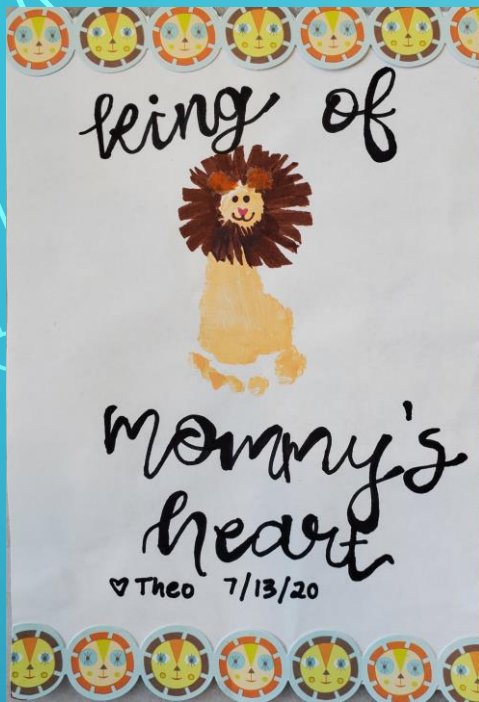
- Developmental care
- Therapists
  - Physical therapy
  - Occupational therapy
  - Speech therapy



# WHAT WENT WELL









Dear Amy-  
 We wanted to say Thank you for being such a positive presence in our NICU - you always look so beautiful, you are a terrific mother to Theo, and you bring us sweet treats and donate clothing to our unit !!! We are so inspired and grateful for the journey you share with our team!

Thank you!  
 Julie

Thank you!  
 Christy, RN

Thank you  
 Cori RN

Thank you  
 -Kristen

Thank you so much!  
 -Behroze

Thank you!  
 Britney, RN

Thank you!  
 Emma

Thank you so much!  
 Ashley, RN

Thank you!  
 Theresa

Thank you!  
 So nice  
 @jenn

Thank you so much!  
 Jess to the  
 point!

Thank you!  
 -Liz

Thank you!  
 Gill

Thank you so much.  
 Mel Go

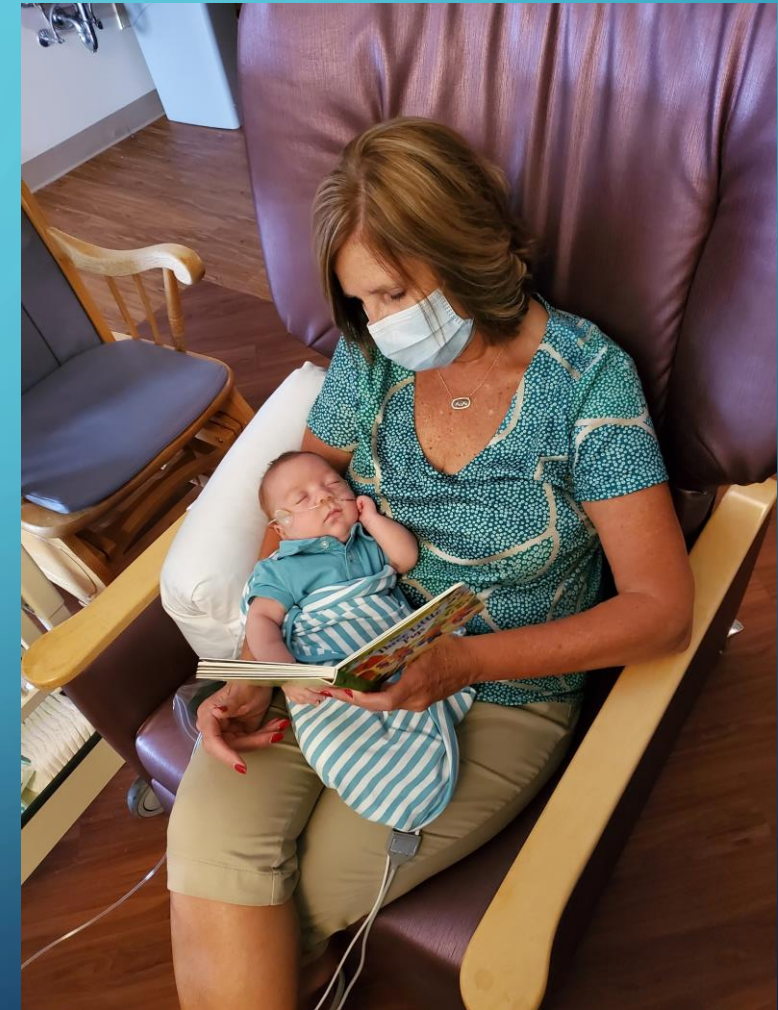
Thank you  
 Elise





# WHAT WENT WELL

- Visitation Policy



# AREAS OF IMPROVEMENT

- Assessment findings
- Med errors
- Breastmilk errors
- Technology



# BEYOND THE NICU

NICU FOLLOW-UP CLINIC





BEYOND THE NICU





# OVARIAN CANCER FACTS AND SYMPTOMS

#1 cause of gynecologic cancer deaths

**200,000**

women in the U.S. are  
living with the disease

**22,240**

women will be  
diagnosed each year

**1 in 78**

a woman's  
lifetime risk

**14,070**

expected fatalities  
annually

**90%**

of diagnosed women  
are older than 40



**63**

median age  
of diagnosis



## RISK FACTORS



- Family history of ovarian, breast or colon cancers
- Genetic mutations
- Menopause and older age
- Endometriosis



## SYMPTOMS TO KNOW

Bloating

Feeling full too quickly

Back pain

Constipation

Difficulty eating

Fatigue

Frequent or  
urgent urination

Pain or pressure in the  
pelvis or abdomen

Change in  
bowel habits

## PREVENTIVE FACTORS



Using oral  
contraceptives



Tubal ligation  
or removal of  
fallopian tubes  
or ovaries



Pregnancy and  
breastfeeding

