

# Perinatal Professional Development Program (PPDP)

## Joint Orientation Module Descriptions, Pre-reading Requirements, Registration & Other Information

A partnership initiative between:

**The Ottawa Hospital  
Children's Hospital of Eastern Ontario  
Queensway-Carleton Hospital  
Hôpital Montfort**

and

**Champlain Maternal Newborn Regional Program (CMNRP)**



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM  
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE  
ET AU NOUVEAU-NÉ DE CHAMPLAIN



**Hôpital Montfort**

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# Description

A partnership has been in place since the 1980's to offer a standard education program for perinatal nurses in the region. It has evolved from a "Joint Orientation Program" for new nursing staff at The Ottawa Hospital (TOH) and the Children's Hospital of Eastern Ontario (CHEO) to a modular "Perinatal Professional Development Program (PPDP)" that can be used for orientation but also for continuing professional development across all the hospitals in the region.

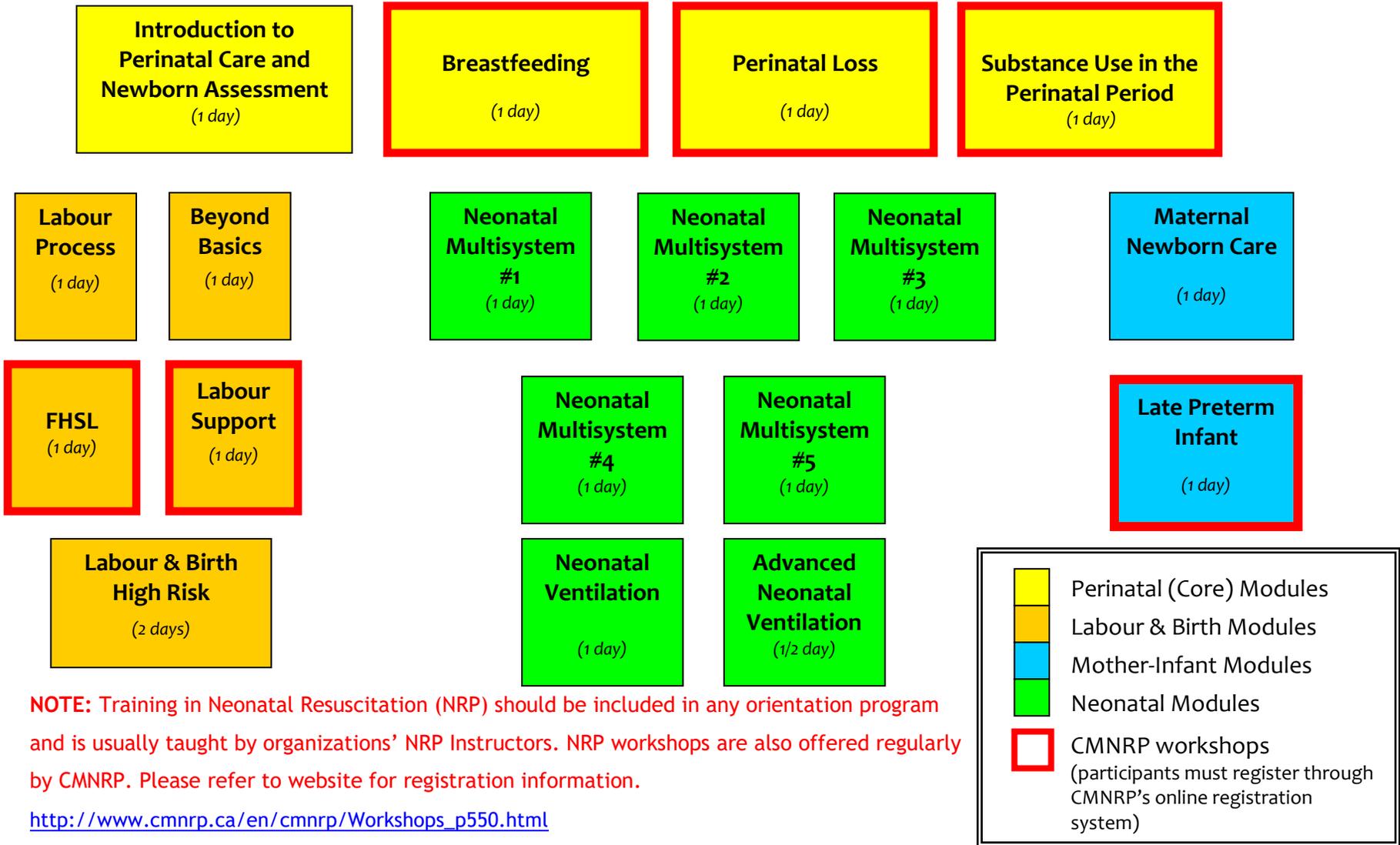
Nurses working in antepartum, intrapartum, mother-infant and neonatal intensive care units/special care nurseries come together to learn core concepts applicable to all these settings, and then attend specialty-specific modules. The program combines classroom-based sessions with clinical work. The PPDP is also of benefit to:

- Nurses who are preceptors for new staff as well as nurses with other teaching responsibilities. It allows these "facilitators" of learning to know the material covered in the classroom and helps to translate this material into clinical practice.
- More experienced nurses to keep up-to-date with changes and to use the learning as one tool to help with reflective practice.

In recent years, PPDP has expanded to offer the modules to all nurses working in perinatal areas within the Champlain LHIN and it is coordinated by the Champlain Maternal Newborn Regional Program (CMNRP). Having the larger urban hospitals support and work with smaller rural hospitals helps to maintain vibrant maternal-newborn care services in smaller communities, an important aspect of an integrated regional model of care.

This document describes PPDP, including the modules' content, objectives and pre-reading requirements, the registration process, and details about locations, parking and resource materials. Contact information is also provided.

# PERINATAL PROFESSIONAL DEVELOPMENT PROGRAM



**NOTE:** Training in Neonatal Resuscitation (NRP) should be included in any orientation program and is usually taught by organizations' NRP Instructors. NRP workshops are also offered regularly by CMNRP. Please refer to website for registration information.

[http://www.cmnrp.ca/en/cmnrp/Workshops\\_p550.html](http://www.cmnrp.ca/en/cmnrp/Workshops_p550.html)

## PERINATAL MODULES

Core fundamental content applicable to all nurses working in any perinatal clinical area.

### Introduction to Perinatal Care and Newborn Assessment (1 day)

(Pre-reading required). Participants are asked to review the following self-learning modules:

- Newborn Adaptation & Assessment
- Newborn Thermoregulation

These modules can be downloaded from the following website:

[http://www.cmnrp.ca/en/cmnrp/SelfLearning\\_Modules\\_p4046.html](http://www.cmnrp.ca/en/cmnrp/SelfLearning_Modules_p4046.html)

- Overview of Regional Perinatal Care
- Family Centred Care
- Mental Health
- Substance Use
- Attachment and Bonding
- Cultural Assessment
- Intimate partner Violence
- Bariatric considerations
- Newborn Assessment & Transition
- Newborn Thermoregulation
- Newborn Hypoglycemia
- Newborn Infection
- Newborn Hyperbilirubinemia

### Breastfeeding (1 day - *This workshop is offered through CMNRP*)

(Pre-reading required). Prior to attending the workshop, participants must:

- Complete the [Best Start Healthy Mothers Healthy, Babies Breastfeeding](https://www.beststart.org/courses/) free online course which can be accessed via the following weblink: <https://www.beststart.org/courses/>
- Submit the 'Certificate of Achievement' at least 2 working days prior to the workshop.

- Principles of the Baby Friendly™ Initiative
- General benefits of breastfeeding to the mother and infant
- Unique properties of human milk for infants
- Physiology of milk production
- Ways in which cultural beliefs and societal influences impact on breastfeeding
- Key principles for successful breastfeeding
- Common breastfeeding positions
- Correct attachment and effective sucking at the breast
- Normal behaviour and growth parameters of breastfed infants
- Impact of postpartum practices on lactation
- Common problems seen in the breastfed infant
- Common breastfeeding problems of mothers
- Medications and treatment options compatible with lactation
- Resources for the breastfeeding mother
- Resources available for health care professionals to access breastfeeding information

**Perinatal Loss** (1 day - *This workshop is offered through CMNRP*)

Designed for interprofessional health care providers who care for childbearing families. This workshop provides a solid foundation of theoretical and clinical knowledge to facilitate effective care of families experiencing a perinatal loss.

- Types of perinatal loss
- Grief process
- Exploring the significance of perinatal loss
- Role of care providers
- Challenges associated with supporting bereaved families
- Self-care strategies for care providers who are affected by loss
- Resources available for parents and caregivers

**Substance Use in the Perinatal Period** (1 day - *This workshop is offered through CMNRP*)

Designed for interprofessional health care providers and social service providers who care for childbearing families during pregnancy and postnatal periods. This workshop provides a solid foundation of theoretical and clinical knowledge to facilitate effective care of mothers and newborns who are impacted by substance use in the perinatal period.

*(Pre-reading required). Participants must complete the FREE e-Learning Module [Engaging Clients with Substance Use Disorders](http://elearning.rnao.ca/) available through the Registered Nurses' Association of Ontario at <http://elearning.rnao.ca/>. (Click on drop-down menu for *Addiction and Mental Health* and select specified course).*

- Prevalence rates of the most common licit and illicit substances used by women during pregnancy
- Key risk factors associated with substance use during pregnancy and potential implications for maternal and fetal/neonatal well-being
- Stigma surrounding addictions and explore how it serves as a significant barrier to accessing appropriate services both pre-and-post natally
- Evidence-based strategies to support substance-involved families across the perinatal continuum
- Community resources available and identify existing gaps in services
- Recommendations for substance-involved women who are breastfeeding
- Evidence-based care of the newborn at-risk for or diagnosed with Neonatal Abstinence Syndrome
- Best practices in planning for safe transitions

## LABOUR & BIRTH MODULES

Designed for nurses working in birthing units (obstetrics). Modules build from the normal healthy birth situation to more complex intrapartum care.

### **The Labour Process - Assessment and Care** (1 day)

(Pre-reading required). Participants are required to review the labour process section in an obstetrical text book.

- The Care Team
- The labour process: passage, passenger, powers, psyche, and placenta
- Dysfunctional labour
- Social alerts (partner abuse, substance abuse, childhood sexual abuse)
- Admission of the labouring woman (includes review of antenatal records, Maternal History)
- Nursing care during labour (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> stages)
- Complications: Rh and ABO issues, Group-B Streptococcus,
- Amniotic fluid abnormalities (oligohydramnios, polyhydramnios, chorioamnionitis, meconium)
- Placental Management

### **Fundamentals Of Fetal Health Surveillance In Labour (FHSL)** (1 day -Offered through CMNRP)

(Pre-reading required). Participants are required to complete the FHSL self-learning manual.

- Research evidence and national guidelines on FHSL
- Fetal heart rate auscultation
- Electronic fetal monitoring
- Fetal acid-base status
- Documentation, communication and legal issues

### **Labour Support** (1 day - This workshop is offered through CMNRP)

- Impact of the birth experience on a woman's life
- Research evidence about labour support
- The "art" of labour support through the various stages of labour and birth
- Non-pharmacologic pain relief techniques
- Nursing interventions to prevent and correct inadequate labour progress
- Documentation and evaluation of labour support activities

### **The Labour Process - Beyond the Basics** (1 day)

(Pre-reading required). Participants are required to review the documents listed below which can be downloaded from the following weblink: [http://www.cmnrp.ca/en/cmnrp/Joint\\_Orientation\\_p2972.html](http://www.cmnrp.ca/en/cmnrp/Joint_Orientation_p2972.html)

- Antenatal Care Study Guide
- Epidural - Neuraxial Analgesia
- Epidural Basics
- Narcotics in Labour
- Nitronox- Entonox Administration
- SOGC Induction of Labour Guideline
  
- Antepartum fetal and placental assessment methods
- Pharmacologic pain management in labour
- Labour induction and augmentation (including post-term pregnancies)
- Management of term premature rupture of membranes (PROM)

- Operative births (i.e. forceps, vacuum, cesarean birth, VBAC)
- Intrapartum emergencies (i.e. placental abruptio, previa, precipitous birth, shoulder dystocia, cord prolapse)
- Postpartum haemorrhage
- Management of severe hemorrhage and complications (massive transfusion and non-blood management protocols, tamponade balloon, interventional radiology, surgical options, DIC)

\* The following two modules are recommended for RNs who have 6-12 months of labour & birth experience. For exceptional circumstances, please contact CMNRP.

\* **Labour & Birth High Risk- Day #1** (1 day)

- Psychological impact of high-risk pregnancy
- Multiple gestation
- Preterm labour and PPROM
- Rare obstetrical complications (AFE, uterine rupture, uterine inversion, DVT, PE)
- Arterial lines

\* **Labour & Birth High Risk- Day #2** (1 day)

- Gestational hypertension
- Diabetes in pregnancy, labour and birth
- Thyroid Disorders
- Cardiac complications
- Perinatal infections

## NEONATAL MODULES

Designed for nurses who work in the NICU/Special Care Nursery (level-2 and level-3 units) and deal with infants and families with more complex care needs.

### **Neonatal Multisystem #1** (1 day)

- Fetal development, skin, pain, IUGR, late-preterm infants in AM
- Cardiac system in PM

### **Neonatal Multisystem #2** (1 day)

- Central Nervous System in AM
- Genitourinary, sepsis, retinopathy of prematurity in PM

### **Neonatal Multisystem #3** (1 day)

- Gastrointestinal & hyperbilirubinemia in AM
- Nutrition, parent teaching in PM

### **Neonatal Multisystem #4** (1 day)

- Breastfeeding for NICU/SCN in AM
- Developmental Care in PM

### **Neonatal Multisystem #5** (1 day)

- Respiratory system in AM
- Unit specific skills stations in PM

### **Neonatal Ventilation** (1 day)

- CPAP, BiPAP, vents, ABG interpretation in AM
- Disease process, initiation of vents and nursing care of infants on respiratory support in PM

### **Advanced Neonatal Ventilation #1** (1/2 day)

- Technical Aspects of mechanical ventilation: HFO and Jet
- Nursing care of the ventilated infant

## MOTHER-INFANT MODULE

Designed for nurses who care for postpartum women, their newborn and families. The participant is expected to come with a basic understanding of postpartum assessment. Nurses who care for antepartum women with pregnancy complications are encouraged to attend the “Labour Process-Beyond the Basics”.

### Maternal Newborn Care (1 day)

(Pre-reading required). Participants are asked to review the following self-learning module:

- Hyperbilirubinemia

This module can be downloaded from the following website:

[http://www.cmnrp.ca/en/cmnrp/SelfLearning\\_Modules\\_p4046.html](http://www.cmnrp.ca/en/cmnrp/SelfLearning_Modules_p4046.html)

- Mother Baby Dyad Care
- Psychosocial adaptations of the postpartum period
- Key elements of maternal physical assessment in the postnatal period
- Postpartum complications
- Nurse’s role in facilitating adult learning and in health promotion
- Preparation for discharge and resources available to support parents in the postpartum period
- Neonatal skin care
- Metabolic screening process, Universal newborn hearing screening
- Unique needs and increased risks of the late preterm infant on MBU
- Newborn pain management
- Safe sleep and prevention of plagiocephaly
- Car seat safety
- Infant crying and coping strategies
- Infant feeding in the non-breastfeeding mother, safe preparation and storage of formula

### Late Preterm Birth (1 day - *This workshop is offered through CMNRP*)

Designed to review the challenges and special needs of infants born between 34 and 37 weeks gestation, and the related interventions and clinical implications.

- Physiologic challenges faced by the late preterm infant
- Interventions for these challenges with a focus on:
  - Thermoregulation*
  - Hypoglycemia
  - Hyperbilirubinemia
  - Sepsis
  - Respiratory Issues
  - Feeding Issues
- Care at home including information for parents

# Registration

There are two components of the PPDP-modules and workshops. Generally speaking, the modules are taught by educators in the Ottawa area and the workshops are taught by perinatal consultants. The registration process is slightly different for these two components (see below).

## MODULES

- Clinical managers/educators complete the online registration system including the following information:
  - Name of participant and e-mail address
  - Professional designation (i.e. RN / RPN) and unit
  - Module(s) s/he will be attending
  - Reason for attendance: New orientee or professional update
- Once the deadline for registration has passed, Ariane prepares the attendance list for each module and sends a copy to the instructor and nurse managers/educators who have registered participants. Nurse managers/educators are required to review the lists to ensure their accuracy. ***Changes and corrections should be made immediately by sending an email to Ariane.***
- Modules may be cancelled if there is insufficient registration and/or if the education can be deferred to a later date. Everyone will be notified as soon as the lists are prepared by Ariane (usually within a few days of the deadline). **Please direct participants to consult the CMNRP website for confirmed workshop, times, dates & location.** [http://www.cmnrp.ca/en/cmnrp/Joint\\_Orientation\\_p2972.html](http://www.cmnrp.ca/en/cmnrp/Joint_Orientation_p2972.html)
- On the day of the module, participants are asked to sign the attendance sheet. After the workshop (within 48 hours), the instructor faxes or emails the signed attendance sheet to Ariane.
- Ariane scans the registration sheets and sends them to the nurse manager/educators at the end of the PPDP session.

## WORKSHOPS

- Registration for workshops is completed through the online registration system which can be found on the CMNRP website. Participants are encouraged to self-register. If educators register their staff for workshops, the correct email information must be provided.

## Behind the scenes:

- Please notify Ariane via e-mail of any changes related to the staff you have registered, within the deadline. This is necessary to ensure logistical details are correct, such as the size of the room booked.
- Corrections are made and revised lists are sent out once per week, or within one week of the actual date of the module.
- Ariane sometimes receives numerous emails after the deadline with requested changes to the participation lists. **Last-minute changes are to be avoided as much as possible.**
- Please do not send additions or cancellations to registrations the day before the workshop (except for unforeseen circumstances). The preparation by the instructors has already been finalized. **Contact the educator directly to notify of absence.**
- Please do not tell your staff to contact Ariane directly for information about the orientation modules, unless it is for workshops offered by CMNRP.

## Pre-Reading Materials

A number of the modules require pre-reading in order to enhance class preparation and participation in discussions. Pre-reading materials have been highlighted in red print with the module descriptions. In some cases, a copy of the pre-reading materials will be provided to the participants by their clinical manager/educator. Participants will need to receive the materials in a timely fashion, ideally when the module is confirmed or about 2 weeks prior its date, in order to have sufficient time to review the materials appropriately. Clinical managers/educators can also refer participants to the following CMNRP webpages:

- Professional Development (includes information regarding joint orientation and workshops)
- Resources (includes links for the newborn self-learning modules)

## Fees

- At the present time, there is no charge for any of the modules offered by hospital educators.
- Workshops require separate registration and fees, as applicable, are payable to CMNRP. Registration for these workshops must be done directly with CMNRP.

## Contact Information

For further information about the PPDP registration or any other questions, please contact:

**Ariane Cloutier**, Senior Administrative Assistant (CMNRP), is responsible for registering all participants for the PPDP and maintaining up-to-date participant rosters. Her contact information is: [acloutier@cmnrp.ca](mailto:acloutier@cmnrp.ca) or 613-737-2660 ext 2660.

**Christina Cantin**, Perinatal Consultant (CMNRP), coordinates the PPDP program in collaboration with CMNRP partner organizations. Please direct any questions about specific orientation modules to Christina. Her contact information is: [ccantin@cmnrp.ca](mailto:ccantin@cmnrp.ca) or 613-737-2660 ext 3246.

**Gerry Ashton**, Nurse Educator (The Ottawa Hospital), co-facilitates the scheduling and room booking process. Her contact information is: [gashton@ottawahospital.on.ca](mailto:gashton@ottawahospital.on.ca) or 613-737-8899 ext 78671.