

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



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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-baby 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 theoretical knowledge and clinical practice. 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 2010, the PPDP 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.

Due to the COVID-19 pandemic, modifications to PPDP were made to accommodate public health measures to safeguard the public and health care workforce. The majority of modules and workshops were transformed to a blended online learning format, consisting of two components: online modules and synchronous (real-time) videoconference sessions.

In order to facilitate this training, various platforms such as Zoom, MS Teams and Google Classroom are being used. Google classroom requires learners to set up a Gmail account and provide this **prior to** orientation. Because this is a collaborative educational offering from various hospitals and organizations, registered learners may receive emails from Clinical Educators/Course Facilitators at The Ottawa Hospital, Queensway Carleton Hospital, CHEO, Montfort or CMNRP.

This document provides important information including: an overview of the program; how participants will access the online training; the modules' content, objectives and pre-reading requirements; the registration process; and other important details. Contact information is also provided.

General Information

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 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 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 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 or 613-737-8899 ext 78671.

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)

The materials used for orientation and professional development through any of the platforms and/or email are owned and copyrighted by CMNRP© and/or participating hospitals. They are to be accessed and viewed only by registered participants. Participants must review, agree to, and submit a disclaimer and copyright statement prior to continuing with the orientation program.

Generally speaking the program consists of two components:

1. **Online modules (using Google Classroom)** must be completed independently prior to the afternoon session. These self-paced online modules include PowerPoint slides, screen-casted lectures, YouTube videos and more! It typically takes 4-6 hours to complete these

modules. Participants should ensure they allocate sufficient time to complete these modules given that it is essential preparation for the second component. Participants can access the Google Classroom by using an existing Gmail Account. (Note: If a participant does not have an account, a free one can be created via the following link: <https://www.google.com/intl/en-GB/gmail/about/#>). Participants will be added to the appropriate Google Classroom(s) based on their education needs. They will receive an email with a direct link to the module(s).

2. **Synchronous (real-time) Microsoft Teams or Zoom videoconference session.** These interactive sessions last 2-4 hours, during which time more complex topics will be reviewed and discussed. Participants will have the opportunity to complete case studies with other participants, and ask questions or clarify any information in the online modules. Please see tips for setting up workspaces, ahead of time.

Prior to starting the various online components, participants should ensure that they have:

- a strong internet/Wi-Fi connection
- a working web camera, and functioning audio. Please check this prior to the workshop.

Note: Participants will be asked to keep their video on. There will be times where they will be called upon to participate verbally in the session.

- An appropriate space for participating in the session:
 - quiet, well-lit area
 - comfortable space
 - notebook and pen
 - anything else one might need or use in a learning environment

The online videoconference application(s) may either be downloaded on participants' personal computer (we do not recommend joining the workshop using phone video), OR can be joined directly from a web browser. In many cases, Chrome web browser works well with these online applications.

If a participant will be joining from their place of work, technical requirements should be discussed with their organization's IT/IS department well in advance of the orientation.

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, organizational e-mail address, and Gmail 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
- Attendance will be taken (either the orientee will sign the roster if the education is offered in-person, or the instructor will indicate attendance on the roster). The instructor will fax or email the complete roster to Ariane.
- Ariane scans the rosters and sends them to the nurse manager/educators at the end of the PPDP session.

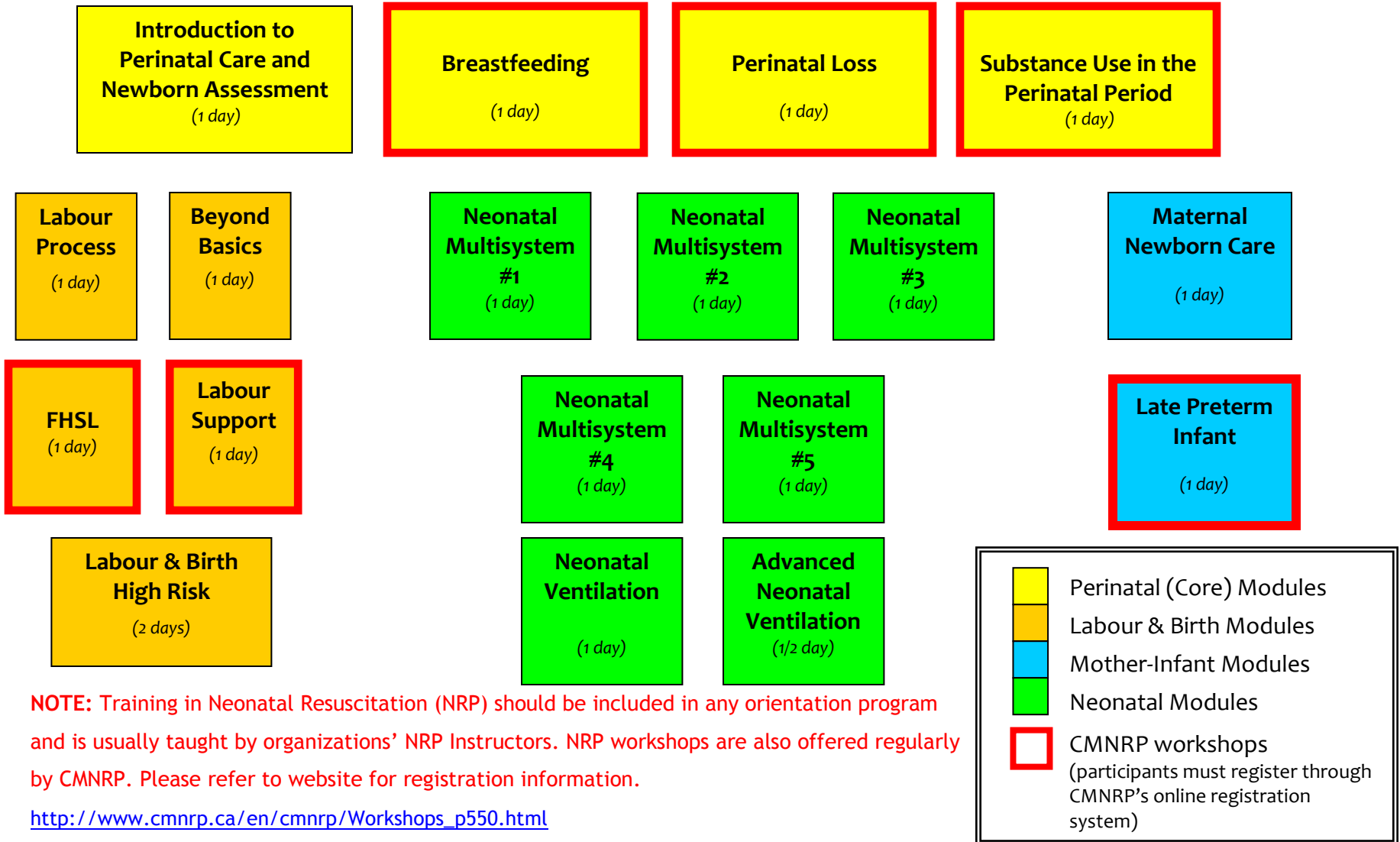
WORKSHOPS

- 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.

PERINATAL PROFESSIONAL DEVELOPMENT PROGRAM MODULES & WORKSHOPS



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

PERINATAL MODULES

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

Introduction to Perinatal Care and Newborn Assessment (7.5 hours)

(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

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

Breastfeeding (7.5 hours - *This workshop is offered online through CMNRP*)

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

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

- Review the history of breastfeeding and ways in which societal influences can impact breastfeeding.
- Describe the principles of the Baby Friendly Initiative.
- Identify factors that influence parents' decision to breastfeed
- Describe the various benefits of breastfeeding, including the unique properties of human milk for infants.
- Describe physiology of milk production including physiological changes of the breast in relation to milk production and transfer.
- Identify the key principles for successful breastfeeding.
- Identify common breastfeeding positions.
- Recognize correct latch and effective sucking at the breast.
- Identify key components of a breastfeeding assessment.
- Summarize normal behaviour and growth parameters of breastfed infants.
- Describe prevention and management of common breastfeeding complications
- Review basic information on medications and breastfeeding
- Discuss parent education and support pre-discharge and post-discharge
- Identify resources for the breastfeeding mother and family.
- Identify resources available for health care professionals to access breastfeeding information.

Perinatal Loss (7.5 hours - *This workshop is offered online 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.

- Describe different types of perinatal losses and outline the grief process.
- Explore the significance of perinatal loss in the lives of childbearing families.
- Discuss the role of care providers including specific interventions to support bereaved families.
- Identify the challenges associated with providing support to bereaved families.
- Identify self-care strategies for care providers and other members of the health care team who are affected by loss.
- Identify resources available for parents and caregivers.

Substance Use in the Perinatal Period (7.5 hours - *This workshop is offered online 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 for evidence-based, person-centred, trauma-informed, and culturally safe care for pregnant and postnatal people who use substances as well as best practices related to the care of their newborns.

(Pre-reading required). Participants are encouraged to complete a FREE online learning module [Perinatal Substance Use](#) available through the University of British Columbia Faculty of Medicine Continuing Professional Development at least 2 days prior to the workshop.

- Identify prevalence rates of the most common licit and illicit substances used during pregnancy.
- Summarize key risk factors associated with substance use during pregnancy and potential implications for maternal and fetal/neonatal well-being.
- Discuss the issue of stigma surrounding addictions and explore how it serves as a significant barrier to accessing appropriate services both pre- and postnatally.
- Review evidence-based strategies to support substance-involved families across the perinatal continuum.
- Increase knowledge of community resources.
- Review recommendations for substance-involved parents who are breastfeeding.
- Discuss evidence-based care of the newborn at-risk for or diagnosed with Neonatal Abstinence Syndrome (NAS).
- Identify 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 (7.5 hours)

(Pre-reading required). Participants are required to review the labour process section in an obstetrical text book. Supplemental reading and learning resources will be provided to consolidate knowledge.

- The labour process: passage, passenger, powers, psyche, and placenta
- Nursing care during labour (1st, 2nd, 3rd & 4th stages)
- Placental Management
- Dysfunctional labour
- Complications: Rh and ABO issues, Group-B Streptococcus
- Amniotic fluid abnormalities (oligohydramnios, polyhydramnios, chorioamnionitis, meconium)
- Fetal Growth Problems (LGA, SGA, IUGR)
- Social alerts (partner abuse, substance abuse, childhood sexual abuse)
- Cultural Considerations for Obstetrical Care

Fundamentals Of Fetal Health Surveillance In Labour (FHSL) (2 x 6 hour days - Offered online 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 (7.5 hours)

(Pre-reading required). Pre-reading as sent by educator to the learners.

- 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 abruption, previa, vasa previa, precipitous birth, shoulder dystocia, cord prolapse)
- Postpartum haemorrhage
- Management of severe haemorrhage and complications (massive transfusion and non-blood management protocols, tamponade balloon, interventional radiology, surgical options)

* 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 (7.5 hours)**

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

*** Labour & Birth High Risk- Day #2 (7.5 hours)**

- 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 is appropriate for level-1 hospitals.

Neonatal Multisystem #1 (7.5 hours)

- Fetal development, skin, pain, IUGR, late-preterm infants

Neonatal Multisystem #2 (7.5 hours)

- Cardiac system
- Genitourinary, sepsis, retinopathy of prematurity

Neonatal Multisystem #3 (7.5 hours)

- Central Nervous System
- Metabolic
- Nutrition

Neonatal Multisystem #4 (7.5 hours)

- Breastfeeding for NICU/SCN
- Developmentally Supportive Care

Neonatal Multisystem #5 (7.5 hours)

- Respiratory system
- Gastrointestinal system

Basic Neonatal Ventilation #1 (7.5 hours)

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

Advanced Neonatal Ventilation #2 (4 hours)

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

MOTHER-BABY 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 (Two ½ days)

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

- **Newborn Screening Ontario.** This can be downloaded from: <https://www.newbornscreening.on.ca/cchdmodule/story.html>
- **Newborn Hyperbilirubinemia.** This module can be downloaded from: 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
- Newborn assessment including, subgaleal hemorrhage, extracerebral fluid collections, and hyperbilirubinemia
- Neonatal skin care
- Newborn screening and infant hearing screening process
- 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 feeding, preparation and storage of formula
- Preparation for discharge and resources available to support parents in the postpartum period
- Nurse’s role in facilitating adult learning and in health promotion