

*Gut Feeling: The Other Brain. Exploring the Connection of Microbiome, Stress & Infant Behavior*



**October 7, 2019 | 8:00 AM – 5:15 PM**  
**Sheraton Portsmouth Harborside Hotel**  
**Portsmouth, New Hampshire**

### Location

**Sheraton Portsmouth  
Harborside Hotel  
250 Market Street  
Portsmouth, NH 03801**

### Registration\*

**Before 9/10/2019: \$150**  
**Sept 10 and after: \$175**  
(Fee includes meeting materials,  
lunch, & two breaks)

### Register online

at [www.nidcap.org](http://www.nidcap.org).  
PayPal, check or money order  
accepted.

\*Refunds issued up until 5PM  
9/23/19. A \$35 cancellation  
fee will be assessed if a refund  
is issued.

**Questions?** Please Contact:  
[nficonference@nidcap.org](mailto:nficonference@nidcap.org)

### Conference Description

The last day of the 30<sup>th</sup> Annual NIDCAP Trainers Meeting is an open day conference. The purpose of this activity is to equip the learner with the knowledge to provide high level and evidence-based, developmentally supportive care to infants and families in Newborn Intensive Care Units (NICU). This is an opportunity to network with NIDCAP Trainers from all disciplines from around the world.

### Target Audience

Nurses, physicians, respiratory therapists, physical therapists, occupational therapists, speech-language pathologists, psychologists, and early intervention developmental specialists

### Learning Objectives

At the end of this educational program, participants will be able to:

- Describe potential benefit of clinically measuring infant stress in the NICU.
- Identify how dysbiosis of the gut microbiome early in life may lead to altered health and neurodevelopment.
- Identify 3 short- and longer-term developmental findings associated with early life stress.
- Relate the information about the gut microbiome to the practice of NIDCAP care in the NICU.
- Describe ways to incorporate NIDCAP care into routine practices in the NICU.
- Analyze the impact of early skin to skin care and feeding to the infant's outcomes.
- Identify techniques to improve care in specific situations such as infants with surgical conditions, cardiac surgery and early discharge with supplemental feeding.
- Describe the dynamics of oxytocin within the parent-infant dyad in the NICU.
- Identify several strategies to enhance the parent infant relationship while in the NICU.



## Program

Registration	0745-0815	
Welcome & Overview	0815-0830	
The connection of stress, the microbiome and infant behavior	0830-0930	Amy D'Agata
Translation into Practice	0930-1000	Kaye Spence
Break	1000-1030	
A NIDCAP observation of gut-brain relations	1030-1130	Jeffrey Alberts
Translation into Practice	1130-1200	Jennifer Hofherr
Lunch	1200-1315	
Translation into Practice	1315-1415	Stina Klemming
NICU book sharing program	1415-1430	Linda Lacina
Early discharge with home tube feeding	1430-1445	Sandra Lescure
Supporting families in the NICU	1445-1500	Kristen James-Nunez
Break	1500-1530	
Professionals perceptions of family centered care	1530-1545	Dorothy Vittner
Oxytocin and premature infant behavior	1545-1600	Dorothy Vittner
Oxytocin and cortisol predict depression and bonding scores at NICU discharge	1600-1615	Bieke Bollen
QI using NIDCAP in cardiac surgery ICU	1615-1630	Samantha Butler
Summary/ Acknowledgements/ Evaluation	1630-1715	

*None of the speakers have any relevant financial relationships to disclose.*

## Credits

Nursing and OT Credits have been applied for through Therapeutic Media, an approved provider of continuing education for the California Board of Registered Nursing and American Occupational



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A certificate of attendance will be provided to all other disciplines. For more information on credits contact James Helm at 919.350.8276 or [nficonference@nidcap.org](mailto:nficonference@nidcap.org)

## Keynote Speakers

**Amy D'Agata, RN, PhD**

Assistant Professor, College of Nursing  
University of Rhode Island, Providence, RI

**Jeffrey Alberts, PhD**

Professor, Dept Psychological and Brain Sciences|  
University of Indiana, Bloomington, IN

## Presenters

**Bieke Bollen, PhD**

UZ Leuven, Leuven, Belgium

**Samantha Butler, PhD**

Boston Children's Hospital, Boston, MA

**Jennifer Hofherr, MS, OTR/L**

Nationwide Children's Hospital, Columbus, OH

**Kristen James-Nunez, RN, MN**

The Sydney Children's Hospitals Network,  
Westmead, Australia

**Stina Klemming, MD**

Karolinska University Hospital, Karolinska, Sweden

**Linda Lacina, MSN, RN**

Cincinnati Children's Hospital, Cincinnati, OH

**Sandra Lescure, MD**

Hôpital des enfants Toulouse, Toulouse, France

**Kaye Spence, AM**

The Sydney Children's Hospitals Network,  
Westmead, Australia

**Dorothy Vittner, RN, PhD**

Egan School of Nursing & Health Studies  
Fairfield University, Fairfield, CT

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