



July 2018

Dear Members of the NFI,



Angela Preston, Motivational Speaker

I am not a runner, though I live in a town with the oldest trail race in America. This event, the Dipsea Race, begins with nearly 700 steps, extends 7.4 miles along trails nicknamed *Cardiac*, *Dynamite*, and *Insult Hill*, with steep climbs peaking at 1,342.72 feet and descents that end at the beach. After living here for over 20 years, I finally applied, and was accepted to participate in this race. With feelings of trepidation and an encouraging running partner, we trained, ran and made it to the finish line. Being motivated to take on a new challenge, and having support behind it, led to a strong sense of accomplishment. Sometimes opportunities outside of our comfort zone present themselves in life and lead us to assume roles we may believe to be incompatible with our skills and talents...Yet, these opportunities offer chances to stretch and grow in new ways. This race embodied that for me.

In our personal and professional strivings to improve the lives of newborns and their families, we set goals, face challenges and hopefully experience successes. We develop NIDCAP Nurseries and NIDCAP Training Centers, mentor and train NIDCAP Professionals and Trainers, and champion organizations, scientific findings, and systems. We invest in ourselves with education, training, and support resources. We do all of this because we are committed to improving the lives of others.

When setting your own next goals, consider the many opportunities that the NFI offers and think about how and where you may wish to contribute your talents and energies, from developing NIDCAP Nurseries and resources, to assuming Board Member/Committee Member/Senior-Master Trainer leadership responsibilities. There may be challenges of geography, language, time and perhaps just not knowing where to fit into the NFI's efforts. We encourage you to reach out, express your interest and availability, and explore what may be possible. Our organization is headed into a time of great transition and we will need many new voices and commitments to navigate these changes well. Please "step up"

into new and expanded active NFI roles. The reach and use of NIDCAP care around the world depends on it.

UPDATES:

- In April, *Rita Cummings, MA* stepped down after serving for three years as an appointed member of the NFI Board of Directors. She very capably led the Advancement Committee and its fundraising efforts and was instrumental in supporting our Board's strategic planning efforts. Rita's contributions will be missed.
- The NFI has announced the annual election of Directors to the Board. This year there will be three terms ending, two at-large seats and one family representative seat. These are currently held by gretchen Lawhon, Jim Helm and Mandy Daly respectively. gretchen Lawhon and Jim Helm will not seek re-election; Mandy Daly will run for re-election. Please direct all inquiries to *Jim Helm, PhD*, Chair of the Nominations, Elections and Appointments Sub-Committee (jimhelm27@gmail.com).
- Five revised training documents have been uploaded to the training binder pages on the NFI website: Medical History and Observation Background Sheet; Documentation of NIDCAP Observations: Journal Page; A new NIDCAP Example: Henry H.; NIDCAP Training Feedback Letter – Outline of Key Ingredients; and Example of NIDCAP Training Feedback Letter.
- *Monique Oude Reimer, RN* has joined the NIDCAP Nursery Steering Committee.
- The description of the Sub-Committee on [NIDCAP and Science](#) has been revised and is looking for members.
- 29th Annual NIDCAP Trainers Meeting Reminders-

Invitations were sent out in May. This year's meeting, October 20-23, 2018, will be hosted by the São João NIDCAP Training Center in Porto, Portugal. The closing date for registration for our By-Invitation Only Meeting is September 17, 2018. Meeting details are posted on the [Trainers Meeting](#) page of the NFI website. Please check the website for updates and email all meeting questions to nidcap2018@skyros-congressos.com

- Call for *Abstracts* (Deadline for submissions is July 1, 2018). Questions and submissions should be addressed to *Linda Lacina, MSN, RN* (Linda.Lacina@cchmc.org) and *Kaye Spence, AM, RN, MN* (kayeNFI@gmail.com).
- Call for *NFI Member Panelists* on the Open Meeting Day, Monday, October 22. This session is an opportunity for members to share their valuable work and/or projects around three themes: Supporting the infant; Creating nurturing environments; and Supporting the family-infant relationship. The open-day schedule features a keynote speaker followed by a panel of presenters (to be formed) who will discuss how these themes have been operationalized into their respective nurseries. Following the panel

members' individual presentations, the audience will have an opportunity for discussion/reflection on their own hospital/unit settings. Please contact *Jean Powlesland, RN, MS* (jpowlesl@uic.edu) *Nikk Conneman, MD* (n.conneman@erasmusmc.nl) and *Fatima Clemente, MD* (clemente.fatima@gmail.com) with ideas, questions and interest.

NEWS:

- The Neonatal Oral Motor Assessment Scale (NOMAS) Program, developed by Marjorie Palmer, MA, has been endorsed by the NFI's Program Committee.

Your feedback, questions, comments, NFI updates, and membership news addressed to the Board, and/or to me personally always are welcome.

Yours in support of the NFI,

Deborah

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