

YOU ARE INVITED TO ATTEND

"WOMEN AND CHILDREN FIRST!"



Life Boat Perspectives on the Importance of Maternal and Infant Health

A professional continuing education event for nurses and other community health advocates and providers.

HOSTED BY: *The Maternal Child Adolescent Health Program of the Division of Public Health, Nebraska Department of Health and Human Services, and Local Health Departments.*

Purpose Statement:

In this learning activity, participants set sail to explore the health care needs of women during their child-bearing life period, and their offspring. We examine new findings on child maltreatment and explore evidence-based approaches to prevention; understand the scope and significance of home visiting in Nebraska as emerging through Nebraska Maternal Infant Early Childhood Home Visiting Program (N-MIECHV); identify solution-oriented approaches to helping women breastfeed successfully and with high satisfaction; and analyze the implications of gestational diabetes for intergenerational health outcomes. This activity will engage participants in the compelling significance of maternal and infant health for an entire population - and generations to come.

For more information: Kathy Karsting kathy.karsting@nebraska.gov 1-800-801-1122

Agenda - Bon Voyage!

8:30 - 8:45 am *Registration and Coffee*

8:45 - 9:00 am *Welcome and Introductions*

9:00 - 9:45 am *"SCRAPE OFF THE BARNACLES" - New Perspectives on Child Maltreatment
(Kathy Karsting)*

Examine Adverse Childhood Events Study (ACES) and other measures of life course impacts of abuse and neglect. Discuss the principles of trauma-informed care. Identify evidence-based practices for prevention of child abuse.

9:45 - 10:30 am *"MEND THE CRACKS IN THE HULL" - Part I
N-MIECHV Update: The State's Home Visiting Programs (Kathy Karsting)*

Why evidence-based home visiting? Examine developments in home visiting funding: Affordable Care Act (ACA), state-funded programs, others. Identify opportunities and challenges in sustainability and replication

10:30 - 10:45 am *BREAK*

10:45 - 12:00 *Part II - Maternal Infant Health Priorities and Opportunities in Home Visiting
(Tina Goodwin)*

Describe the following topics in light of public health priorities and home visiting: Prematurity, Obesity and Depression. Describe best practices for safe sleep, infant illness care, and infant feeding problems.

12:00 - 12:45 pm *LUNCH - provided*

12:45 - 1:30 pm *"LAY IN PROVISIONS" - Breastfeeding: An Ancient Art for Modern Times
(Tina Goodwin)*

Discuss barriers to successful breastfeeding. Analyze what nurses and advocates can do to promote successful breastfeeding. Describe policies that protect a woman's right to breastfeed in public and at work.

1:30 - 2:30 pm *"HOIST A BIGGER SAIL" - Gestational Diabetes: Life course and
Intergenerational implications (Andrea Riley)*

Examine data regarding gestational diabetes, and evidence linking gestational diabetes to poor outcomes of pregnancy; Identify underlying causes of gestational diabetes; Understand the meaning of gestational diabetes for long-term outcomes for mother and offspring; Identify key prevention messages for nurses to disseminate in the community of practice.

2:30 - 2:45 *SET COURSE AND LAUNCH! (Closing, Evaluation and Adjourn)*

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Schedule of Locations

<p>Friday, September 14, 2012 North Platte <i>Location:</i> Holiday Inn Express North Platte 300 Holiday Frontage Road, North Platte NE 68101 1-308-532-9500 <i>Co-Host:</i> West Central District Health Department <i>Registration Closes: September 11, 2012</i></p>	<p>Friday, September 21, 2012 Loup City <i>Location:</i> Loup City Community Center 803 O Street, Loup City, NE 68853 Info: 1-866-522-5795 <i>Co-Host:</i> Loup Basin Public Health Department <i>Registration Closes: September 18, 2012</i></p>
<p>Friday, October 5, 2012 Lincoln <i>Location:</i> Lincoln Lancaster Co. Health Department 3140 N Street, Lincoln NE 68510 402-441-8000 <i>Co-Host:</i> Lincoln Lancaster Co. Health Department <i>Registration Closes: Oct. 3, 2012</i></p>	<p>Friday, October 12, 2012 O'Neill <i>Location:</i> O'Neill Community Center 501 South 4th Street, O'Neill, Nebraska 68763 Info: 877-336-2406 <i>Co-Host:</i> North Central District Health Department <i>Registration Closes: Oct. 9, 2012</i></p>
<p>Friday, October 19, 2012 Norfolk <i>Location:</i> Holiday Inn Express Norfolk 920 S. 20th Street, Norfolk NE 402-379-1524 <i>Co-Host:</i> Elkhorn Logan Valley Public Health Dept. <i>Registration Closes: October 16, 2012</i></p>	<p>Friday, October 26, 2012 Hastings <i>Location:</i> Holiday Inn Express 3605 Cimarron Plaza, Hastings, NE 1-402-345-8082 <i>Co-Host:</i> South Heartland District Health Department <i>Registration Closes: October 23, 2012</i></p>

"WOMEN AND CHILDREN FIRST!" Faculty:

Kathy Karsting, RN, MPH, Program Manager for Maternal Child Adolescent Health in the Division of Public Health, NE DHHS Division of Public Health. Ms. Karsting's nearly 30 year career as a public health nurse and administrator spans local, regional, and state level public health, with adventures as a Peace Corps Volunteer, school nurse, parent, consultant, and trainer. Ms. Karsting has been recognized as Community Educator of the Year (NE Planned Parenthood, 2005), a Nebraska Nurse Who Makes a Difference (2007), and is a recipient of March of Dimes' Excellence in Nursing Award (2010).

Tina Goodwin, RN, BSN, Sr. Community Health Nurse, NE DHHS Tina Goodwin is a Baccalaureate prepared registered Nurse, Sr. Community Health Nurse, in the Maternal Child and Adolescent Health Division of Public Health at the NE DHHS. She has worked in the area of Maternal/Child Health for over 15 years and areas of expertise include: Pregnancy and Newborn/Infant Care, Sudden Infant Death Syndrome (SIDS) and Breastfeeding. Ms. Goodwin also has professional work experience in the areas of: communicable disease control, immunizations and home visitation.

Andrea Riley, RN, BSN, Community Health Nurse, NE DHHS Andrea Riley's career as a Registered Nurse in pediatrics has included Med/Surg, Pulmonology, home health, and serving as Pediatric Nurse Consultant for NE Medicaid and Long Term Care, specializing in skilled and home care issues for children and families with high medical needs. Since 2008, Andrea has been Community Health Nurse in the Nebraska Diabetes Prevention and Control Program, bringing her nursing knowledge to population-based preventive health care.

For more information: Kathy Karsting kathy.karsting@nebraska.gov 1-800-801-1122

Required Disclosures and Disclaimers

To receive contact hours for this event you must:

Sign in, completing all fields of the sign in sheet

Be present for the entire session for which you want contact hours awarded

Complete and return an evaluation.

Evaluations must be received by the DHHS School Health Program before a certificate is issued.

Our presenters and planning committee have no real or perceived conflicts of interest, or financial or commercial influences, to disclose that might bias the content of our program.

There will be no discussion of off-label or unapproved used of medication in this program.

An application has been submitted to the Georgia Nurses Association for approval of 5 contact hours. Please call Kathy Karsting at NE DHHS Division of Public Health Maternal Child Adolescent Health Program for more information.

**"WOMEN AND CHILDREN FIRST!" -- Sept. - Oct. 2012
REGISTRATION FORM**

Please print

Name (as it appears on license): _____ Title: APRN RN LPN Other

Home Address: _____
Street City State Zip

E-mail Address: _____ Phone No. _____

PLEASE SELECT YOUR SESSION (PLEASE CHECK ONE):

- Friday, Sept. 14, 2012 Location: North Platte
- Friday, Sept. 21, 2012 Location: Loup City
- Friday, October 5, 2012 Location: Lincoln
- Friday, October 12, 2012 Location: O'Neill
- Friday, October 19, 2012 Location: Norfolk
- Friday, October 26, 2012 Location: Hastings

REGISTRATION IS DUE 3 WORKING DAYS BEFORE EACH SCHEDULED EVENT - PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM.

Registration: \$15.00 per person. Includes materials, lunch, and contact hours. No partial payments accepted for partial attendance. Receipts available upon request.

Make Checks to Nebraska Department of Health and Human Services (NE DHHS) Purchase orders, credit card, and debit card payments will not be accepted. Please do not mail cash.

Mail to: Pam Farrens
Women and Children First! Conference
NE DHHS Lifespan Health Services
301 Centennial Mall South, 3rd Floor, P.O. Box 95026
Lincoln, NE 68509

For more information: Kathy Karsting kathy.karsting@nebraska.gov 1-800-801-1122