

# Perinatal Network News

## Education

- The Loyola Perinatal Center continues to offer **free** CEs through our e-Journal club. Please refer to our [website](#).
- [Neonatal Congenital Infections](#) (Virtual)  
March 23, 2022
- [Advanced Electronic Fetal Monitoring & Certification Review Course](#) @ Loyola  
March 24, 2022
- Neonatal Cardiac Anomalies and Arrhythmias  
**Save the Date:** April 27, 2022
- [AWHONN: NEW, Revised Intermediate Fetal Monitoring Course](#) @ Morris  
May 12, 2022
- HTN in Pregnancy (Virtual)  
**Save the Date:** May 24, 2022

## Results of the Pandemic on a Nurse's Mental Health

In a 2020 survey of 629 nurses, results revealed high rates of depression (22 percent), anxiety (52 percent), and insomnia (55 percent) among nurses. Difficulty sleeping was both a contributing factor to and an outcome of poor mental health. To decrease stress-related sleep problems, ensure time away from work, avoid excessive overtime hours and shifts that quickly switch between day and night. Employers can consider flexible working arrangements and shifts to help maintain healthy balance of their staff.

## 2022 Health Awareness:

February is **International Prenatal Infection Prevention Month**. Prenatal infections include bacterial or viral illnesses that can be passed from a mother to her baby during pregnancy or during the delivery process.

## March is Endometriosis Awareness Month.

Endometriosis can have a devastating effect on the quality of life for sufferers due to the painful symptoms and the fact that it is the biggest cause of infertility in women. Although this is a condition that affects 1 in 10 women, the average time to diagnosis can take up to 7 and a half years. #EndometriosisAwarenessMonth

**American Diabetes Alert Day** (3/22/22) is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk.

April is **Sexually Transmitted Infections Month**; STDs are common, but people may not know they have an STD because many don't have symptoms. Left undetected and untreated, STDs can cause serious health consequences. For example, chlamydia or gonorrhea left untreated can put a woman at risk for pelvic inflammatory disease, a condition that can lead to infertility.

Half of all new STD cases in the U.S. are in people between ages 15-24...



but only 12% of young people say they've been tested in the last year.



Let's change these stats.

- Welcome MacNeal Hospital to the APC! Danielle Felty, Manager and Karen Richardson, CNL, Educator
- Welcome to Jennifer Bushen, LUMC NICU manager!
- Congratulations to Laura Perez for her new manager position!
- Welcome to Julie Kerr, Morris new educator!
- Welcome to Emily Bingley, ABMC's new Women & Infant Services

## Upcoming Re-designations!

Morris	June 1, 2022
SAMC	August 17, 2022
Resurrection	October 19, 2022

Please visit our [website](#) for any upcoming programs & further information about our perinatal network!

## Interesting new studies !

- British Journal of Obstetrics and Gynaecology*: preterm birth risk most strongly linked to pre-eclampsia <https://www.eurekalert.org/news-releases/937376>
- Lancet Child and Adolescent Health*: Two-year follow up shows delaying umbilical cord clamping saves babies' lives <https://www.eurekalert.org/news-releases/937362>
- American Journal of Obstetrics & Gynecology*: Sleep-disordered breathing tied to greater preeclampsia risk <https://www.healio.com/news/womens-health-ob-gyn/20211202/>

## Sudden Unexpected Postnatal Collapse (SUPC) of the Newborn

Did you know that SUPC is a rare but serious event, and typically occurs in term or near-term newborns within the first week of life? Significant risk factors for the newborn include skin-to-skin care/breastfeeding, positioned prone/side lying in crib, and co-bedding with parents. Inadequate parent education, support, and supervision places infants at increased risk for poor outcomes and SUPC. The Loyola APC has collaborated with its network hospitals on a QI project addressing SUPC. We will share a standardized education program with all hospitals in late Feb/early March. Please complete this mandatory education by **March 31**.

## Fun Trivia for Staff Nurses (submit by 3/11)

Submit correct trivia answers for a chance to win up to \$50 towards ONE Loyola Perinatal Nurse CEU program of your choice.

Click [here](#) for trivia quiz or scan QR code w/phone camera →  
If link isn't working, copy and paste link in a new browser



## Regional Quality Council:

March 8, 8am-9am

## Nurse Council:

March 8, 9:30am – 2pm

Quality Presentation: SAMC