



2022 Strong Families AZ Home Visiting Conference

High Risk Perinatal Program Agenda

September 16, 2022
Virtual Environment

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ARIZONA DEPARTMENT
OF HEALTH SERVICES



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2022 Agenda at a Glance

7:30am – 8:00am	Enter the Zoom™ Environment / Log In
8:00am – 8:10am	Welcome / Day's Overview / Introduction of Opening Keynote Christina Becerra, MHA – Arizona Department of Health Services
	Parent Video 1
8:10am – 9:25am	Ethics in Neonatology: Parent-Provider Conflicts Dr. Jonathan M. Fanaroff, Case Western Reserve University School of Medicine
9:25am – 9:40am	Moderated Audience Questions
9:40am – 9:55am	Break / Parent Video 2
9:55am – 11:10am	Implicit Bias in the NICU: A Crucial Conversation Tara Sundem, MS, APRN, NNP-BC Hushabye Nursery
11:10am – 11:25am	Moderated Audience Questions
11:25am – 11:40am	Break / Parent Video 3
11:40am – 11:55am	Footprint Award Presentation
11:55am – 1:10pm	Healing the Healers: Building Resiliency Among High Risk Perinatal Providers in Times of Uncertainty Kelly Lubeck, MPH, RYT, CHHC, Healing and Holistic Health Coach
1:10pm – 1:25pm	Moderated Audience Questions
1:25pm – 1:40pm	Wrap Up / Evaluation Process & CEUs / Next Steps



SESSION DESCRIPTIONS

In Time Order

8:10am – 9:25am

Ethics in Neonatology: Parent-Provider Conflicts

Dr. Jonathan M. Fanaroff, Case Western Reserve University
School of Medicine

Dr. Fanaroff will address ethics within the Neonatology environment, focusing primarily on parent-provider conflicts and how to take action to prevent and overcome these conflicts. Upon conclusion of this session, attendees will be able to:

1. List the four basic principles of pediatric ethics
2. Discuss how pediatric ethics principles apply to newborns
3. Identify the challenges that arise when caregivers and parents disagree on the provision of care for critically ill newborns

9:55am – 11:10am

Implicit Bias in the NICU: A Crucial Conversation

Tara Sundem, MS, APRN, NNP-BC
Hushabye Nursery

In the NICU, many times we will be asked to be the 'Primary Nurse' either by the parents or management. These babies and their families become our "favorite baby" or "favorite family." Do we connect with some families more than others? Why? Does this impact how we care for the others? This presentation will discuss five types of implicit bias. At the conclusion of this session, participants will be able to:

1. Define implicit bias and understand how it appears in our lives everyday
2. Discuss 5 types of implicit bias
3. Discuss implicit bias and its impact on decision making in the NICU and community
4. Implement strategies to effectively address and overcome implicit bias

11:55am – 1:10pm

Healing the Healers: Building Resiliency Among High Risk Perinatal Providers in Times of Uncertainty

Kelly Lubeck, MPH, RYT, CHHC, Healing and Holistic Health Coach

We have come through some extremely challenging years, are living in times of uncertainty, and medical professionals are working in environments where they struggle with full patient caseloads, short staffing and ever-increasing demands.



SESSION DESCRIPTIONS

In Time Order

Building resiliency among care providers is more important now than ever. To do this, high risk perinatal providers are invited to shift their attention to “healing the healer.” Participants will learn and practice simple but effective stress-reduction and self-care tools that they can begin using right away to regulate their nervous systems and support their health, well-being, and capacity to serve. They will leave with a mini action plan to support their resilience-building momentum. After this session, attendees will be able to:

1. Identify the basic components of the nervous system and how the nervous system becomes dysregulated or “stuck” in times of chronic stress.
2. Describe the connections between stress, trauma and health, and how these lead to a breakdown in general body functions, which can result in individual health concerns and illness.
3. Identify a set of evidence-based practices and behaviors that support physical and mental health, and understand that practicing such techniques and behaviors, such as those presented, aligns with the literature on how to treat and prevent compassion fatigue.
4. Practice the resilience-building techniques that support health, well-being, and nervous system regulation, and make an action plan for incorporating these techniques into their personal and professional lives.

PRESENTER BIOGRAPHIES

In Alphabetical Order



Jonathan M. Fanaroff, MD, JD, FAAP: Dr. Fanaroff is a neonatologist in the Division of Neonatology and Director of the Rainbow Center for Pediatric Ethics at University Hospitals Rainbow Babies & Children’s Hospital. He is a Professor of Pediatrics, Case Western Reserve University School of Medicine. Dr. Fanaroff is board certified in pediatrics and neonatal-perinatal medicine and is also certified in neonatal resuscitation. His special interests are high-risk neonates and ethical and legal issues in their treatment. A native of Cleveland, Dr. Fanaroff completed his undergraduate studies at Tufts University, Medford, Massachusetts. He earned his medical degree from Case Western Reserve University School of Medicine with a concentration in bioethics and elected membership to Alpha Omega Alpha honor society. He

also holds a law degree from the University of Virginia School of Law in Charlottesville, Virginia. Dr. Fanaroff completed a pediatric residency at UH Rainbow Babies & Children’s Hospital and an ethics fellowship at MacLean Center for Clinical Medical Ethics, University of Chicago. He completed his postgraduate training with a fellowship in neonatology at UH Rainbow Babies & Children’s Hospital as a William Randolph Hearst Neonatal Fellow. Dr. Fanaroff has over 80 publications to his credit, including papers in medical journals, book chapters, abstracts and invited papers. He is a co-editor of two books, *Care of the High Risk Neonate* and *Neonatology at a Glance*. He served on the editorial board of Risk Management and ISRN Critical Care and is a reviewer for numerous professional journals, including Pediatrics, Journal of Pediatrics, Journal of Perinatology and Pediatric Research. A frequent invited speaker, he has presented on neonatal medicine and ethics to local, regional, national and international pediatric medicine and nursing conferences. He is a Fellow of the American Academy



PRESENTER BIOGRAPHIES

In Alphabetical Order

of Pediatrics (AAP) where he chaired the Committee on Medical Liability and Risk Management. He is also a Fellow of the American College of Legal Medicine and a member of the Society for Pediatric Research. He has been named to the Best Doctors list every year since 2013. Honors and Recognition: Fellow, American Academy of Pediatrics; Fellow, American College of Legal Medicine; and Best Doctors 2013 – present.



Kelly Lubeck, MPH, RYT, CHHC: Kelly has spent years exploring how to blend her deep commitment to changemaking and serving the world with her passion for holistic healing and wellness. She has dedicated over 25 years to service-based work around the world, leading public health and early childhood programs, as well as coordinating system-building efforts to improve the health and quality of life for communities in Latin America, the Caribbean, Africa and many different places in the United States. Following her own journey through a healing crisis that led her on a path to discover a variety of resilience-building and healing modalities, Kelly has been offering healing and coaching services to

individual clients, as well as facilitating workshops, programs and healing retreats with groups and organizations locally and around the world (virtual and in-person). In her programs, Kelly weaves together her passion for service and dedication to health and healing. She helps conscious and committed changemakers, leaders, medical providers, healing practitioners, and a variety of service professionals and caregivers return to their center, finding stillness, calm, healing and connection, so that they can be well as they serve the world. She loves to remind people that when those who care for the world (whatever that looks like for them) care for and heal themselves, the world too can heal and be well. She earned her Master's in Public Health at Columbia University. Her holistic training includes her yoga teacher training certification (RYT), Healing the Light Body shamanic healing certification, holistic health coaching certification (CHHC), and years of study on the nervous system and trauma healing with a variety of teachers. Her finest teacher thus far, though, is her 11-year-old son.



Tara Sundem, MS, APRN, NNP-BC: Tara is a board-certified neonatal nurse practitioner with more than 28 years' experience in neonatal intensive care. She was a frontline worker in the growing opiate epidemic, caring for the most innocent of its victims: newborns suffering through opiate withdrawal – neonatal abstinence syndrome (NAS). Her passion to transform the health care experience for them and their families led her to found Hushabye Nursery, an Arizona nonprofit dedicated to caring for opiate-exposed newborns in their first weeks of life. The 12-bed inpatient nursery opened its doors and its arms to these babies and their mothers in November 2020. Under Tara's leadership as executive director, Hushabye Nursery has

grown from an idea to 'save the babies' in 2016, to a unique model of care for this underserved population that focuses on the family unit, both prenatal and postnatal. Recognized as an industry leader on NAS, Tara has presented several community events on the topic. She received the 2021 Phoenix Business Journal Health Care Hero Award for Nursing and a 12 News Miracle Makers Award in 2021. She holds a master's degree from Arizona State University and is a member of the National Association of Neonatal Nurses, the Academy of Neonatal Nurses, and the Neonatal Nurse Practitioners of Arizona.



2022 High Risk Perinatal Program Conference Planning Team

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