

SPECIAL POINTS OF INTEREST:

- **Implementation Schedule**
- **6th International Kangaroo Mother Care Workshop and Meeting**
- **New Roos**
- **Bibliography Update**
- **Ten Best Reason's to do Kangaroo Care Film**

2005 Certification Courses

In 2005 there will be two national certification courses offered. One will be Cleveland at the Frances Payne Bolton School of Nursing either in June or July, 2005 for two days and the second will be held in Amherst, Massachusetts under the sponsorship of Baystate Medical System. The dates in Massachusetts are not yet settled. In the January issue of Roo News we will have confirmed the dates for these meetings. So, tell your uncertified colleagues to SAVE THE DATE for one of these two-day meetings. In addition to attending a certification program, we are working with Baystate Medical to give CKC applicants access to their video recordings of the

certification course. Baystate registration is \$10.00 per hour of content and you can log on to their system and "watch" the presentations. The presentations are audio and still picture presentations, not real time video. For example, in Dr. Ludington's "Overview of Kangaroo Care" lecture, the first in the CKC lectures, on the Baystate system you will see each slide and hear Dr. Ludington's presentation about that slide, but you do not see Dr. Ludington at all. For those who want to take some of the course work using the Baystate system, you will have to complete a post-test based on each lecture and the post-test questions have not yet been written. Also, Baystate only has the

"Overview of Kangaroo Care" lecture by Dr. Ludington in its system, so far, so the entire program will not be available until after the full certification course has been given at Baystate next Fall. How the content for the skills lab will be handled has yet to be resolved, but current CKCers are suggesting a check out system with a CKC in the applicant's own unit. The check out system would certify mastery of Kangaroo Caregiving skills and would be signed by the teacher/precepting CKC. Does this sound like a good way to handle it? We are open to all input, so please write to us.

6th International Kangaroo Mother Care Workshop and Meeting

Preliminary inquiries about overcoming visa difficulties have been most satisfactory in their outcomes as we have learned that the State Department has an intra-agency list of professional meetings and when applicants go to get visas to attend those meetings, their visa applications are

usually expedited. So, we are finalizing the dates in Fall 2006 and want everyone to plan to attend the National Meeting portion of the event and then some CKCs may be invited to attend the workshop functions for 2-3 days in addition. We have learned that we can book the Glidden House

for all foreign attendees and possibly have the meeting at Dively Hall, making it a Case/UH event on campus. We will keep you updated on the outcome of our bid for the meeting. Our bid will be considered on March 1, 2005.

End of Year Report for Roo News

Roo News has been distributed to all CKCs three times with this December, 2004 edition. We have done an analysis of the cost involved in producing, copying, and mailing the Roo News. It costs \$1.85 per copy to produce and distribute. Though Dr. Ludington had intended to continue to provide this newsletter at no cost to anyone, she will no longer be able to do so. If

you would like to continue to receive the ROO NEWS in 2005 it will cost \$20.00 for each subscription. The USAD-INK office does not make any money on this publication, but as we have no source of income for USAD-INK to support free distribution of ROO NEWS, nor do we have any income to support any other activity, we regret that we will have to charge for the

publication. Each issue contains an update to the KC Bibliography and a copy of one of the new publications for easy access as many CKCs do not have easy access to an internet library service. If you want to continue receiving ROO NEWS, please send in the attached subscription notice.

New Roos

A company called "The KanGuru Company" has made a kangaroo care wrap that you might want to use with your mothers of premature and fullterm infants. It is 100% cotton, provides good support and cautionary words about keeping the infant's head up rather than letting it bend forward, and

is quite visually appealing due to professional custom embroidery and the like (it even has a mother and baby Kangaroo on the front so there is no mistaking its intent). It is available for \$12.95 a piece (excluding tax and shipping) from The KanGuru Company which lists only a web site on the

product. The web site is www.Kangaguru.com (Watch that spelling as the name on the website is not the same as the name on the product. If you type in "Kanguru" as Dr. Ludington did, you'll get an electronics firm in Tokyo that has no idea what Kangaroo Care is.)

National CKC Notice

When we learn of publication of any of this information we will share it with you. A new national certification program for neonatal nurses interested in becoming certified by the World Health Organization's International Network for Kangaroo Care (skin-to-skin contact between the infant and his mother or father) has become available at Frances Payne Bolton School of Nursing in Cleveland, OH. The Bolton School of Nursing has on faculty the two United States representatives to the

WHO's International Network of Kangaroo Care, Dr. Susan Ludington and Dr. Gene Anderson. Dr. Ludington, Dr. Anderson, and members of their research teams developed the certification program and had 43 nurses satisfactorily completed all requirements in October, 2004. Certification is comprised of a two-day seminar that includes an overview of the evolution and global practice of Kangaroo Care, the evidence base for Kangaroo Care's effects on cardiorespiratory, thermal, sleep, attachment,

weight gain, breastfeeding, length of stay, and developmental outcomes, new models of use- i.e Kangaroo Care is used to facilitate post-anesthesia recovery from open heart surgery in infants, physician's perspectives, implementation process, and a skills lab in which transfer for ventilated infants, Kangaroo Care during phototherapy, Kangaroo wrapping for 24/7 Kangaroo Care, and other skills are taught.

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National CKC Notice Continued

The two day course is taught each summer at the Bolton School of Nursing, costs \$220.00, and information and registration are available by contacting Sakeenah Johnson. Nurses came mostly from the Midwest, but attendees from Boston, Kentucky, and Florida were also present. Midwest nurses who have successfully completed all requirements for certification are Tonya Anderson, Tina Anzo, Amy Berry, Mary Ann Blatz, Wendy Blum, Kim Boggs, Maria Burkhammer, Sheau-Heuy Chiu, Shelly

Clark, Kat Courtney, Veronica DeLeon, Rosella Dempsey, Noelle Dorsey, Cathy Estep, Joan Foes, Suzanne Forsgren, Sue Glowacki, Cecile Hogle, Sakeenah Johnson, Tami Kennedy, Kristie Kenney, Eileen Kinney, Jill Kolar, Raouth Kostandy, Tina Lewis, Ellen Mead, Kathy Morgan, Barbara Morrison, Georgia Morrow, Julie Rand, Ann Reitenbach, Noreen Roman, Debbie Schwerko, Theresa Smith, Jennifer Smith, Kristin Sullivan, Diane Tuuri, Sherry Valentine, Juanita Vargo, Darlene Walker,

Jeri Whieus, and Sandy Winningham. These nurses represent NICU and Mother-Baby Unit clinician staff, nurse-practitioners, and lactation consultants. A major contribution these certified specialists will be making is an established procedure and materials for implementation of Kangaroo Care across the United States. Given that there are 1133 NICUs and 677 mother-baby units listed in the American Hospital Association directory; these certified Kangaroo Caregivers have their work cut out for them.

Mailbox

Dear Roo News,

I would like to say thank you, for the information, training, and encouragement you have provided in our two classes needed to receive and become a Certified Kangaroo Caregiver (CKC) Graduate.

Michelle Clark, Genesis Healthcare

Zainesville, Ohio

Special Alert

Dr. Nils Bergman may be coming to town. Anyone who has heard Dr. Nils Bergman talk about KMC knows that this is an opportunity not to be missed. His content is fantastic and his presentations are so fascinating, engaging, and convincing that it is a gift to hear him speak. He may be coming to Cleveland for

a visit at the end of May or beginning of June, and Dr. Ludington may be able to get him to spend an evening with CKCs if he actually does get routed through Cleveland on his Spring 2005 speaking engagement tour. The ROO NEWS will keep you posted.

The Ten Best Reasons to do Kangaroo Care Film

We have recently heard from Drager Company about getting financial help from them to make the film – using the money as an advance on rentals and promotional use of the film at their exhibition booths that will be selling their incubators and other neonatal equipment. It may take Drager Co. more time to negotiate educational costs as part of their marketing strategy than originally anticipated, but Drager is proceeding. USAD-INK still hopes to have a film ready for viewing by June 1, 2005.



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You can now buy Dr. Ludington's book, **"Kangaroo Care: The Best You Can Do for Your Baby."** \$12.95 and with Ohio sales tax and shipping \$15.00.

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Business/Fax Phone: (440)-247-6690

USAD-INK

c/o Susan Ludington

Case Western Reserve University

Frances Payne Bolton School of Nursing

10900 Euclid Avenue

Cleveland, OH 44106-4904

Implementation Schedule Continued from November’s Implementation Schedule

Table 2 lists the stages in changing behavior while Table 3 can be used as a tool for identifying a participant or stakeholders’ stage of change and strategies for moving them from ignorance through acceptance of KC to implementation of the practice.

Table 2: Stages in changing behavior

Pre-contemplative O Ignorance Skepticism	Preparatory Necessity Action Maintenance Relapse Success
Contemplative O Acceptance O Excitement	

Once the PIP Team has been assembled, their mission is to:

- Investigate and document the problem or issue
- Identify one or more ways to resolve the issue or problem
- Create a plan to put the solution in place
- Decide how the results will be measured.
- Accomplishing this mission will be the subject of future columns.

Table 3: Matrix of identifying team participant’s or stakeholders’ stage of change and strategies for moving stakeholders through acceptance of the desired practice to implementation.

IMPLEMENTATION MATRIX FOR KANGAROO CARE

Identify information needed by each group and strategy for delivery of the information and moving them toward acceptance and implementation.

	MOTHERS	NURSES	DOCTORS	MANAGERS	PUBLIC
Ignorance					
Skepticism					
Acceptance					
4. Excitement					
Necessity					
6. Action	Aim to have all	stakeholders	at this point at	the same time	for success.
Maintain					
8. Relapse	Expect and	be prepared	for	setbacks and	problems
Success	What is a	good measure	for	success?	