

## PROGRAM OBJECTIVES

- Describe neuroprotective measures to facilitate optimal neurodevelopment for both preterm and term infants.
- Discuss the common themes of stress and anxiety, how to recognize them, and the safety seeking behaviors that counteract them.
- Review how evidence-based skin care practices can protect the newborn's microbiome.

## WHO SHOULD ATTEND:

Advanced Practice Nurses, Clinical Nurse Specialists, Clinical Nutrition Managers, Lactation Consultants, Mother-Baby Nurses, Neonatal Registered Dietitians, Neonatal/Nursery Nurses, Neonatal Nurse Practitioners, Nurse Educators, Registered Dietitians, Registered Nurses, Labor and Delivery Nurses

## REGISTRATION (ONLINE ONLY)

RN CE credit: **4**  
RD CPEU credit: **4**

REGISTER ONLINE BY:  
**SEPTEMBER 2, 2024**

CLICK HERE OR SCAN  
THE QR CODE TO  
REGISTER:



## FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

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For registration questions,  
contact Eat Well Global,  
anhiwebinars@eatwellglobal.com



## HOT TOPICS IN NEONATAL AND SELF CARE 2024

**VIRTUAL WEBINAR**  
**THURSDAY, SEPTEMBER 5, 2024**  
**8:30 AM CDT – 12:45 PM CDT**

## SPEAKERS

Terrie Lockridge, MSN, RNC-NIC, ELBW-BC  
Patrick McGrath, PhD

**THIS CONFERENCE QUALIFIES FOR:**  
**4 CE<sub>s</sub> FOR NURSES**  
**4 CPEU<sub>s</sub> FOR DIETITIANS**

Abbott Nutrition Health Institute is an approved provider of continuing nursing education by the California Board of Registered Nursing Provider #CEP 11213.

This educational activity has been prior-approved by the Commission on Dietetic Registration (CDR). CDR credentialed practitioners will receive the specified continuing professional education units (CPEUs) for completion of this program/material.



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## OUR SPEAKERS



### Terrie Lockridge

MSN, RNC-NIC, C-ELBW

Terrie is a Neonatal Clinical Nurse Specialist with 35 years of professional practice devoted to supporting newborns at risk. She has experience in many different aspects of neonatal critical care, including ECMO, postoperative cardiac care, neuroprotection, transport, resuscitation, and stabilization. Terrie received her BSN from Saint Anselm College and

her MSN from Boston College. She is a member of the National Association of Neonatal Nurses, the Academy of Neonatal Nurses, and the past President of the Pacific NW Association of Neonatal Nurses. Terrie has been a STABLE Program and Neonatal Resuscitation Program Instructor since the inception of both curriculums. Terrie is an accomplished author, having contributed to peer-reviewed journals and textbook chapters. Her special interests include neonatal skin care, pain management, and neuroprotection. Terrie currently works as a NICU nurse at a Seattle tertiary center with nearly 10,000 births yearly, and she brings a practical approach to her educational offerings that combines pragmatic clinical information with the latest in evidence-based practice.



### Patrick McGrath

PhD

Dr. Patrick B. McGrath serves as the Chief Clinical Officer for NOCD, where he oversees the company's clinical protocols and team of OCD specialists. As the world's leading provider of virtual therapy for OCD, NOCD offers evidenced-based treatment for adults and children around the world struggling with OCD and related conditions, with a network of licensed

therapists who are trained, led, and supervised by Dr. McGrath.

He is also a Lead Psychologist at Ascension Illinois Alexian Brothers Behavioral Health Hospital, where he opened Intensive Outpatient, Partial Hospital, and Residential Treatment Programs for Anxiety Disorders, School Refusal, and OCD.

Dr. McGrath is a Licensed Clinical Psychologist with over 20 years of OCD treatment experience. He is a member of the Scientific and Clinical Advisory Boards of the International OCD Foundation (IOCDF), a Fellow of the Association for Behavioral and Cognitive Therapies, and the Past President of OCD Midwest, an affiliate of the IOCDF.

He authored the books "Don't Try Harder, Try Different," and "The OCD Answer Book" and was featured on the Discovery Health Channel's documentary "Panic" and on three episodes of "Hoarding: Buried Alive" on TLC.

8:30AM - 8:35AM

WELCOME

8:35AM - 9:50AM

### NEUROPROTECTION IN NEONATES: SIMPLE STRATEGIES FOR BETTER OUTCOMES

Terrie Lockridge, MSN, RNC-NIC, ELBW-BC

9:50AM - 10:05AM

BREAK

10:05AM - 11:05AM

### ANXIETY AND STRESS IN HEALTHCARE TODAY

Patrick McGrath, PhD

11:05AM - 12:25PM

### SKINCARE IN THE NICU: FIRST, DO NO HARM

Terrie Lockridge, MSN, RNC-NIC, ELBW-BC

12:25PM - 12:45PM

Q&A / ADJOURN

Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. If you have questions or concerns about an ANHI program meeting accreditation standards, please contact us or provide feedback to CDR: [QualityCPE@eatright.org](mailto:QualityCPE@eatright.org).