

## OPNF Boot Camp Winter 2026- Learning Objectives

### Day 1: February 25<sup>th</sup>, 2026

#### Respectful Maternity Care

1. Recognize the impact of Racism, Discrimination, and Bias
2. Discuss Equality, Equity, Justice, Diversity, and Inclusion
3. Outline social determinants of health
4. Define respectful maternity care and key recommendations
5. Understand the benefits of the TeamBirth approach

#### Hear Her: Story of Patient Survival

1. Identify three key factors that influence patient experience in nursing care.
2. Propose two evidence-based strategies to enhance patient experience in their own practice.

#### Perinatal Mood Disorders

1. Learners will self-report an increase in knowledge about strategies and evidence-based practices designed to improve outcomes for perinatal mood disorders after attending the educational session.
2. Learners will self-report increased confidence utilizing strategies and evidence-based practices designed to improve outcomes for perinatal mood disorders after attending the educational session.

#### Preterm Labor

1. Define Preterm Labor
2. Identify common causes and risk factors that could be associated with PTL
3. Discuss current medications for the management of PTL
4. Review nursing care for the prevention of PTL/PTB

#### Congenital Syphilis

1. Define congenital syphilis and describe how it is transmitted from mother to infant
2. Describe the pathophysiology of syphilis and its potential impact on fetal/neonatal health
3. Outline screening recommendations for syphilis during pregnancy
4. Identify clinical manifestations of congenital syphilis in newborns and infants
5. Summarize treatment protocols

### Postpartum Discharge Education

1. Recognize the importance of quality discharge education for postpartum mothers and newborns in Oklahoma
2. Implement techniques to improve patient engagement and increase retention of discharge instructions
3. Understand that quality education comes from evidenced based resources
4. Utilize the 5 Love Languages when teaching our patients
5. Implement change in personal practice and in the workplace
6. Performing a thorough perineal assessment

### **Day 2: February 26<sup>th</sup>, 2026**

#### Newborn Transition/NRP Basics

1. Identify the basic steps of Neonatal Resuscitation Procedures
2. Discuss the importance of ventilation during resuscitation.
3. Demonstrate effective newborn ventilation technique with a bag and mask and t-piece resuscitator.

#### Newborn Glucose Regulation

1. Understand that hypoglycemia is most commonly encountered issue in the newborn nursery
2. Identify the most common thresholds for hypoglycemia
3. Identify which newborns are most at risk for hypoglycemia
4. Identify treatments for hypoglycemia

#### Hyperbilirubinemia

1. Discuss and differentiate physiological and pathological jaundice
2. Discuss and differentiate conjugated and unconjugated bilirubin
3. Identify risk factors for developing significant neonatal hyperbilirubinemia (jaundice) and hyperbilirubinemia neurotoxicity
4. Identify and discuss sequelae of hyperbilirubinemia
5. Discuss tools and updated guidelines for the treatment of hyperbilirubinemia

#### Newborn Thermoregulation

1. Describe the importance of neonatal thermoregulation
2. Identify ways to prevent neonatal hypothermia
3. Name the benefits of skin-to-skin contact in the first hour

4. Describe common risk factors associated with Sudden Unexpected Postnatal Collapse (SUPCN)
5. Explain how neonatal HIE occurs and the benefits of therapeutic cooling measures

### Newborn Screening

1. Thoroughly and correctly complete a NBS Demographic form
2. Begin hands-on training for bloodspot collection with guidance from an experienced collector
3. Educating a new parent on the importance of timely newborn screening
4. State best practice for the time of NBS collection, drying of specimens, and transport of specimens

### Newborn Behavior

1. Identify and describe states of the term newborn and infant behaviors.
2. Describe care-giving implications for states and behaviors of term newborn
3. Discuss state modulation and its implications for caregiving

## **Day 3: February 27<sup>th</sup>, 2026**

### OB Emergencies

1. Discuss risk factors and pathophysiology of obstetrical emergencies
2. Provide early recognition of obstetrical emergencies
3. Prioritize nursing interventions for obstetrical emergencies

### Obstetric Hemorrhage

1. Define antepartum hemorrhage complications
2. Discuss risk factors and the implications for patient care
3. Prioritize nursing interventions during and obstetric hemorrhage

### Hypertension

1. Define clinical criteria for:
  - a. Gestational hypertension
  - b. Preeclampsia
  - c. Eclampsia
  - d. HELLP syndrome

2. Describe alterations of maternal physiology in preeclampsia
3. Prioritize care of the eclamptic patient during a convulsion

### Infant Safe Sleep

1. To ensure that newborns have a safe sleep environment by using AAP recommendations as a guideline
2. To ensure that parents/caregivers receive consistent messages about safe sleep and to ensure that these messages are modeled by hospital staff
3. Understand the necessity of documentation regarding Safe Sleep Education

### Bereavement

1. List 4 general guidelines for care of patients experiencing perinatal loss.
2. Discuss communication and responses when caring for patients experiencing perinatal loss.
3. List 3 ways to assist with making memories for patients experiencing perinatal loss.

### Taking a Sexual History

1. Define Sexual Health
2. Describe the importance of taking a comprehensive sexual history
3. Outline the components of a comprehensive sexual history (5 Ps)
4. Demonstrate the use of inclusive sexual history questions

## **Day 4: March 12<sup>th</sup>, 2026**

### Breastfeeding Basics

#### Part 1

1. Identify how the breast makes milk
2. Explain indications for expression of milk
3. Understand different mechanics of expression
4. Identify milk collection and storage guidelines
5. Explain different ways to troubleshoot common problems

#### Part 2

1. Identify at least two of the ten steps to successful breastfeeding
2. Describe the International Code of Marketing of breastmilk substitutes

3. List two benefits of skin-to-skin contact
4. Name one resource for breastfeeding support after hospital discharge

### Fetal Heart Monitoring

1. Understand the benefits and limitations of different fetal monitoring methods
2. Systematically interpret fetal heart rate monitoring using NICHD terminology
3. Describe clinical interventions to maximize fetal oxygenation
4. Demonstrate clear communications related to fetal heart rate monitoring and interventions

### **Day 5: March 13<sup>th</sup>, 2026**

#### Labor Support

1. Discuss the role of labor support in quality improvement, decreasing cesarean rates, and increasing safety
2. Discuss the role of the labor support team and its members
3. Discuss the 4 components of labor support
4. Discuss 2nd stage labor practices to reduce perineal lacerations and lower extremity nerve injury (LENI)
5. Demonstrate hands on measures that promote comfort and support of the laboring woman

#### Simulations

1. Neonatal Transition
2. Vaginal Delivery
3. Postpartum Hemorrhage
4. Discharge Teaching
5. Preeclampsia