

OPNF Boot Camp Summer 2026
Learning Objectives

Day 1: August 6th, 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 communication related to fetal heart rate monitoring and interventions

Day 2: August 7th, 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.

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

Discharge Education & Postpartum Assessment

- 1.

Day 3: August 12th, 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

Preterm Labor

1. Define Preterm Labor, Preterm Birth & Preterm Premature ROM
2. Identify risk factors that could be associated with PTL
3. Discuss management and nursing care of PTL

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.

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 4: August 13th, 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.

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

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

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

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

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

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.

Day 5: August 14th, 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