FROM BABY BUMP TO BABY BUGGY
A MATERNAL-CHILD TRAINING WORKSHOP

A comprehensive series of courses on the care of the mother and her newborn infant

Nurses Educational Opportunities

Orange County: 3303 Harbor Blvd. Suite G3 Costa Mesa, CA 92626
San Diego: 12650 Sabre Springs Pkwy. Suite 205 San Diego, CA 92128
www.nursesed.net  (866) 266-2229  info@nursesed.net
“From Baby Bump to Baby Buggy” is a series of courses designed for new grads and re-entry nurses seeking opportunities in Maternal-Child Care. All courses are taught by experienced RN’s. Courses are held at Nurses Educational Opportunities, an American Heart Association Authorized Training Site with two locations in Southern California.

The following courses are presented:
- Basic Fetal Heart Monitoring
- AWHONN Intermediate Fetal Heart Monitoring*
- AWHONN Advanced Fetal Heart Monitoring*
- Basics of Labor and Delivery Care
- Basics of Postpartum Care
- Basics of Neonatal Intensive Care
- Birth and Beyond Lactation
- Obstetrically Focused Emergency Care
- Neonatal Resuscitation (AAP NRP)
- AHA ACLS
- AHA PALS
- AHA BLS
- Legal Issues and Lateral Violence
- Maternal Cardiac Arrest for the L&D Nurse

All courses award continuing education hours upon completion.
*Continuing education hours awarded by AWHONN
Jane Carsrud, RN, has 35 years of experience in the nursing fields of adult care, pediatric care, emergency room, NICU and postpartum. She has been teaching “what she used to do” for the past 15 years in her business, Nurses Educational Opportunities. She provides AHA and AAP courses to nurses, physicians, CNAs, LVNs, EMTs, caregivers, and respiratory therapists.

She is approved by the California Board of Registered Nursing as an authorized continuing education provider. Jane is the author of over fifteen continuing education courses. In her classes, Jane strives to make difficult concepts easy to understand and remember through personal stories and humor. She is well-known and well-respected nursing educator in the Southern California community.

Nurses Educational Opportunities (NEO®) is an authorized training site for American Heart Association classes including ACLS, PALS, and BLS. Other courses held at NEO® include Lactation, Fetal Monitoring, NRP, EKG Interpretation, and more.
Matching your Personality with a Chosen Field is essential. You’ve worked hard to acquire that coveted RN designation at the end of your name. It was no easy task. Now, take that extra effort and get the unit specific position of your choice.

Begin by taking a look at your personality. Nursing needs all personalities. Are you a nurturing nurse? Are you a fast-paced, multi-faceted nurse? If your personality is nurturing and you have a labor and delivery position, you are going to be miserable. If your personality is fast-paced and you have a postpartum position, you are going to be miserable.

**For the Nurturing Nurse:**

- Postpartum is a great place for you.
- You will have the opportunity to teach and support the new mother how to breastfeed
- You will have the opportunity to encompass the new mother’s family dynamics with the added responsibility of a new baby
- You will have the opportunity to teach the new mother many aspects of safety for her new baby

**For the Fast-Paced Nurse:**

- You must have the ability to “critically think” adverse conditions
- You must be able to “step-up to the plate” and be a patient advocate rather than respond to the gravid woman for the convenience of the obstetrician
- You must “know your stuff” and there is a “lot of stuff to know.”

The NICU nurse must be nurturing to both the infant and the parents. You must be a critical thinker because NICU babies will present clues that he or she is about to have a possible catastrophic event.
For those of you that want to pursue a career in Postpartum, the courses that you need to acquire include:

- **Basics of Postpartum Care**
- **Neonatal Assessment and Adaptation**
- **Birth and Beyond Lactation**
- **Neonatal Resuscitation (NRP)**
- **Advanced Coronary Life Support (ACLS)**
- **Basic Life Support (BLS)**

**Basics of Postpartum Care** includes:
- Postpartum Assessment
- Intimate Partner Violence
- Postpartum Depression
- Postpartum Hemorrhage
- Thrombophlebitis
- Infections

**Neonatal Assessment and Adaptation** includes:
- Situational Awareness
- Neonatal Adaptation
- Neonatal Assessment
- Multi-organ Assessments
- The Genetic Screen
- Postpartum Responsibilities
**Postpartum Care**

**Birth and Beyond Lactation** includes:
- The difference between formula feeding and breastfeeding
- How to instruct the mother to acquire a proper latch
- How to instruct the mother to promote adequate breastmilk
- How to breastfeed the infant on que feeding

**Neonatal Resuscitation** includes:
- Situational awareness of a high-risk gravid woman and the neonatal effects
- Thermal regulation to prevent hypothermia
- Initial resuscitation of PPV, assisting intubation, chest compressions and epinephrine administration

**Advanced Coronary Life Support** and **Basic Life Support** includes:
- Effective advanced life support for the adults
- Effective basic life support for adults, children, and infants

**Legal Issues and Lateral Violence** includes:
- Understanding your legal rights in order to overcome lateral violence and bullying in the workplace
- Interactive discussions on how to spot and stop bullying in the workplace
For those of you that want to pursue a career in Labor and Delivery, the courses that you need to acquire include:

- **Basic Fetal Heart Monitoring**
- **Intermediate Fetal Heart Monitoring**
- **Advanced Fetal Heart Monitoring** (optional)
- **Basics of Labor and Delivery Care**
- **Birth and Beyond Lactation**
- **Obstetrically Focused Emergency Care**
- **Neonatal Resuscitation** (NRP)
- **Advanced Coronary Life Support** (ACLS)
- **Basic Life Support** (BLS)

**Basic Fetal Heart Monitoring** includes:

- Identification of fetal decelerations, fetal bradycardia, and fetal tachycardia
- Determination of categories
- Basics of antenatal testing

**Intermediate Fetal Heart Monitoring** includes:

- Determination of infant lie and position
- Establishing intrauterine catheters
- Determination of the etiology of Decelerations and their Interventions

**Advanced Fetal Heart Monitoring** includes:

- Scenario discussions as to the causes of adverse conditions and the interventions.
- In-depth discussion of the use of Pitocin
Basics of Labor and Delivery Care includes:
- The characteristics of each stage and its phases

Birth and Beyond Lactation includes:
- The difference between formula feeding and breastfeeding
- How to instruct the mother to acquire a proper latch
- How to instruct the mother to promote adequate breastmilk
- How to breastfeed the infant on que feeding

Obstetrically Focused Emergency Care includes:
- How to turn chaos into organized chaos

Neonatal Resuscitation includes:
- Situational awareness of a high-risk gravid woman and the neonatal effects
- Thermal regulation to prevent hypothermia
- Initial resuscitation of PPV, assisting intubation, chest compressions and epinephrine administration

Maternal Cardiac Arrest for the L&D Nurse includes:
- The unique interventions that improve the outcome for the gravid woman and her unborn child
- Up-to-date and comprehensive information, guidelines, and recommendations for all aspects of maternal resuscitation

Legal Issues and Lateral Violence includes:
- Understanding your legal rights in order to overcome lateral violence and bullying in the workplace
- Interactive discussions on how to spot and stop bullying in the workplace
For those of you that want to pursue a career in the Neonatal Intensive Care Unit, the courses that you need to acquire include:

- **Basics of Postpartum Care**
- **Neonatal Assessment and Adaptation**
- **Neonatal Resuscitation (NRP)**
- **Birth and Beyond Lactation**
- **The Basics of NICU**
- **Advanced Coronary Life Support (ACLS)**
- **Basic Life Support (BLS)**

**Basics of Postpartum Care** includes:
- Postpartum Assessment
- Intimate Partner Violence
- Postpartum Depression
- Postpartum Hemorrhage
- Thrombophlebitis
- Infections

**Neonatal Assessment and Adaptation** includes:
- Situational Awareness
- Neonatal Adaptation
- Neonatal Assessment
- Multi-organ Assessments
- The Genetic Screen
- Postpartum Responsibilities
Neonatal Resuscitation includes:
- Situational awareness of a high-risk gravid woman and the neonatal effects
- Thermal regulation to prevent hypothermia
- Initial resuscitation of PPV, assisting intubation, chest compressions and epinephrine administration

Birth and Beyond Lactation includes:
- The difference between formula feeding and breastfeeding
- How to instruct the mother to acquire a proper latch
- How to instruct the mother to promote adequate breastmilk
- How to breastfeed the infant on que feeding

Basics of Neonatal Intensive Care includes:
- The NICU Environment
- Management of Thermal Stability
- Glucose Control
- Airway Management with Mechanical Ventilation and Blood Gas Management
- Feeding the sick/premature infant
- Responding to High Risk Deliveries
- Adverse Events in the NICU
- Understanding Lab Values

Legal Issues and Lateral Violence includes:
- Understanding your legal rights in order to overcome lateral violence and bullying in the workplace
- Interactive discussions on how to spot and stop bullying in the workplace
NEO®’s staff will enhance your applications with quality resume and cover letter assistance, and interview preparation. Your resume must reflect all that you are and all that you can be. It makes no sense to keep your attributes a secret! NEO® will spend one-on-one time with you to create a resume that is outstanding to hiring managers. Resume assistance is scheduled by appointment and is available both in Orange County and San Diego.

RESUME TIPS:

♥ Your resume is fed through a computer before it even meets human eyes. The computer automatically filters your resume for key words. Equally, it will not consider your resume if it contains spelling errors or even some abbreviations (i.e. “ACLS” – the computer may recognize this is a misspelled word).

♥ Use standard and professional formatting – do not set the margins too wide or too narrow, do not use a font that is too large or too small, and do not use fancy, cursive, or hard to read fonts! If your resume is not clear and easy to read, it will not be considered.

♥ Hundreds of nurses are applying for the same jobs as you – you must stand out! You want your resume to make it to the top of the pile. If NRP is a required certification, every applicant will have NRP – getting more classes under your belt will make your resume unique from others.

♥ Hospitals may tell you that you will be trained for the position – think about it – they tell everyone they will be trained! If you can provide them with course completion documents of specific classes, you are a more prepared and qualified candidate for the position.

The job market is cut throat – even in healthcare! The applicant that goes “above and beyond” to enhance their resume is more likely to land a position. Become driven!
## January 2018 Class Schedule

**Orange County**

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- **Basic Fetal Heart Monitoring** .............................................................. $115.00/6 CEs
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- **AWHONN Intermediate Fetal Heart Monitoring** ................................ $225.00/16 CEs
  Required Student Materials: $129.60

- **AWHONN Advanced Fetal Heart Monitoring** ..................................... $100.00/8 CEs
  Required Student Materials: $113.40

- **Basics of Labor and Delivery Care** ................................................... $115.00/6 CEs
  Text Included

- **Basics of Postpartum Care** .............................................................. $150.00/6 CEs
  Text Included

- **Basics of Neonatal Intensive Care** ................................................... $115.00/6 CEs
  Text Included

- **Birth and Beyond Lactation** ............................................................. $200.00/16 CEs
  Text Included

- **Obstetrically Focused Emergency Care** .......................................... $115.00/6 CEs
  Text Included

- **Neonatal Resuscitation (AAP NRP)** .................................................. $105.00/4 CEs
  Online Exam: $35.00

- **AHA ACLS** .................................................................................... $185.00/12.5 CEs
  Required Textbook: $46.44

- **AHA PALS** ..................................................................................... $190.00/12 CEs
  Required Textbook: $48.60

- **AHA BLS** ....................................................................................... $55.00
  Required Textbook: $15.00

- **Legal Issues & Lateral Violence** ......................................................... $50.00/4 CEs
  Text Included

- **Maternal Cardiac Arrest for the L&D Nurse** ....................................... $115.00/4 CEs
  Text Included