

# OPTIMIZING INFANT NEURAL REGULATION: THE SCIENCE AND PRACTICE OF SKIN-TO-SKIN CARE

**Tuesday, July 13, 2010**

7:00 am—5:15 pm

**Rosemont Hotel**

5550 North River Road

Rosemont, IL 60018

**Discount Parking of \$10 available for attendees  
Convenient access to CTA Blue Line**

Overnight accommodations available for discounted rate of \$109/night + taxes. Ask for the "NIDCAP" discount when making your reservations.

Reservations must be made by July 1, 2010. Book directly on-line at [www.rosemonthotelohare.com](http://www.rosemonthotelohare.com) or call 847-928-6920

## REGISTRATION FEE:

**\$140 for Early Registration by May 28, 2010**

**\$160 for Regular Registration after May 28, 2010**

Includes continental breakfast, lunch and contact hours

Fees are refundable minus a \$50 processing fee before July 1, 2010. No refunds after July 1, 2010

## REGISTRATION CONFIRMATION & CERTIFICATES

Confirmations of registration will be sent via email. A copy of your registration confirmation will serve as your receipt for fees paid at the time of registration. Please notify us 10 days in advance if you have

special needs or require assistance. CME, CEU, CERPS and Contact hours will be available per discipline as awarded for all who attend the entire activity & complete and evaluation.

Check the website for updates regarding particular discipline contact hours that have been awarded.

[www.uic.edu/depts/nidcap](http://www.uic.edu/depts/nidcap)

The University of Illinois Medical Center is an approved provider of continuing nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## PROGRAM SCHEDULE

7:00 – 8:00 AM

Registration: Coffee and Danish

8:00 – 8:15 AM

Welcome Address

8:15 - 9:00 AM

Trading the Womb for the NICU: Premature Infants' Neurodevelopment and the Role of Parents and Professionals

Heidelise Als, PhD

9:00 - 10:00 AM

Early Development of the Autonomic Nervous System Provides a Neural Platform for Social Behavior: A Polyvagal Perspective

Stephen Porges, PhD

10:00 - 10:30 AM

Coffee Break - Posters and Exhibits

10:30 - Noon

Perinatal Neuroscience, Skin-to-Skin Contact: Restoring the Original Paradigm

Nils Bergman, MD, MPH

Noon - 1:30 PM

Networking Luncheon and Exhibits

1:30 - 2:00 PM

Question and Answer: Panel

2:00 - 3:30 PM

Breast Feeding: A Neurobehavioral Approach

Nils Bergman, MD, MPH

3:30 – 4:00 PM

Coffee Break

4:00 - 5:00 PM

Change in the NICU: From Protocol-Based to Individualized, Neurodevelopmentally Supportive, Relationship-based and Family-Centered Care

Heidelise Als, PhD

5:00 - 5:15 PM

Evaluations and Certificates

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Illinois at Chicago (UIC) College of Medicine and the University of Illinois Med Center. The University of Illinois at Chicago (UIC) College of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The University of Illinois at Chicago (UIC) College of Medicine designates this educational activity for a maximum of **6.25 AMA PRA Category 1 Credit(s)**™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## REGISTRATION FORM

NAME: \_\_\_\_\_

CREDENTIALS: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_

PREFERRED ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL (required): \_\_\_\_\_

Vegetarian Lunch

## PAYMENT

Return Registration Form by email

[Jmccormi@uic.edu](mailto:Jmccormi@uic.edu) or by mail (see address below)

Please make checks payable to:

University of Illinois Medical Center  
c/o Jennifer Hofherr

1740 W. Taylor, m/c 501, Room 4320

Chicago, Illinois 60612

OR

Pay by Credit Card by calling 312-996-1747

OR

Fax Credit Card information to: 312-996-2868 (secured fax)

MasterCard  Visa  AmexEx

Card # \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Exp \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_

## ABOUT THE PRESENTERS

**NILS BERGMAN, MD, MPH** : Dr Bergman together with Midwife Agneta Jurisoo, developed and implemented Kangaroo Mother Care (KMC) for premature infants right from birth while working at the Manama Mission, Zimbabwe. This resulted in a five-fold improvement in survival of Very Low Birth Weight babies. He introduced KMC to South Africa in 1995, and after 5 years, KMC became official policy for care of prematures in the hospitals of the Western Cape Province. He has given keynote addresses on KMC at International Conferences in six continents, and published articles on a variety of subjects in medical journals. He continues to research and promote KMC.

**HEIDELISE ALS, PHD** : Dr. Als is a researcher and clinician who has focused her life research on the behavioral organization of the newborn infant, especially the preterm and high risk infant. Dr. Als is a developmental, educational, and licensed clinical psychologist with over 30 years of experience in undertaking and managing major research efforts involving high risk and preterm infants and families in medical settings, and in longitudinal follow-up. She is the founder and President of the NIDCAP Federation International, a non-profit organization which provides national and international training for advanced professionals in the field of NICU developmental care implementation.

**STEPHEN PORGES, PHD**: Dr. Porges is currently a Professor in the Department of Psychiatry and the Director of the Brain-Body Center in the College of Medicine at the University of Illinois at Chicago and holds appointments in the Departments of Psychology, BioEngineering, and Anatomy and Cell Biology. In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the autonomic nervous system to the emergence of social behavior. The theory provides insights into the mechanisms mediating symptoms observed in several behavioral, psychiatric, and physical disorders. The theory has stimulated research and treatments that emphasize the importance of physiological state and behavioral regulation in the expression of several psychiatric disorders including autism and provides a theoretical perspective to study and to treat stress and trauma.

## CONFERENCE OBJECTIVES:

- ♥ Describe the effect of skin-to-skin holding on:
  - Physiologic regulation
  - Behavioral regulation
  - Attachment
  - Breastfeeding success
- ♥ List opportunities within the hospital setting to provide neurodevelopmental support with all newborns.
- ♥ Identify strategies to initiate or enhance skin-to-skin practices in your unit.
- ♥ Describe the role of autonomic regulation as a basis for social behavior.
- ♥ List strategies to promote relationship-based, family-centered care.
- ♥ Describe breastfeeding from a neurobehavioral perspective.

## PURPOSE:

**To teach maternal and child care practitioners how to use skin-to-skin care as a family-centered, individualized developmental technique in the nursery for early and on-going physiologic regulation, promotion of bonding and breastfeeding in the preterm and sick term infant.**

## WHO SHOULD ATTEND?

Neonatologists, pediatricians, obstetricians, NICU and labor/delivery nurses, developmental specialists, early intervention therapists, lactation consultants, doulas, midwives, and anyone interested in the clinical application, theoretical and scientific use of skin-to-skin care as a family-centered strategy and medical tool for use with pre-term, near term and term newborns.

**Jennifer Hofherr, OTR/L**

P 312-996-1747 / [Jmccormi@uic.edu](mailto:Jmccormi@uic.edu)  
[www.uic.edu/depts/nidcap](http://www.uic.edu/depts/nidcap)

# OPTIMIZING INFANT NEURAL REGULATION: THE SCIENCE AND PRACTICE OF SKIN-TO-SKIN CARE

**Nils Bergman, MD, MPH  
Heidelise Als, PhD  
Stephen Porges, PhD**

**JULY 13, 2010  
7:00 am—5:00 pm  
Rosemont, IL**

**UIC** The University of Illinois  
at Chicago

Jointly sponsored  
by the University  
of Illinois (UIC)  
College of  
Medicine,  
Department of  
Pediatrics and the  
UIMC NIDCAP  
Training Center,  
Women and  
Children's Division



 **University of  
Illinois  
Medical Center**  
Changing medicine. For good.