

UPCOMING EDUCATIONAL PROGRAMS...

Event registration required, for program information call (856) 665-6000 or visit our website at www.snjpc.org.

APRIL

April 9

Confidentiality Issues & Risk Management
Barry Brown Education Center
Voorhees

April 10

Counseling & Fetal Testing for Perinatal Medication Exposure
NJ Department of Education
Sewell

April 12

Neonatal Abstinence Syndrome
Burdette Tomlin Memorial
Hospital, Cape May Courthouse

April 17

Know Your Numbers
Nutritional Management of Gestational Diabetes
Barry Brown Education Center
Voorhees

MAY

May 9

Statewide Approach to Reducing Vertical HIV Transmission
The Mansion, Voorhees

May 23

Intermediate Electronic Fetal Monitoring
Atlantic City Medical Center

JUNE

June 3

Ethical Decision Making for Perinatal Nurses
NJ Department of Education
Sewell

June 6

AWHONN Legal Issues
Barry Brown Education Center
Voorhees

June 18

Basic Electronic Fetal Monitoring
NJ Department of Education
Sewell



ADDRESS SERVICE REQUESTED.

Southern New Jersey Perinatal Cooperative
2500 McClellan Ave., Suite 110 • Pennsauken, NJ 08109



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Nominations Being Accepted for Unsung Hero's Award for Maternal and Child Health Care

Nominations are now being accepted by the Southern New Jersey Perinatal Cooperative for its annual Joseph A. Pacera Awards which honors extraordinary service to Maternal and Child Health in the South Jersey region. The award is presented every year to recognize individuals or organizations that have made a significant contribution to improving the quality of health care offered to pregnant women, new mothers and children in underserved areas. It honors unsung heroes in the community whose efforts have made a difference, but whose contributions have yet to be publicly acknowledged.

Past winners include the Birthing Project of Atlantic County's Jewish Family Services; Mujeres Latinas En Accion, a Cumberland County organization that helps families with

terminally-ill children through donations for non-medical expenses related to the child's illness; the ACCEPPT program in Atlantic County that helps teen mothers create a healthy lifestyle that encourages positive family development; the Rev. Floyd White of Camden City, NJ for his efforts to improve healthcare and the quality of life in Camden City; and the Osborn Family Health Center of Our Lady of Lourdes Medical Center.

The Pacera Award is presented in memory of Joseph A. Pacera, an esteemed and beloved member of the SNJPC Board of Directors, community advocate and health care leader. Joe Pacera was a kind, devoted, intelligent, creative, loyal and demanding man. His accomplishments as a health care professional and



Joseph A. Pacera
1939 - 1993

community leader did much to advance the cause of maternal and child health care.

Pacera award winners receive a plaque and a \$500 donation in their name to the charity of their choice. **The deadline for submitting nominations is April 1, 2002.**

For more information about the award or for a nomination packet, call 856-665-6000 or visit our website at www.snjpc.org.

Postpartum Depression Awareness for Consumers and Health Care Professionals

Early recognition of postpartum depression is a major challenge. Women who experience postpartum depression often suffer covertly and may find it difficult to confide in health care professionals. To assist women and their health care providers, the Southern NJ Perinatal Cooperative, in conjunction with the NJ Department of Health and Senior Services, is offering two different educational aids. One is an education module from AWHONN for health care professionals and the other is a booklet for consumers published by Noodle Soup of Weingart Design.

Postpartum depression can be devastating to women and their families. Nurses who understand the disease and its symptoms are better able to assist women and families to find the help they need.

The Perinatal Cooperative is distributing to hospitals in the region, copies of the AWHONN educational module, *Postpartum Depression: Case Studies, Research, and Nursing Care*, by Cheryl Tatano Beck, DNSc., CNM, FAAN.

The modules are provided courtesy of the NJ Department of Health and Senior Services. Nursing

contact hours are available through AWHONN. While the modules are provided free-of-charge, nurses who wish to receive contact hours can submit \$10 to AWHONN as outlined on the the contact hour information on the back of the module.

The Cooperative is also finalizing plans to have the module's author, Cheryl Tatano Beck, speak at two conferences in South Jersey in the late spring. Please keep your eye on the mail as dates and locations will be announced

In addition to the professional educational program, the Family Health Services Program at the New Jersey Department of Health and Senior Services has launched a Postpartum Depression Awareness Campaign, beginning with the distribution of consumer booklets on postpartum depression, funded by a special legislative initiative.

Thousands of copies of *Breaking the Silence, Understanding Postpartum Depression*, will be distributed by the seven maternal child health consortiums. The booklet, available in English and Spanish,

is both reassuring and easy to read. Fifteen factors that contribute to postpartum depression are listed, as is a four part check list of symptoms. The booklet includes more than a dozen suggestions for self-help measures to help relieve the depression.

The booklet defines serious depression as "a constant, intense, sad and empty feeling that lasts two weeks or more" and states it is a "problem that requires medical help." The booklet suggests ways to get professional help as well as what's available through psychotherapy and prescription medicine. Copies of the booklet are being distributed by the 7 maternal child health consortia in New Jersey

For more information or to obtain a copy of "Breaking the Silence, Understanding Postpartum Depression," contact the Southern NJ Perinatal Cooperative at 856-665-6000 or contact Noodle Soup of Weingart Design directly at 216-881-0083 who also publishes a 26 page book on Postpartum Depression.

For more information about the AWHONN Postpartum Depression Module or upcoming educational conferences, contact the Cooperative at 856-665-6000.

Mom's Quit Connection Holds Open Houses

The staff of Mom's Quit Connection (MQC) is busy introducing the new smoking cessation program for pregnant women and new moms to South Jersey hospitals and obstetrical offices.

MQC has hosted Open Houses at Cooper, Kennedy—Washington Township, Virtua—Voorhees, Our Lady of Lourdes Medical Center, Atlantic City Medical Center—Mainland and City Divisions, and Shore Memorial with more hospitals to follow.

Maternal child health, emergency room, pediatric and respiratory staff are invited to stop by the Open House where MQC staff reviews the latest statistics on southern New Jersey's pregnant smoking population and the health risks of perinatal smoking, which are often underestimated. The Open House also features the "Tobacco

Wheel of Fortune" quiz game where players get a chance to win gift baskets.

During the Open House, MQC staff educates hospital staff on the easy client referral procedure and distributes rolodex cards, pre-printed Rx pads, posters, brochures and pens.

The Mom's Quit Connection also offers Lunch & Learn sessions for OB/GYN offices. MQC staff bring pizza to the office and present a 30 minute overview of the program. Participants get a quick review on the guidelines for smoking cessation counseling using the 5 A's—Ask, Advise, Assess, Assist and Arrange. All offices get a supply of MQC convenient referral tools such as chart reminders, posters, and brochures - including a display for exam and waiting rooms.

*To learn more about this exciting new program for pregnant women who smoke, or to set up a **Lunch and Learn** for your office, please call the Mom's Quit Connection program at the Southern New Jersey Perinatal Cooperative 856-665-6000 x 220.*



Mom's Quit Connection, a program of the Southern NJ Perinatal Cooperative, is funded by the Tobacco Master Settlement Agreement and the NJ Department of Health and Senior Services. For services and information contact Mom's Quit Connection toll free at 888-545-5191.

NN is published quarterly for maternal and child health care nurses by the Southern NJ Perinatal Cooperative, 2500 McClellan Ave., Suite 110, Pennsauken, NJ 08109. ©1998

Comments, suggestions, and submissions should be directed to Nurse Network Editors at the above address. Visit our website at www.snjpc.org or email us at info@snjpc.org.