World Prematurity Day—17th November

World Prematurity Day was started in 2011 by the March of Dimes and founding parent groups—European Foundation for the Care of Newborn Infants, Africa-based Little Big Souls International Foundation, and the National Premmie Foundation of Australia.

Check out support available to promote this important event.

Message:
1 baby in 10 is born premature. Worldwide
Tiny socks, big dreams
http://www.efcni.org/index.php?id=wpd&L=1%27%2522

Child Mortality report 2014 from Every Newborn website

Ghana launches a national newborn health strategy and action plan to speed up the reduction of newborn deaths

COINN Mission Statement
To promote excellence in neonatal nursing and health outcomes for the infants and families we serve and to act as an international leader in the development and revision of professional standards of neonatal nursing
### Bulletin edition timetables

<table>
<thead>
<tr>
<th>Region</th>
<th>Submission Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORTH AMERICA</td>
<td>June/July: Submissions due 30th June</td>
</tr>
<tr>
<td>AFRICA</td>
<td>August/September: Submissions due 31st August</td>
</tr>
<tr>
<td>ASIA</td>
<td>October/November: Submissions due 31st October</td>
</tr>
<tr>
<td>AUSTRALASIA</td>
<td>December/January: Submissions due 31st December</td>
</tr>
<tr>
<td>EUROPE</td>
<td>February/March: Submissions due 28th February</td>
</tr>
<tr>
<td>SOUTH AMERICA</td>
<td>April/May: Submissions due 30th April</td>
</tr>
</tbody>
</table>

### A bit of History

**Official Name:** Hagere Ertra  
**International Name:** Eritrea  
**Capital:** Asmara

Located in Eastern Africa in the Horn of Africa. It has a mixed Afro-Asiatic population that is divided by religion and language. It has Italian and British influences through its history. Border conflicts with Ethiopia raged for many years until total liberation in 1991. The Buya Findings is one of the oldest even found of archaeological evidence of pre-humans. The remains of a female skull and an extinct elephant, *Elephas Recki* were found in this area and is presently housed in the Asmara’s Museum. Adulis now called Zula was the gateway between central Africa and the Arab and Asia Lands during 2000BC. From 240BC onwards it became the hot spot for commerce.

http://www.nationsonline.org/oneworld/eritrea.htm

**Culture:**

- **Coffee Ceremony:** Usually served in thimble size, handle-less cups and accompanied by trays of fresh popcorn and raisins, Hmbahsa (bread) and other local specialties. Typically the woman of the household scatters strands of fresh grass on the floor to provide the freshness of the outdoors as green coffee beans roast over a charcoal fire. Once blackened they are ground into a powder and heated in a round clay pot with a thin, stem-like neck, as frankincense burns nearby. It is expected that guests partake of at least three rounds of the brew between which tall glasses of local beer, Suwa, are often served.

http://www.shabait.com/about-eritrea/eritrea-at-a-glance/1212-culture
A Nurses Story

CURRENT NEONATAL NURSING PRACTICES IN ZAMBIA AND HOW IT IMPACTS ON FAMILIES, NEONATES AND STAFF

BACKGROUND:

My reflective focus is on Neonatal Care in Zambia. The Country has only got one Neonatal Intensive Care Unit based at the biggest referral hospital known as the University Teaching Hospital while the other hospitals only have special baby care units which are not as advanced as Neonatal Intensive Care Unit (Ward D11). Every human life is precious regardless of how it came about; hence quality of care at every stage of human life is critical. Neonatal care has remained a challenge in many Sub Saharan Countries, Zambia inclusive. This has been necessitated by lack of trained neonatal nurses.

The Neonatal Intensive care unit of the University Teaching Hospital comprises of the intensive side (Ward D11 room 1,2 and 3) and the high care (Ward D12 room 1/ 2 and D14). It has a total number of between 50 and 80 bed spaces and usually has between 3-5 nurses per shift. Looking at the number of patients per day ranging between 50-80 and above at times with the number of nurses caring for the neonates from the intensive side to the high care you will agree with me that the quality of care is compromised as this is far beyond the recommended nurse patient ratio in the intensive care unit which is suppose to be 1 to 1. This is a well researched topic which has just lacked implementation especially in Zambia.

Bupe Mwamba, Registered Nurse Midwife from University Teaching Hospital, Lusaka, Zambia and currently in School at University of Kwa Zulu Natal in Durban in my final year of a Bachelors in Nursing Advanced Practice Program in Midwifery and Neonatal care which is my Passion.

Bupe presented at the East, Central and Southern Africa College of Nursing (ECSACON) conference last month in Harare, Zimbabwe. Check out the story —

A bit of Culture

Official Name: Republique Centrafricaine
International: Central African Republic
Capital: Bangui

Culture and Social Life
Infants are not weaned until about age two and everyone in the family contributes to their upbringing. Children are educated around social behaviours and corporal punishment is never severe. A child’s exaggerated screams will bring adults to advocate on behalf of the child. Siblings also avoid fighting. A child’s most important responsibilities are to respect, obey and serve adults and avoid causing trouble with non-kin.

Education follows the French system although teachers frequently walk out because they are unpaid. Attendance in primary school is around 50% but drops progressive in upper grades. The majority of students attending higher education are male.

Most people believe that death is the consequence of ill-will (sorcery). Funerals may last for several days with all night dancing and mourning.

By 1950’s beliefs in tradition medicine began to decline in importance although sorcery is widespread even among the Christians and Muslims where protective charms are common. The most common causes of death are AIDS, malaria and schistosomiasis and epidemics of meningitis occur frequently.

Mothers Day has become a holiday of considerable importance in urban centres used by women to exact gifts and privileges. Political celebrations are Independence Day and Memorial Day in honour of Barthelemy Boganda, the first President.

Barthelemy Boganda
A member of the French National Assembly he rallied against the Oubanguians by the French and the independence of Ubangi-Shari. His call for national unity and independence from France paved the way for the establishment of Movement for the Social Evolution of Black Africa (MESAN). This proposal was accepted in 1958 making an Independent Central African Republic. He was killed in a plane crash on March 29, 1959. Full independence was realised a year after his death.

http://www.everyculture.com/Bo-Co/Central-African-Republic.html

http://www.nationsonline.org/oneworld/central_african_republic.htm

http://www.chantallockey.org/
Cardiac Crossword

Across
2. Closure of one cardiovascular component usually happens in the first 48 hours (5,10)
3. What nerve stimulation can slow the heart down
4. What is the name of the networks found in the walls of the ventricles that helps conduct electrical impulses to contract the heart (8,6)
5. Medication to open or maintain patency of the ductus arteriosus
7. Describe the mitral valve
9. There are 2 arteries and 1 vein in this cord

Down
1. Single enlarged vessel that arises from the left and right ventricle (7,10)
2. Drug used to treat congestive heart failure
6. S1 is it heard best from what part of the heart
8. Sound caused by turbulent blood flow
Preemie Corner

Special Resource

Name: Family Support Network of Central Carolina

Year Established: 2000

Web: www.fsncc.org

Outreach: Cone Health Women’s Hospital and families in Guilford, Alamance, Caswell, Randolph, Rockingham Counties (North Carolina).

Focus: Providing support, education and caring connections to all NICU families via the Smart Start program.

Programs: Bedside support, weekly events, lending library, family resource room, Early Intervention Home Visitation Program, support groups, workshops, events for graduate families and also Elizabeth’s Closet (baby supply warehouse) for families with financial challenges.

Deb Discenza is the mother of a former 30-weeker girl now 11 years old and healthy!

Deb is the co-author of The Preemie Parent’s Survival Guide to the NICU available at www.PreemieWorld.com

COINN Conference 2016
August 14-17th — Vancouver, CANADA

Crossword Answers

Across:
1. Truncus Arteriosus
2. Diuretics
3. Vagus
5. Prostaglandins
6. Apex
8. Murmur

Down:
1. Tricuspid Arteriosus
2. Ductus Arteriosus
4. Pulmonary Fissures
7. Bicuspid

Council of International Neonatal Nurses (COINN)
94 Lyall Terrace, Boston MA 02132
Phone: 1.405.684.1476
Email: info@coinnurses.org, Website: www.coinnurses.org