

South Dakota Perinatal Association

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The 33rd Annual Conference on September 18-19, 2008, at the Best Western Ramkota Hotel and Convention Center, Pierre, SD, was very successful. SDPA has always and will continue to play a vital role in the state of South Dakota by providing education to facilities and providers to ensure that the mothers and their babies receive the best of care. I would like to thank each of you who attended our conference in September at Pierre, SD. It, once again, was a huge success with many great speakers and a variety of topics of perinatal health covered.

I would like to take the opportunity to thank those of you who volunteered your time on the Program Planning Committee, the Executive Board, and the Board of Directors for your efforts in helping make this conference successful.

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34th Annual Conference—September 10-11, 2009 We have formed a 2009 Program Planning Committee and have already secured two guest speakers with one of the speakers from Louisville, Kentucky and the other from Spokane, WA. Both of our speakers are well-known nationally so we are very fortunate to have them on our program this year. Our conference will be held at the Best Western Ramkota Hotel and Conference Center, Pierre, SD.

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Membership For those of you who currently are not members, I would like to extend an invitation to you to become a member of the South Dakota Perinatal Association and to be a part of our outstanding organization. We now have the online Pay Pal, debit or credit card pay option for membership dues. You can access this at our website www.sdperinatal.org. Just click on the membership tab.

Thanks to those of you who are members of SDPA for your continued support. I also urge you to promote SDPA and to recruit new members. Share with them the wonderful opportunity this organization provides to allow them to interact with their peers in the state.



Facebook Members: For those of you who are on Facebook, we now have a SD Perinatal Association Group that you can join as a group member. You should be able to search it under groups. It is open to all so this will be a great way to network and communicate with other nurses or physicians throughout the State and surrounding areas. It is free to become a facebook SDPA group member. We will eventually post pictures, conference information, or other pertinent information.



2009 Pioneer Award: Since 1985, the South Dakota Perinatal Association has honored an individual by presenting them with the Pioneer Award. The South Dakota Perinatal bestows its Pioneer Award to honor those who have represented the pioneer spirit of our State by serving the health care needs of families and their babies. Babies are our future! This award recognizes the pioneering efforts of those who have broken ground in caring for new families as they nurture the future for our State and share through education, the mission of our association. If you know of someone that you work with that you feel deserves this award, please nominate them by going online at our website www.sdperinatal.org and click on the Pioneer Award nomination tab. The nominee should be a South Dakota Perinatal Association member.



Educational website:

Are you learning about heart conditions in babies? Click on www.pted.org as this is a great website, interactive for all cardiac lesions.

2008 South Dakota Perinatal Association Conference Scholarship Thank You's

SDPA scholarship applications were on our SDPA website this year for our SDPA members to apply. We received over 30 scholarship applications to attend this year's conference. These applications were reviewed by our SDPA Financial/Scholarship Committee and only 10 could be selected to receive a scholarship to attend the SDPA conference. The committee felt that they were all great applications which made it difficult to narrow it down to only 10 recipients! However, 10 were selected and below are their write-ups of what they learned and how they benefited from the scholarship they received this year.

I would like to thank you for choosing me to receive one of the scholarships to attend SDPA this year. I have been attending for several years now, and have always been impressed with the topics and speakers that have been at each conference. It is not only a time of learning for me, but also allows me to talk with some of the other outlying facilities and hear how they do things, what things work for them, etc, as well as have some fun too! This year I learned more about herpes, preparing for maternal transports, how to manage obstetric emergencies, the relationship of cervical length and preterm labor, more about adolescent pregnancies, and management of intrauterine growth restriction babies. I have already been disseminating some of the information I have received from the conference to some of my coworkers and physicians I work with, whether it be at the unit meetings, break room talk, or even just as a side conversation. Thank you again for the wonderful opportunity to attend this year and I plan to attend many more! Sincerely, Michelle Erickson

I want to thank SDPA for awarding me a scholarship to attend such educational conference. The speakers were fantastic; Dr. Hoyme explained genetics so clearly. I work with families who sometimes have babies with genetic issues and he was so easy to listen to. Dr. Mark Schleiss was an excellent speaker, as well. The conference provided me with a greater understanding of current issues facing our babies and families today. Thank you SDPA for making it possible for me to attend such a great conference. Gail Jamison, SW

The first year I received the agenda for the perinatal conference, I read through the titles of the speakers topics and wondered, "How will any of this information pertain to me and the OB patients we see at Winner Regional?" "Surely," I thought, "everything is geared for big hospitals and NICU settings." Needless to say, those thoughts were quickly unsubstantiated! It took but moments in each plenary session and breakout session to realize that a pregnant woman is a pregnant woman. A high risk OB is a high risk OB. A scared, pregnant teen is a scared, pregnant teen. And a newborn is a newborn. Obviously the situations are as unique as each individual, and the factors affecting the outcome of a pregnancy are nearly infinite. But when they walk in our door they are trusting us with their lives. The scholarship I received this year actually became a scholarship that will be shared with approximately 30 nurses that I work with. The speakers that are willing to share their time and knowledge with us make it possible for us to share that information with those we work with. The conference also allows us to develop professional relationships with other individuals through out the state and beyond. Knowing where to direct questions, knowing who can get answers and just knowing there are people willing to help in anyway they can is invaluable! The South Dakota Perinatal Association Conference has opened many doors for healthcare professionals. We are truly touching the future with perinatal education. I sincerely thank you for the scholarship and look forward to the 34th conference! Respectfully, Sharon Naasz, RN

I am so glad I was awarded the scholarship because, honestly, I was thinking that I would not go, simply for financial reasons. I did go last year in Chamberlain and thoroughly enjoyed it and I indeed wanted to go again this year but was getting cold feet due to the price of gas and the rising cost of everything else, making my husband a little nervous about spending extra money on a hotel, food, etc. Then I got the notice that I had been given a scholarship and was so thrilled. It was like God telling me, "Cathy, you need to be there." HA! Anyway, now I had no excuse, and I am so glad that I went! It was wonderful! A smaller group of my coworkers went with me this year than last and I am sure those who did not attend are sorry they missed it. The speakers were awesome and extremely knowledgeable, relevant to today's medicine and very easy to understand and sit and listen to. Not a boring lecture the whole time I was there! The most wonderful thing, however, was being there to see Dr. Kovarik receive the Pioneer award. It made me very proud that I work where I do with such an accomplished and learned man. He is definitely a pioneer for our unit and for the babies of western South Dakota.



It has been difficult deciding what topic to bring to my unit and relay what I learned. I learned a lot from every lecture that I attended but I think the most relevant for me would be the update on the Herpes Virus by Dr. Mark Schleiss. We have had recent experience with herpes infected infants in our NICU with at least one resulting in death. That is a tragedy that could be prevented, either with better recognition of at-risk babies and thus quicker diagnoses or by vaccinations (which is still in the research and development phase). A very interesting field of study that I would love to read more about. The recent marketing of the HPV vaccine has created some controversy (I won't go there) but vaccinations for certain Herpes virus may be in the future. I'm not a public speaker at all so I will probably not venture to "talk" to my coworkers about this subject but I think I could put a poster together with the facts and figures that Dr. Schleiss shared. Or I was considering writing up my notes, which I took quite a few, and distributing a short synopsis of the topic on the intranet through our hospital web mail. Thanks again for the scholarship and making it possible for me to go. I thoroughly enjoyed all of it.

Sincerely, Cathy Lessly, RN

Dear SDPA Scholarship Committee members,

I would like to sincerely thank those of you that decided to choose me as one of the recipients of the scholarship award. I learned so much about neonatal conditions; i.e., GI surgical crises and the symptoms; heart sounds – normal and abnormal, and the genetic abnormalities and symptoms associated with them from the genetic expert. We had terrific speakers from Minneapolis and Omaha Children's Hospitals. The hours spent listening to these experts was well worth my time. I would really like to attend next year and will encourage others to attend as well. Thank you. Bonnie Kooima, RN

I would like to express my gratitude in being chosen for a scholarship to the 2008 Perinatal Conference in Pierre, SD. At this past event, I was able to listen to experienced clinicians on a broad range of subject including: postpartum depression, IUGR, Vaccinations and the future, Perinatal Transport, Adolescent Pregnancy, cervical length and preterm labor, OB emergencies and Obstetric case dilemmas. All of these topics invite further discussion with my colleagues and the physicians on our unit. All topics were extremely interesting, and it was hard to decide what plenary sessions to attend. The topic on Postpartum Depression was very interesting in that the presenter had battled this very common and all too often undiagnosed phenomena. My favorite sessions have always been OB emergencies because they examine the best and most successful practices. It is always interesting to see what other hospital units are implementing in their practices. The topic I enjoyed the most involved the Perinatal Transport given by Dr. Bonebrake. He gave a very thorough examination of a topic that we do not often have the opportunity to experience. Again, Thank you very much for having chosen me and given me the opportunity to further my education in regards to my career. Sincerely, *Brenda Small, RNC*

Thank You for the SDPA Scholarship I received to attend the SDPA Conference in Pierre. This scholarship made it possible for me to attend the Conference. I am truly grateful for receiving the scholarship. It does help greatly, financially for people to attend the Conference that may otherwise not be able to attend year after year. The Conference always has very good speakers, that it is a tragedy when people can't attend due to finances. I hope the SDPA Committee will be able to continue offering Scholarships to people. I am very grateful and I know other people are too that have received the Scholarships before.

I plan on using the information received at Conference to improve our nursing care delivery here at Sanford NICU. I will collaborate with colleagues here on different committees in regards to the information received and hopefully improve some of our care especially in regards to breast feeding issues. I plan on doing some knowledge "nuggets" in the unit regarding some of the information received. I hope this will help enlighten people and promote SDPA. Sincerely, Carol Nygaard, RNC

I had a wonderful time at the conference this past week. I want to thank everyone for the awesome conference speakers, meal, and door prizes. I am especially grateful for the scholarship I was awarded. The gift gave our facility the ability to send three to the conference which would otherwise be a hardship financially. This is such a great learning experience each year I was proud to be able to share it with a nurse who had never attended before. Thanks you again for all you do.

Sincerely,

Kori Lemler, RN

Mobridge Regional Hospital

Thank you very much for the scholarship that made it possible for me to attend the 2008 SDPA conference in Pierre. The conference was an awesome experience. The speakers and topics were very informative and educational. Many of the topics were very relevant to my NICU nursing practice and provided useful information and updates that I will be able to bring back to my unit and share with my co-workers. The workshops on Neonatal Surgical Emergencies and Do you hear what I hear, provided me with new information and knowledge that will helpful in providing better care for my patients. The conference and social gatherings were an excellent way to meet and network with other healthcare professionals from around the state. I am very grateful for this opportunity and look forward to attending next years conference.

Kristi Randall, RN

NATIONAL Scholarship Recipient

I was so excited to learn that I had received one of the national scholarships from SDPA. It was a wonderful opportunity for me to go and see what the rest of the country is doing. I chose the international neonatal symposium in Miami. It was amazing. There were probably 600 participants (at least) from 28 different countries, many of whom did not speak English. The conference provided interpreters for those people. A quick count from the list they gave us indicated that approximately 10% of the attendees were nurses and nurse practitioners. The rest were physicians. Because of this, I got a little different perspective from the different presentations. There were no breakout sessions, so it wasn't necessary to choose between several interesting topics, we were able to attend everything that was offered. I was encouraged to note that we are not much different than the other NICU's, big or small. There were several little things that I took note of to bring back to our unit and evaluate or share, and there was a lot of information about recent studies and things to look forward to. The frustrating part was that most of the speakers ended with the results being "inconclusive", or "needs further research". I was also able to reconnect with several former co-workers and compare our policies and practice. Some people would say I'm crazy, but I think one of the best things about the conference is that I went by myself, so I was "forced" to socialize with people I didn't know, and in the process I managed to pick up a few things. It is so easy at SDPA to hang out with our own peers that we don't take the opportunity to meet and share with people from other hospitals. Thank you so much for this amazing opportunity! SUE JARVIS, RNC - Rapid City Regional

Pioneer Award 2008



DR. STEPHEN KOVARIK, MD, HONORED

(Rapid City, SD) Dr. Stephen Kovarik received an: Undergraduate degree: Carroll College in Helena , Mt 1977.
Degree Biology

Graduate Study: University of Chicago Pritzker School of Medicine 1981. Doctorate of Medicine

Internship and residency: University of Michigan @ Ann Arbor 1981-1984

Served as a clinical instructor in Pediatrics at the University of Michigan Wayne County General Hospital.

Westland Medical Center - Fellowship in Neonatology- University of Michigan 1986

With diplomas in hand and a vision in his soul he began practice in Rapid City in 1986 joining Black Hills Pediatrics as their first neonatologist. Exercising his pioneering spirit, Dr. Kovarik began the process of developing a Level 3 nursery in Rapid City. Serving as medical director from 1987-1997 he has been pivotal in the education, development and expansion of the NICU. Under his guidance and support, the NICU has become a valuable asset to babies and their families within our region. He maintains his pediatric practice seeing NICU graduates in follow-up as well as general pediatric services.