STABLE - An international recognized and evidence based training program for neonatal post resuscitation care and pre-transport stabilization of sick neonates.

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Introduction
STABLE (Sugar, Temperature, Airway, Breathing, Lab work and emotional support) is an international recognized and evidence based training program focused exclusively on the post resuscitation care and pre-transport stabilization of sick infants. It is complimentary to the ongoing Neonatal Resuscitation Program for healthcare professionals of hospitals in Hong Kong. STABLE targets at healthcare providers who may interact with a sick newborn included those working in the operating theatres, obstetric departments, NICU and A&E departments.

Objectives
To enhance the neonatal post resuscitation care and pre-transport stabilization of sick infants in Hong Kong through an evidence based training program.

Methodology
We implemented the STABLE Instructor Course in the Hong Kong Hospital Authority through the Accident & Emergency Training Centre on 6-8 Jan 2015. The neonatologists, neonatal nursing consultants and nurses from 8 NICU in Hong Kong took the course. Outcomes were measured using validated 40-item written pre-course, post-course assessments and course evaluation.
**Result**

Wide range of participants including Neonatologists (43%), Neonatal Nurse Consultants / Registered Nurses (51%), Registered midwives (3%), Emergency nurses (3%) showed a 5% improvement in test score on completion of the program (S.D. 6.2%, 95% CI 2% - 7%). 59.5% Participant got full marks in the post test. 33 Participant qualified as the instructor. The median of the overall rating to the course was 4 on a 5 points likert scale (1 = strongly disagree, 5 = strongly agree) (IQR=2). The course is well received by participants, with 100% reporting that they would recommend the course to their colleagues in the evaluation. Conclusion: All participants of the Hong Kong STABLE Instructor Course agreed that the learners course precisely fills the training gap in post-resuscitation care and pre-transport stabilization of the sick newborn, particularly for the newly-joined nurses who are working in NICU; but not yet taken the Post Registration Certificate Course(PRCC) in NICU. Evaluation from participants confirmed the positive impact to the patient care safety and staff competence. Simulation-based STABLE Learners Course is recommended for nursing professionals embarking on their training in NICU and SCBU in Hong Kong.