

22nd World Congress on

PEDIATRICS, NEONATOLOGY & PRIMARY CARE

November 12-13, 2018 Dubai, UAE



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On the cusp of life and death, choose life

The Neonatal Intensive Care Unit (NICU) positions us to live on the cusp of life and death. Studies show that parents of NICU babies are adversely impacted by the NICU hospitalization. Psychologically they have increased rates of anxiety, insomnia, depression and post-traumatic stress disorder. These same stressors exert their effects on the medical team. As we enter the discussion of periviability, which challenges the medical team to produce outcomes for infants who previously would not have been resuscitated, the pressure mounts. How does a doctor in training, a mother with a baby in the NICU or a seasoned physician meet the challenges of living on the edge of life and death? This talk takes a journey through human vulnerability which is often overlooked in the quest for the latest in research and technology to support these tiny patients. Participants will gain: (1) Insight into how a mother's past pregnancy losses dramatically contributes to her inability to connect and receive support from nurses, doctors and her family. Along her journey she experiences the power of releasing her past in order to be present for her daughter in the NICU, (2) discover the shift in perspective as a future neonatologist's vulnerability is not a sign of weakness but an opportunity to deepen and accept her humanity, (3) learn how a neonatologist blended life coaching with medicine to shift from compartmentalization, a common mode of dealing with the stress and death in medicine, to detached involvement and reignite her passion and purpose.

Biography

Stephanie Wellington has received her Medical degree at The Ohio State University College of Medicine. She has completed her Pediatric Residency and Neonatal Fellowship training at New York University School of Medicine. Her desire to support families in the NICU guided her to become a Certified Professional Coach from the Institute for Professional Excellence in Coaching (iPEC). She is a writer, speaker and facilitator of NICU parent support groups. Her love of coaching has expanded and she hosts workshops and private coaching for physicians and medical professionals courageous enough to live into the highest vision for their life and career.

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