

The S.T.A.B.L.E Course

The S.T.A.B.L.E Course has been run In New Zealand since February 2009. There are currently two Lead Instructors in New Zealand and hopes for further. The following summary of the S.T.A.B.L.E course is taken from the S.T.A.B.L.E website:

*'S.T.A.B.L.E. is the most widely distributed and implemented neonatal education program to focus exclusively on the post-resuscitation/pre-transport stabilization care of sick infants. Based on a mnemonic to optimize learning, retention and recall of information, S.T.A.B.L.E. stands for the [six assessment and care modules](#) in the program: **S**ugar, **T**emperature, **A**irway, **B**lood pressure, **L**ab work, and **E**motional support. A seventh module, Quality Improvement stresses the professional responsibility of improving and evaluating care provided to sick infants.'*

The Christchurch NICU offers the S.T.A.B.L.E course to Neonatal and Midwifery teams both at Christchurch Women's Hospital and in Primary Birthing Centres as part of our development of expert care in the first hours and days after birth. Further information can be obtained from maggie.meeks@cdhb.govt.nz