

**8<sup>th</sup> World Congress on**

# MIDWIFERY AND WOMENS HEALTH

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## **On the cusp of life and death, choose life**

**Stephanie Wellington**  
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The Neonatal Intensive Care Unit positions us to live on the cusp of life and death. Studies show that parents of NICU babies have increased rates of anxiety, insomnia, depression and post-traumatic stress disorder. These stressors exert their effects on the teams caring for mothers and their babies. As the medical community redefines viability the pressure mounts to produce optimal outcomes for families whose newborns may not have been previously resuscitated. How does a young doctor, a mother with a baby in the NICU and a neonatologist meet the challenges of living on the edge of life and death? This talk takes a journey through human emotion and vulnerability, which is often overlooked in the quest for research and technology, to discover strategies to support wellbeing.

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