There are not adequate words to describe Rana's contributions to the various places she has lived and worked throughout her career. She has been a pioneer in the field of bereavement (primarily perinatal) research, publication, and education, influencing care standards at Gundersen and around the world. She is known and respected among, and has collaborated with bereavement experts worldwide. Rana was instrumental in establishing the RTS model of care at Gundersen (then Lutheran Hospital) in 1981 and taking the program to a national audience shortly afterward. Rana states that without the support of the organization and leaders such as Pam Padesky, Don Smith, Liz Harkness, Dan Vinge, and Sara Wheeler, the RTS standard would likely not have been shared with other organizations. What has transpired since is monumental.

In addition to being a leader for the masses, Rana has been a respected director, an inspiring mentor, and a beloved colleague to RTS staff over the years. Some of Rana's most notable titles over the course of her renowned career include Director of Resolve Through Sharing, Fellow American Academy of Nursing, President of Pregnancy and Infant Death Alliance (PLIDA), and Gundersen Medical Foundation Dahlburg Scholar. Additional achievements include author, editor, reviewer, and contributor to over 70 peer-reviewed and non-peer-reviewed publications; author, editor, reviewer, and contributor to multiple online learning and audio-visual productions; recipient of over 20 awards and honors; presenter of over 90 invited talks; and participant in nearly 20 research projects.

To see her complete curriculum vitae, go to www.ResolveThroughSharing.org/RanaLimbo.

We asked Rana to reflect on her years with Resolve Through Sharing and her plans going forward.

What are some of the biggest changes you’ve seen over the years? A reliance on evidence-based practice and the central role of relationships in providing care. Caring for a family when their baby dies has been documented as creating fear in bedside care providers (nurses, physicians, chaplains, and social workers). I believe we are now better prepared and feeling more confident and competent due to the excellent RTS education.

What will you miss the most? Having people in leadership roles who support my work. It has made all the difference in this place feeling like home.

Please share one or two of your favorite memories.
1. Being given the opportunity and encouragement to help develop and guide a bereavement program that would change practice worldwide
2. Having the opportunity to work alongside Mary Beth Hensel, who is simply “the best.” Having a director with whom one can create, develop, reflect,

Continued on p. 2
and be challenged to grow is a lasting memory and a wonderful way to enter retirement.

What are your plans for retirement? Finally get those many photo books done; finish multiple knitting projects; see more of André and Stephen, my grandsons; and remain professionally connected primarily through membership in several organizations. I am very excited to have an emeritus position that will allow me to assist with research and finish a sixth book.

Is there anything else you would like to share? I was honored as the Gundersen Medical Foundation Dahlberg Scholar in 2015. I remain grateful to Dr. Sigurd B. Gundersen III and others in the Foundation for giving me one of the highest honors of my career.

Rana will be awarded the status of Associate Director Emeritus and Consultant for RTS upon her retirement in July.

Share a story about Rana! Do you have a personal connection to Dr. Limbo? We welcome any stories or comments you’d like to share as we honor her career and celebrate her retirement. Please submit your remarks to rts@gundersenhealth.org no later than May 21, 2018 with a subject line “In Honor of Dr. Limbo.” We ask that you include your name; organization; job title; and RTS training course, date, and location.

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International Perinatal Bereavement Conference

The 21st International Perinatal Bereavement Conference (IPBC), presented by the Pregnancy Loss and Infant Death Alliance (PLIDA), will take place October 24-27, 2018 in St. Louis, MO. RTS is a sponsor of the event and will also be there to exhibit. As part of our sponsorship commitment, we created a new process for managing continuing education. Participants will complete the sign-in and evaluation process entirely electronically at this year’s conference.

RTS will also distribute a gift to all attendees: Everyone will receive the It's Never Too Early White Paper and Clinical Guidelines, conveniently bound for quick access on the unit or in emergency or urgent care areas. It’s Never Too Early is an initiative that was created to disseminate a standard of care for families experiencing miscarriage. The white paper and clinical guidelines discuss the emotional and physical needs of women and their loved ones during and after miscarriage occurs.

Are you prepared to approach your employer for assistance in attending IPBC? PLIDA created this template letter that includes costs and conference information—the perfect way to gain support from your organization.

Register by August 1st and be entered into a drawing for a chance to attend a special President’s Reception honoring perinatal bereavement pioneers. The President’s Reception will take place on Thursday, October 25 at 5:30 p.m. in the Presidential Suite onsite at the conference hotel. Reception includes hors d’oeuvres and a cash bar. Guests of honor include Drs. Rana Limbo and Sara Wheeler (RTS 1981) and Catherine Lammert and Sr. Jane Marie Lamb (in memoriam) (Share 1977).

Fifteen names will be drawn at random to join us in this one-of-a-kind opportunity. Click the link to register!
RTS Training Experience

When Lea Trevino discovered RTS education while doing research online, she immediately knew it was something she wanted to pursue. “It seemed like every topic… was about info that I wanted to learn more about.” At the time, RTS was running a scholarship campaign. Lea applied and won, and with the help of the scholarship, she attended RTS Bereavement Training: Perinatal Death.

Around the same time, Lea’s manager won a raffle at their organization that covered fees to attend a conference or training of the winner’s choosing, and two months after attending RTS Bereavement Training: Perinatal Death, Lea found herself at RTS Bereavement Training: Neonatal and Pediatric Death.

RTS interviewed Lea to discover the impact attending two trainings in two months had on her career.

**RTS:** You have attended RTS Bereavement Training: Perinatal Death and RTS Bereavement Training: Neonatal and Pediatric Death. Did you find both courses applicable to your work?

**LT:** I have been a NICU nurse for 12 years and in charge of our bereavement program for 5 years. I am in the process of starting a palliative care team. These courses prepared me on how to start my program and also helped me prepare for my Certified in Perinatal Loss Care (CPLC®) examination. I have learned so many skills from these trainings that have aided me in communication with our parents, educating our staff, and making the bereavement process as peaceful and memorable as possible.

**RTS:** What was the most beneficial part of RTS Bereavement Training: Perinatal Death?

**LT:** Since I have only worked in the NICU world my entire nursing career, perinatal death was a lot of new info for me. I needed perinatal education because I will eventually start a perinatal palliative program. The most beneficial part in the perinatal training was the memento part. When a loss happens so early in the pregnancy, we sometimes think it’s impossible to do pictures or make keepsakes, and some staff think that since the loss is so early in the pregnancy, it’s not as important, but I learned how it’s just as equal to a loss at 40 weeks.

**RTS:** What was the most beneficial part of RTS Bereavement Training: Neonatal and Pediatric Death?

**LT:** The most beneficial part in the neonatal training for me was how to be your patient and family’s advocate. From how to talk with your parents on their plan of care and withdrawal options, to what to expect during the withdrawal and after. The proper wording doesn’t always come to mind at times like these, and this training really helped me feel more comfortable with my communication skills.

**RTS:** Did you find the materials that you received during the training to be helpful? Do you continue to use them?

**LT:** Yes! When I left the training, I had a ton of goodies! The practice handbook that you read in class has tons of pages after each chapter that you are able to study on your own. I took pictures of every display and took all the fliers offered. I then brought them back to my hospital to share with my upper management. Also the networking that is available was a blessing. I have stayed in contact with a ton of people from both conferences, and we have shared videos, questions, and problems.

**RTS:** What aspects of RTS training have you incorporated into your bereavement program?

**LT:** I have incorporated the education into my program, started to teach my team, and have been in the process of creating policies and consents from the help of the training. We have added in some extra memento keepsakes like the footprint art into our program.

**RTS:** Have you interacted with any bereaved families since attending the training? How were you able to apply what you learned?

**LT:** Yes, I have interacted with bereaved families since the training. I truly felt more comfortable and at ease communicating with them. I wasn’t worried about what to say and when to say it. I’ve learned sometimes not saying anything is what needs to be done.
MCN The American Journal of Maternal Child Nursing (January/February Issue)

Congratulations to RTS Lead Educator Marie Walter, RTS Associate Director and Senior Faculty Consultant Rana Limbo, and RTS National Faculty Joyce Merrigan, who were published in the January/February issue of *MCN The American Journal of Maternal Child Nursing.*

Marie’s co-authored contribution, “Clinical Aspects of Miscarriage,” was selected to be published ahead of print and was selected for reader continuing education credit. Dr. Limbo’s co-authored contribution, “Respectful Disposition after Miscarriage: Clinical Practice Recommendations,” was also selected to be published ahead of print. Additionally, she served as the guest editor, publishing an editorial titled “Miscarriage.”

Journal of Hospice and Palliative Nursing (February Issue)

Dr. Rana Limbo was featured on the cover of the February issue of the *Journal of Hospice and Palliative Nursing.* She was one of six HPNA members invited to appear on the cover of a 2018 issue. Dr. Limbo was selected because of her leadership and influence in the field of palliative nursing. As one of the “Faces of HPNA,” her photo was shared with more than 11,000 subscribers.

2018 Training Schedule

**Penn State Milton S. Hershey Medical Center, Hershey, PA**
- Perinatal Death, May 23-24, 2018
- Coordinator Training, May 25, 2018

**Gundersen Health System, La Crosse, WI**
- Perinatal Death, August 6-7, 2018
- Adult Death, August 6-7, 2018
- Coordinator Training, August 8, 2018

**UT Southwestern Medical Center, Dallas, TX**
- Perinatal Death, September 5-6, 2018
- Coordinator Training, September 7, 2018

**Scottsdale Shea Medical Center, Scottsdale, AZ**
- Perinatal Death, September 14-15, 2018
- Coordinator Training, September 16, 2018

**Dartmouth-Hitchcock, Lebanon, NH**
- Perinatal Death, September 27-28, 2018
- Coordinator Training, September 29, 2018

**Edward-Elmhurst Healthcare, Plainfield, IL**
- Perinatal Death, October 17-18, 2018
- Coordinator Training, October 19, 2018
HPCC Certification Exams for 2018

Add credentials to your name! The Hospice and Palliative Credentialing Center (HPCC) offers five certifications: Advanced Certified Hospice and Palliative Nurse (ACHPN®), Certified Hospice and Palliative Nurse (CHPN®), Certified Hospice and Palliative Pediatric Nurse (CHPPN®), Certified Hospice and Palliative Nursing Assistant (CHPNA®), and Certified in Perinatal Loss Care (CPLC®).

Find a testing time that works for you!

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Additional information can be found on the [HPCC website](https://www.hpcc.org).

Exhibits

International Perinatal Bereavement Conference at the St. Louis Union Station Hotel, St. Louis, MO

October 24-27, 2018

Perinatal Leadership Forum at The Marriott Sawgrass, Ponte Vedra, FL

November 4-7, 2018