



## Hack Lecture Blog

### **Maureen Hack, M.D. 1937-2015**

The inaugural Maureen Hack, M.D. Endowed Lecture occurred on April 4, 2019 in Rainbow Babies & Childrens Hospital Amphitheater. Spectacular hors'doeuvres from 4:30-5PM were followed by Susan Hatters-Friedman, M.D., the Phillip J. Resnick Professor of Forensic Psychiatry at Case Western Reserve, giving the 5PM-5:45PM slide show and talk on the topic: *"Parent and Staff Mental Health in the NICU: Rainbow and Down Under."* Susan is a perinatal and forensic psychiatrist and, in addition, is a Professor of Reproductive Biology and Associate Professor of Pediatrics at Case Western. She and her family lived in New Zealand where she had a similar role with newborns at the University of Auckland School of Medicine and related facilities. The auditorium was packed to capacity to hear what she had to say about the advantages of working with parents of newborns while the infants are in the NICU. Having skilled nurses and caregivers listening to parents and relating to the babies as people with worthwhile lives ahead of them was stressed. We learned that the average stay in the NICU is 51 days here!

There were more neonatologists in the audience with comments to make than I knew were in Cleveland! There were nurses who welcomed this chance to hear about what they did and how important it was, taking care of babies in the NICU and in the hospital. There were psychoanalysts and social workers and parents who spoke to the on-going challenges of helping children grow up after life-changing premie experiences. At 5:45PM Scott Dowling, M.D. opened the discussion with some brief thoughts. He is a psychoanalyst with a longtime interest in pediatrics and in early infant development. In a slide show we were treated to sights of the three Babies and Childrens

hospitals since the early fifties, the evolving practices with newborns and their parents until the latest state-of-the-art NICU as it exists in Cleveland today. Visitation in the NICU has certainly changed here, with everyday 24 hours access for parents and some family members. Many in the audience knew Maureen Hack and had memories of the early days, which were shared in the open discussion from 5:55PM—6:30PM. Richard Martin, M.D., knew almost everyone in the audience, and he was very helpful in identifying who wished to speak and making sure they had a chance. He also spoke feelingfully at the start of the meeting about Maureen Hack M.D. who was an internationally recognized expert on premature babies, and a beloved person.

This is the first of an annual lecture which will be given with funds donated to the Cleveland Psychoanalytic Center by Maureen Hack. The lecture by a visiting scholar or lecturer whose interests may include neonatology, pediatrics, the newborn nursery, how NICU babies and their families fare in life, child development, infant research, psychoanalysis, etc. **Keep posted for our next Maureen Hack, M.D. Endowed Lecture in 2020.** The speaker will be chosen with the help of Richard Martin, M.D., Rainbow Babies & Childrens Hospital, UH's Neonatology Dept. & the Cleveland Psychoanalytic Center.

Some questions from some of us: “What makes for a ‘good-enough’ NICU start? What is needed for a parent/mother/father to be ‘good-enough’ when they have a premie baby or a baby with an anomaly, or when they have been scared to death that the baby will die and instead the baby gets better and comes home? How do we help families with the aftermath of... Now what do we do? And how do those infants grow up into teenagers and adults with accomplishments of their own.” **Your thoughts on this blog are welcome.**

**Written by Ms. Joanne Naegele, member of Program Committee, Cleveland Psychoanalytic Center**