

PROFESSIONAL BIOGRAPHY: WELMA LUBBE

Welma is a clinical nurse specialist (advanced midwifery and NICU) in private practice in South Africa – Little Steps™ - that specializes in different aspects of prematurity inside and outside the hospital. Little Steps™ provide information via the web www.littlesteps.co.za, as well as services such as Parenting Workshops for parents with preterm babies in NICU; feeding and breastfeeding consultation, Infant CPR and first aid courses, Baby Gym and follow-up screening of preemies at 4, 8 and 12 months corrected age. Little Steps™ also provide training courses for healthcare professionals working with preterm babies and their families in the first year of life. Little Steps™ aims to return the role of parenting to the parents of the preterm infants.

Welma is a guest lecturer at various universities and hospitals for all fields of professionals working with preterm babies. She has a private practice in Centurion and is the preterm baby expert for Parent 24. She is also an author of academic and parenting articles and she published her first book: “Prematurity – adjusting your dream” in August 2008. She is a presenter at national and international congresses and radio guest speaker.

Academic qualifications include:

- B Soc Sc (Nursing) - University of the Free State
- B Cur Hons (Midwifery and Neonatology) – University of Stellenbosch (Cum Laude)
- M Tech Nursing - Tshwane University of Technology – Title: “Early Intervention Care Programme for Parents of Neonates”
- Diploma in Nursing Education - University of Stellenbosch
- Currently busy with PhD in obstetrical and neonatal nursing at the North West University – Title: Development of Best Practice Guidelines for Neurodevelopmental Supportive Care of the Prematurely Born Infant in South African Public Hospitals (preliminary finish in April 2009)

Welma is the president of SANITSA (South African Neonate, Infant and Toddler Support Association) since 2006, member of the Honor Society of Nursing and invited member of the JBI (Johanna Briggs Institute) Expert Reference Group.