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INSTITUTE FOR CHILD HEALTHCARE AFRICA
Modeling Pediatrics For Tomorrow

TINY FEET BIG STEPS · NEONATOLOGY CONFERENCE ·



TINY FEET, BIG STEPS 2026 NEONATOLOGY CONFERENCE

Advancing Care of Critically Ill and Premature Babies in Africa

Date: 02 - 05 November 2026
Nairobi, Kenya

Welcome to TFBS Nairobi 2026
2–5 November 2026 | Nairobi, Kenya

Dear friends and colleagues,

Karibuni Nairobi! It is a joy to welcome you from across Africa to **Tiny Feet, Big Steps 2026 Nairobi**. Thank you for making the journey, for the work you do each day, and for bringing the experience of your own hospitals to TFBS Nairobi.

When we began our neonatal work in Arusha, we were unprepared for the small, critically ill babies that were admitted to our unit. We made mistakes and struggled with constant shortages. But our team of nurses and doctors kept learning and improving together. Gradually, the belief that "these preterm babies do not survive" gave way to the expectation that they could go home—against all odds. Mothers became essential partners in their babies' care, and practical protocols and low-tech solutions were developed. That journey, shared in ***Every Breath Counts***, remains at the heart of TFBS—every infant deserves the opportunity to live, and thrive.

Changing outcomes begins with changing the culture of NICU care: elevating the status of nurses, listening to one another, welcoming questions, kindness, engaging parents as caregivers, practising skills, and applying good protocols consistently. Skilled, motivated nurses are the foundation of a strong neonatal unit. When nurses and doctors learn side by side, respect each other's contributions, and support families, a NICU begins to thrive. This is the heart of our TFBS conferences.

Over these four days, our programme offers nearly 110 workshops and interactive sessions, oral abstracts, posters and a banquet. Alongside shared lectures, we will explore resuscitation and respiratory support, feeding and nutrition, infection prevention, surgical care, bedside ultrasound, nursing care, and more. Developmental follow-up, maternal mental health, bereavement, research, and clinical leadership remind us that our responsibility extends well beyond survival to discharge.

Our instructors bring the experience of more than 30 distinct hospitals, universities, and partner organizations, with clinical and academic affiliations spanning many countries. Neonatal nurses, physicians, surgeons, therapists, and others will learn and teach alongside you. We are deeply grateful for their generosity and for the welcome and leadership of our Kenyan colleagues.

Please ask questions, practise unfamiliar skills, share what has worked in your unit, and make new friendships. Choose a few changes you can take home, teach to your colleagues, and improve together. Our hope is that these days in Nairobi will renew your confidence in what your team can achieve—and that more families will have the joy of taking their newborn infant home.

Thank you for being part of this work. Every baby deserves that opportunity. Every breath counts, no matter how small.

With warm regards,

Stephen J. Swanson

Stephen J. Swanson, MD, DTM&H, FAAP

Founder and Chair, Tiny Feet, Big Steps
Executive Director, Institute for Child Healthcare Africa

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TINY FEET BIG STEPS · NEONATOLOGY CONFERENCE ·

DAY 1 MONDAY, NOV 02

Time	Lecture	Speaker	Location
7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:10	Greetings & Comments	**Swanson Hussain**	
8:10 - 8:15	Greetings from the ICHA USA Board Chairman	**Rathjen**	
8:15 - 8:40	Neonatalogy Initiatives through MoH	**Omwoha**	
8:40 - 9:00	A Neonatologist's Perspective in Kenya	**Chepkemoi**	
9:00 - 9:45	**First Breath, Last Breath:** Why NICUs Succeed (and Fail) Despite the Best Laid Plans	**Swanson**	
9:45 - 10:15	Why and How We Do What We Do (A Moral Framework for Neonatology)	**Fischer**	
10:15 - 11:00	**COFFEE/TEA BREAK**		
11:00 - 11:25	Breathless at Birth: Conquering RDS	**Guthrie**	
11:25 - 11:50	Non-Invasive Respiratory Support	**Ramanathan**	
12:00 - 12:30	Lactation Basics for Nurses	**Kumar**	
13:45 - 14:45	**LUNCH**		

AFTERNOON SESSIONS

Skills Workshops	Time	Instructor	Location
Bundling & Positioning	**Group A:** 12:30 - 13:30	**Various**	Room #6
	Group B: 14:45 - 15:45		Room #7
	Group C: 16:00 - 17:00		Room #8
Fortification	**Group B:** 12:30 - 13:30	**Various**	Room #6
	Group C: 14:45 - 15:45		Room #7
	Group A: 16:00 - 17:00		Room #8
Delivery Room Stabilization	**Group C:** 12:30 - 13:30	**Various**	Room #6
	Group A: 14:45 - 15:45		Room #7
	Group B: 16:00 - 17:00		Room #8

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DAY 1 MONDAY, NOV 02

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7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:10	Greetings & Comments	**Swanson Hussain**	
8:10 - 8:15	Greetings from the ICHA USA Board Chairman	**Rathjen**	
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9:45 - 10:15	Why and How We Do What We Do (A Moral Framework for Neonatology)	**Fischer**	
10:15 - 11:00	**COFFEE/TEA BREAK**		
11:00 - 11:25	**Breathless at Birth:** Conquering RDS	**Guthrie**	
11:25 - 11:50	Non-Invasive Respiratory Support	**Ramanthan**	
12:00 - 12:45 13:00 - 13:45	CPAP/NIPPV for Physicians	**Various**	Room #1
12:00 - 12:45 13:00 - 13:45	Intubation, LMA, and Surfactant Administration	**Various**	Room #2
12:00 - 12:45 13:00 - 13:45	Building Sustainable and Scalable NICU Follow-Up Programs	**Bora**	Room #3
12:00 - 12:45 13:00 - 13:45	Neonatal Emergencies: Hypoglycemia	**Odongkara**	Room #4
12:00 - 12:45	Introduction to POCUS	**Sleeth**	Room #5
13:45 - 14:45	**LUNCH**		

	Physicians Skills Workshops	Time	Instructor	Location
AFTERNOON SESSIONS	UVC Placement	15:00 - 15:45 16:00 - 16:45	**Various**	Room #1
	Introduction to Clinical Research	15:00 - 15:45 16:00 - 16:45	**Fischer**	Room #3
	Sensory Based Difficulties in NICU Infants	15:00 - 15:45 16:00 - 16:45	**Kumar Hills**	Room #5
Point of Care Ultrasound (POCUS) TRAINING	POCUS Session #1: Head Ultrasound	15:00 - 15:45 16:00 - 16:45	**Sleeth Shaikh Mkony**	Room #2

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DAY 2 TUESDAY, NOV 03

Time	Lecture	Speaker	Location
7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:20	Kangaroo Care & Thermoregulation	**Shaikh**	
8:20 - 8:50	Neurosurgical Emergencies in the NICU	**Rabiel**	
8:50 - 9:10	Myelomeningocele & Hydrocephalus Care in the NICU: Do's and Don'ts	**Rabiel**	
9:15 - 9:45	Surgical Emergencies in the NICU	**Mwende**	
9:45 - 10:05	Post-Op Care of Neonates: Do's & Don'ts	**Mwende**	
10:05 - 10:30	Oxygen Toxicity	**Shaikh**	
10:30 - 11:15	**COFFEE/TEA BREAK**		
11:15 - 11:35	No, it is not NEC!	**Hickson**	
11:35 - 12:00	Improving Successful Breastfeeding in NICUs	**Njuguna**	
12:00 - 12:20	Improving Human Milk Access in African NICUs	**Njuguna**	
12:30 - 13:00	Don't Let Feeding Failure Become Growth Failure	**Mitchell Dix**	
13:00 - 14:00	Breastfeeding Workshop for Nurses	**Kumar Hills Njuguna Cessna**	
14:00 - 15:00	**LUNCH**		

AFTERNOON SESSIONS

Skills Workshops		Instructor	Location
CPAP/NIPPV Basics for Nurses	15:00 - 15:50 16:00 - 16:50	**Various**	Room #6
Common Procedures in the NICU	15:00 - 15:50 16:00 - 16:50	**Various**	Room #7
Surfactant Administration for Nurses	15:00 - 15:50 16:00 - 16:50	**ALMC Team Msuya Mwajonde**	Room #8
Building Sustainable and Scalable NICU Follow-Up Programs for Nurses	15:00 - 15:50 16:00 - 16:50	**Bora**	Main Hall

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DAY 2 TUESDAY, NOV 03

Time	Lecture	Speaker	Location
7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:20	Kangaroo Care & Thermoregulation	**Shaikh**	
8:20 - 8:50	Neurosurgical Emergencies in the NICU	**Rabiel**	
8:50 - 9:10	Myelomeningocele & Hydrocephalus Care in the NICU: Do's and Don'ts	**Rabiel**	
9:15 - 9:45	Surgical Emergencies in the NICU	**Mwende**	
9:45 - 10:05	Post-Op Care of Neonates: Do's & Don'ts	**Mwende**	
10:05 - 10:30	Oxygen Toxicity	**Shaikh**	
10:30 - 11:15	**COFFEE/TEA BREAK**		
11:15 - 11:35	No, it is not NEC!	**Hickson**	
11:35 - 12:00	Improving Successful Breastfeeding in NICUs	**Njuguna**	
12:00 - 12:20	Improving Human Milk Access in African NICUs	**Njuguna**	
12:30 - 13:20 13:30 - 14:20	Hypernatremic Dehydration Management	**Musiime**	Room #1
12:30 - 13:20 13:30 - 14:20	Neonatal Emergencies: Pneumothorax and Chest Tube Placement	**Various**	Room #2
12:30 - 13:20 13:30 - 14:20	QI Projects and Research	**Hickson** **Sleeth**	Room #3
12:30 - 13:20 13:30 - 14:20	Essential Skills for Surgical Babies	**Rabiel** **Mwende**	Room #4
14:30 - 15:30	**LUNCH**		

	Skills Workshops	Time	Instructor	Location
AFTERNOON SESSIONS	Lactation Support and Breastfeeding for NICU Physicians	15:30 - 16:15 16:30 - 17:15	**Njuguna** **Hills** **Martinez** **Kumar**	Room #2
	The Virtual White Coat: Your AI Ally	15:30 - 16:15 16:30 - 17:15	**Guthrie**	Room #3
	How to Get Scientific Papers Published: Advice from an Editor	15:30 - 16:15 16:30 - 17:15	**Fischer**	Room #4
Point of Care Ultrasound (POCUS) TRAINING	POCUS Session #2: Lung Ultrasound	15:30 - 16:15 16:30 - 17:15	**Sleeth** **Ramanathan**	Room #1

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DAY 3 WEDNESDAY, NOV 04

Time	Lecture	Speaker	Location
7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:25	Hypoxic Respiratory Failure & Meconium Aspiration Syndrome	**Ramanathan**	
8:25 - 8:45	From OGT to Cup to Breast: Feeding Skill Development	**Kumar**	
8:45 - 9:10	The Journey Continues: Optimizing Care for NICU Graduates Beyond Discharge	**Bora**	
9:10 - 9:30	Persistent Pulmonary Hypertension (PPHN)	**Martinez**	
9:35 - 9:55	Understanding Infant Behavior	**Hills**	
9:55 - 10:25	Renal Failure in the NICU	**Mbarubukeye**	
10:25 - 10:45	Maternal Mental Health	**Rent**	
10:45 - 11:30	**COFFEE/TEA BREAK**		

	Nursing Lectures	Time	Instructor	Location
	Infant-directed and Cue-based Feeding	**Group A:** 11:30 - 12:15	**Various**	Room #6
		Group B: 12:25 - 13:10		
		Group C: 13:20 - 14:05		
	Wound Care	**Group B:** 11:30 - 12:15	**Various**	Room #7
		Group C: 12:25 - 13:10		
		Group A: 13:20 - 14:05		
	ELBW — the First 72 Hours	**Group C:** 11:30 - 12:15	**Various**	Room #8
		Group A: 12:25 - 13:10		
		Group B: 13:20 - 14:05		
14:05 - 15:20	**LUNCH**			

	Skills Workshops	Time	Instructor	Location
AFTERNOON SESSIONS	Calculating & Preparing IV Fluids and Sodium Replacement	15:20 - 16:10	**Various**	Main Hall / Room #6
	Advanced Resuscitation for Nurses	**Group A:** 16:15 - 17:15	**Various**	Room #6
		Group B: 16:15 - 17:15		Room #7
		Group C: 16:15 - 17:15		Room #8
18:00 - 22:00	**TFBS Nairobi Banquet**			**TBD**

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DAY 3 WEDNESDAY, NOV 04

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7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:25	Hypoxic Respiratory Failure & Meconium Aspiration Syndrome	**Ramanathan**	
8:25 - 8:45	From OGT to Cup to Breast: Feeding Skill Development	**Kumar**	
8:45 - 9:10	The Journey Continues: Optimizing Care for NICU Graduates Beyond Discharge	**Bora**	
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9:35 - 9:55	Understanding Infant Behavior	**Hills**	
9:55 - 10:25	Renal Failure in the NICU	**Mbarubukeye**	
10:25 - 10:45	Maternal Mental Health	**Rent**	
10:45 - 11:30	**COFFEE/TEA BREAK**		
	Physician Lectures	**Instructor**	**Location**
11:30 - 12:45	Feeding, Fluid, and Nutrition in Preterm Neonates (Cohort A)	**Swanson**	Main Hall
12:55 - 14:10	Feeding, Fluid, and Nutrition in Preterm Neonates (Cohort B)		
11:30 - 12:45	Advanced Resuscitation for Physicians: (Cohort B: subgroup 1)	**Various**	Room #1
12:55 - 14:10	Advanced Resuscitation for Physicians: (Cohort A: subgroup 1)		
11:30 - 12:45	Advanced Resuscitation for Physicians: (Cohort B: subgroup 2)	**Various**	Room #2
12:55 - 14:10	Advanced Resuscitation for Physicians: (Cohort A: subgroup 2)		
14:15 - 15:30	**LUNCH**		
AFTERNOON SESSIONS	**Skills Workshops**	**Instructor**	**Location**
	Neonatal Hyperglycemia — 15:30 - 16:15	**Odongkara**	Room #1
	Neonatal Hyperglycemia — 16:30 - 17:15		
	Peritoneal Dialysis — 15:30 - 16:15	**Mbarubukeye**	Room #2
	Peritoneal Dialysis — 16:30 - 17:15		
	Palliative Care & Ethics — 15:30 - 16:15	**Rent Shaikh**	Room #4
	Palliative Care & Ethics — 16:30 - 17:15		
	Effective Teaching — 15:30 - 16:15	**Fischer**	Room #5
	Effective Teaching — 16:30 - 17:15		
Point of Care Ultrasound (POCUS) TRAINING	POCUS Session #3: Hemodynamic Evaluation — 15:30 - 16:15	**Sleeth Ramanathan**	Room #3
	POCUS Session #3: Hemodynamic Evaluation — 16:30 - 17:15		
18:00 - 22:00	**TFBS Nairobi Banquet**		**TBD**

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DAY 4 THURSDAY, NOV 05

Time	Lecture	Speaker	Location
7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:25	Neonatal Sepsis: Are We Losing the Battle?	**Swanson**	
8:25 - 8:50	Neonatal Sepsis: The Problem of Antibiotic Resistance	**Mkony**	
8:50 - 9:20	Infection Prevention and Control	**Musiime**	
9:20 - 9:40	High Impact Interventions: Optimised Cord Clamping	**Guthrie**	
9:40 - 10:15	Bereavement and Talking to Families	**Rent**	
10:15 - 10:30	TFBS Study	**Shaikh Hickson**	
10:30 - 11:15	**COFFEE/TEA BREAK**		
11:15 - 11:40	Non-pharmacologic Pain Management	**Hills**	
11:45 - 12:30	Panel Discussion: Working with Administration & Government	**Various**	
13:20 - 14:30	**LUNCH**		

AFTERNOON SESSIONS

Skills Workshops	Time	Instructor	Location
Blood Sugar Management	12:35 - 13:20 14:30 - 15:15	**Various**	Main Hall
Birth Asphyxia	12:35 - 13:20 14:30 - 15:15	**Various**	Room #1
Top Oral Abstract Presentations	12:35 - 13:20	**Various**	Room #4
Posters Presentations	14:30 - 15:15		
Early Signs of Developmental Delay and Follow-Up Care of NICU Infants	12:35 - 13:20 14:30 - 15:15	**Hills**	Room #5
Oral Sodium Supplementation for NICU Infants	12:35 - 13:20 14:30 - 15:15	**Swanson Martinez**	Room #7

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DAY 4 THURSDAY, NOV 05

Time	Lecture		Speaker	Location
AFTERNOON SESSIONS	**Skills Workshops**		**Instructor**	**Location**
	Values-based Clinical Care and Leadership	15:20 - 16:05	**Fischer**	Room #1
	Neonatal Hypotension Management	15:20 - 16:05	**Ramanathan**	Room #3
	Mechanical Ventilation Made Simple	15:20 - 16:05	**Guthrie Weru Mushi**	Room #4
	Neonatal Jaundice	15:20 - 16:05	**Shaikh Hickson**	Room #5
	Trauma Informed Care	15:20 - 16:05	**Kumar**	Room #6
	Apnea of Prematurity & Caffeine	15:20 - 16:05	**Marando**	Room #8
16:15 - 17:00	**Kahoots for Nurses**			**TBD**
17:00 - 17:15	**TFBS Group Photo**			**Main Hall**
17:15 - 18:00	**Wrap Up & Closing Remarks**			**Main Hall**

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7:45 - 8:00	*ANNOUNCEMENTS*		Main Hall
8:00 - 8:25	Neonatal Sepsis: Are We Losing the Battle?	**Swanson**	
8:25 - 8:50	Neonatal Sepsis: The Problem of Antibiotic Resistance	**Mkony**	
8:50 - 9:20	Infection Prevention and Control	**Musiime**	
9:20 - 9:40	High Impact Interventions: Optimised Cord Clamping	**Guthrie**	
9:40 - 10:15	Bereavement and Talking to Families	**Rent**	
10:15 - 10:30	TFBS Study	**Shaikh Hickson**	
10:30 - 11:15	**COFFEE/TEA BREAK**		
11:15 - 11:40	Non-pharmacologic Pain Management	**Hills**	
11:45 - 12:30	**Panel Discussion:** Working with Administration & Government	**Various**	
13:20 - 14:30	**LUNCH**		

	Skills Workshops		Instructor	Location
AFTERNOON SESSIONS	Birth Asphyxia	12:35 - 13:20 14:30 - 15:15	**Mkony Marando**	Room #1
	Blood Gases Made Understandable	12:35 - 13:20 14:30 - 15:15	**Guthrie**	Room #2
	Top Oral Abstract Presentations	12:35 - 13:20	**Various**	Room #4
	Posters Presentations	14:30 - 15:15		
	Early Signs of Developmental Delay and Follow-Up Care of NICU Infants	12:35 - 13:20 14:30 - 15:15	**Hills**	Room #5
	Oral Sodium Supplementation for NICU Infants	12:35 - 13:20 14:30 - 15:15	**Swanson Martinez**	Room #7
Point of Care Ultrasound (POCUS) TRAINING	POCUS Session #4: IV Placement & Procedures	12:35 - 13:20 14:30 - 15:15	**Sleeth Ramanathan**	Room #6

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DAY 4 THURSDAY, NOV 05

Time	Lecture		Speaker	Location
	Skills Workshops		Instructor	Location
AFTERNOON SESSIONS	Values-based Clinical Care and Leadership	15:20 - 16:05 16:15 - 17:00	**Fischer**	Room #1
	Sodium Supplementation for NICU Infants	16:15 - 17:00	**Martinez**	Room #2
	Neonatal Hypotension Management	15:20 - 16:05 16:15 - 17:00	**Ramanathan**	Room #3
	Mechanical Ventilation Made Simple	15:20 - 16:05 16:15 - 17:00	**Guthrie** **Weru** **Mushi**	Room #4
	Neonatal Jaundice	15:20 - 16:05	**Shaikh** **Hickson**	Room #5
	Trauma Informed Care	15:20 - 16:05 16:15 - 17:00	**Kumar**	Room #6
	Apnea of Prematurity & Caffeine	15:20 - 16:05 16:15 - 17:00	**Marando**	Room #8
17:00 - 17:15	**TFBS Group Photo**			**TBD**
17:15 - 18:00	**Wrap Up & Closing Remarks**			Main Hall