

DEVELOPMENTAL CARE NEWSLETTER

ABOUT FINE

*A high quality
evidence based
programme run
worldwide by
experienced teams of
neonatal healthcare
professionals.*



KEEPING UP

Welcome to our summer edition of FINE Developmental Care Newsletter 2022. In this newsletter we cover articles and books relating to the three principles of FINE:

- Individualised care
- Neuroprotection
- Family

We also provide an update of courses and conferences.

INDIVIDUALISED CARE

Remember to sign up to the NIDCAP newsletter [here](#). The Developmental Observer, the official newsletter of the NIDCAP Federation International (NFI), is published semi-annually. The newsletter provides information about NIDCAP and furthers understanding of their work. [You can read the latest edition here](#)

NEUROPROTECTION

Neonatal units continue to promote skin to skin duration, frequency and comfort. Parents are flooded with oxytocin when they hold their babies on their skin. The result is parents often feel sleepy and professional become concerned that the practice is no longer safe. [This article by Webber et al \(2022\) Application of a Risk Management Framework to Parent Sleep During Skin-to-Skin Care in the NICU](#). The article presents a risk management framework that the team use in clinical practice to address risk related to parent sleep during SSC.

We all know that endotracheal suctioning can be very distressing for anyone. This article [Niarki et al \(2022\). The effect of endotracheal suctioning using the four-handed care on physiological criteria and behavioural responses of the preterm infants: RCT](#) explores the use of 2 person care to reduce pain and stress during this intervention. The concluded that this method of care can prevent an increase in heart rate during and after suctioning. How could you support more 2 person care on your unit?

The wonders of kangaroo care are further highlighted in this study by [Charpak et al \(2022\) Kangaroo mother care had a protective effect on the volume of brain structures in young adults born preterm.](#) The study included 178 adults born preterm: 97 had received KMC and 81 were incubator care controls. Bivariate analysis showed larger volumes of total grey matter, basal nuclei and cerebellum in those who had received KMC, and the white matter was better organised. This means that the volumes of the main brain structures associated with intelligence, attention, memory and coordination were larger in the KMC group. Multivariate lineal regression analysis demonstrated the direct relationship between brain volumes and duration of KMC, after controlling for potential confounders.

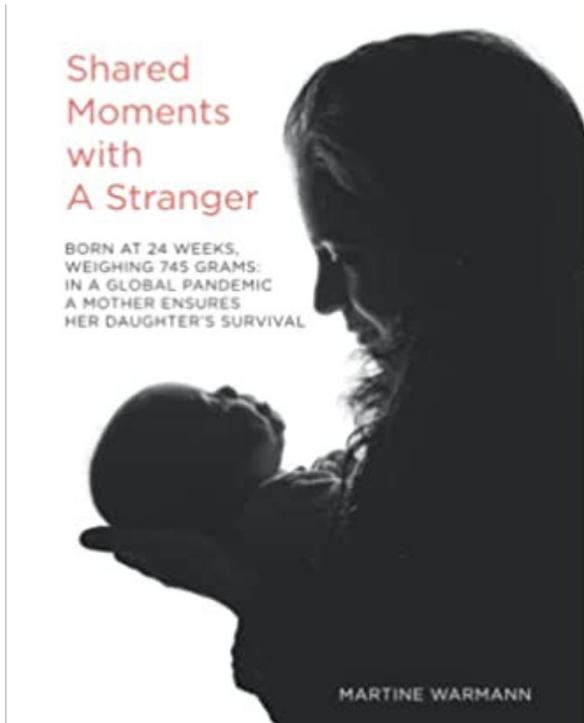
FAMILY

[Bater et al \(2022\) Parent concerns for child development following admission to neonatal intensive or special care: From birth to adolescence](#) This article describes the presence and nature of parent concerns regarding the development of their children admitted to Australian neonatal units (NNUs). The paper highlights that parents who experience neonatal care have significant concerns for neurodevelopment that extend beyond the risk of cerebral palsy. The paper suggest the need for future clinical resources for this population.

[Baldoni F, Ancora G and Latour JM \(2021\) Being the Father of a Preterm-Born Child: Contemporary Research and Recommendations for NICU Staff](#)

This paper reviews the role of fathers, the impact of becoming the father of a preterm baby and the importance of them being involved in their baby's care in the NICU. It discusses best practices for supporting fathers with recommendations to enhance the functions of fathers in the NICU, promote their involvement in the care of their infant, and interventions to prevent psychological suffering and/or perinatal affective disorders, Some suggestions are made based on work done to meet the challenge of engaging fathers during the Covid pandemic.





Martine Warmann has written a short and very readable account of her experience as the mother of an unplanned and unexpected little girl born at 24 weeks gestation in the middle of the Covid pandemic. ([purchase here](#))

Every parent has to find their own coping strategies and Martine fought to keep a positive outlook that faltered at times but was helped by a neonatal team that believed in the L-vitamin (love). The credit she gives to the NICU team for their family centred approach is a lesson about partnership and giving parents back some control of their lives during a fearful time of uncertainty. Not every parent will have Martine's focus and self belief, but perhaps her story will give them the confidence to ask and expect to be included.

FAMILY AND INFANT NEURODEVELOPMENTAL EDUCATION UPDATE

CONGRATULATIONS

EFCNI awards

Corina Croitoru (Romania) and Livia Nagy (Hungary) were presented with EFCNI awards on behalf of parent organisations in their countries for the amazing work they have done to organise and deliver FINE training during the Covid pandemic. It has been an awe inspiring experience to work with them to make this happen.



FINE-NIDCAP Masterclass

Its two and a half years since we last met for a FINE-NIDCAP Masterclass and this year, as with the rest of FINE training, we switched to a virtual format. Masterclasses are for sharing expertise and this time we had 4 fantastic projects to discuss.

Parent experiences of transport. Liba Mason (Nottingham) described her academic literature search that looked for evidence of interventions to support parents around the time of transfer between units. Although there was surprising little published in this area her presentation highlighted innovative possibilities for developing services.

Family centred care on a cardiac unit. Rachel McConnell (Newcastle) described the challenges of delivering infant and family centred care in a cardiac unit and how she prepared a successful bid for funding her post to work on this, a project that will be tied in with her FINE 3 Innovation course.

The not-so-golden hour. FINE 3 requires a case study and these often highlight significant issues affecting parents and babies. Trish Bellingham's (Torbay) in depth analysis of what happened around the time of delivery of one baby revealed some interesting opportunities for improved practice, particularly the impact of family on the baby's stability.

Educating doctors. Education about developmental care for doctors is a hot topic and discussion about this was also kicked off by Trish Bellingham who presented her quality improvement project. She described the impact of a short educational introduction for doctors that she created at the request of medical staff who were aware of how FINE was changing practice.

Future Masterclasses. Masterclasses are by invitation to those who have completed FINE 2 or NIDCAP training with the UK faculty. If you would like to be invited to future Masterclasses please contact info@finetraininguk.com. We plan to have one live and one online meeting a year.

We are especially grateful to the parents whose contributions to these meeting is hugely important.



NIDCAP One Day Symposium, Friday, 7 October 2022



This one-day conference, (in-person or virtual) hosted by the NIDCAP Germany Training Center will feature presentations about the plasticity of the preterm brain, the NICU experience of parents, and how healthcare professionals can influence the political agenda to improve newborn care.

5th International Family Integrated Care

Monday 21st November 09:00 – 14:00 and
Tuesday 22nd November 13:00 – 18:00 (GMT),
Online

[Please click here](#) for information and registration.

[Plases click here](#) for more information



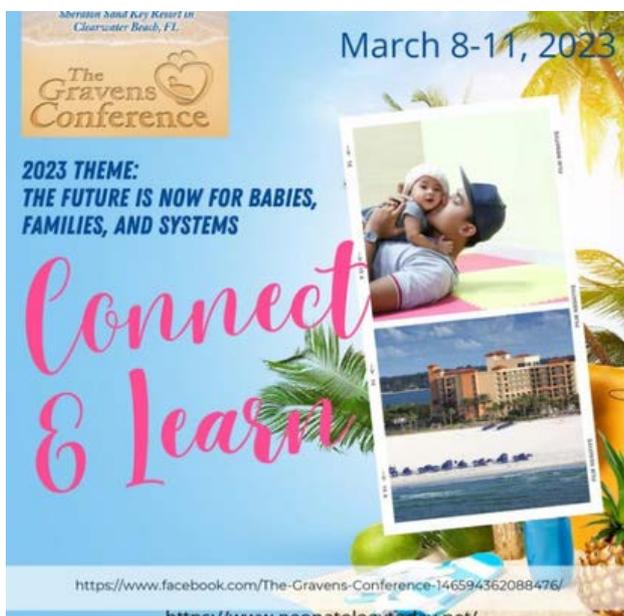
Watch this space Conferences 2023



Keep an eye out for the following conferences in 2023

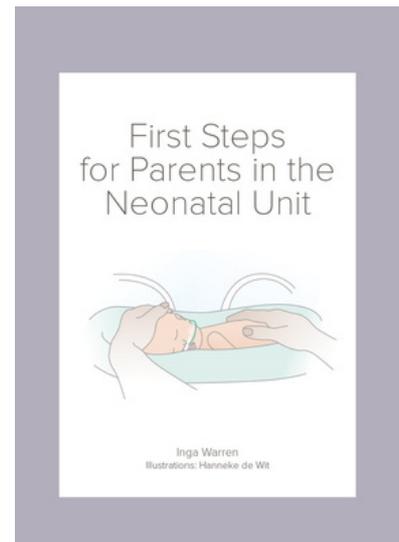
36th Annual Gravens Conference On The Environment Of Care For High Risk Newborns

Karolinska ultra early intervention conference, likely to be March 2023. [Previous course information found here.](#)



This booklet was created to help parents through the early days of their baby's stay in the neonatal unit, at a time when they are usually overwhelmed with information and need some simple, clear guidance on how they can help their baby.

You can look [inside this book here](#) . Order in bulk at reduced prices; 50 for £90;100 for £150.00. Contact info@finetraininguk.com.



Courses

FINE 1: FOUNDATION TOOLKIT FOR FAMILY CENTRED DEVELOPMENTAL CARE

This multidisciplinary course introduces the scientific evidence, theory and practical implications of infant and family centred developmental care (IFCDC).

BOOK HERE

You must complete FINE Level 1 before you can apply for FINE Level 2. Start dates for this course take place at regular intervals throughout the year. Applications are reviewed before places are offered and starting dates are confirmed.

Next dates for Introduction to FINE 2:

Tuesday 13th September 2022

Friday 4th November 2022

Latest dates for live online workshops (FINE 1:Part 2):

Friday 9th September 2022 – FULLY BOOKED
Monday 19th September 2022
Friday 23rd September 2022 – FULLY BOOKED
Monday 26th September 2022
Friday 30th September 2022
Monday 3rd October 2022
Tuesday 4th October 2022 – FULLY BOOKED
Tuesday 11th October 2022
Monday 17th October 2022
Monday 24th October 2022
Tuesday 1st November 2022
Thursday 10th November 2022
Friday 25th November 2022

When selecting your FINE 1:Part 2 date on enrolment, please ensure you have allowed sufficient time to complete Part 1. This should take approximately 3-5 hours to complete online.

Courses places are limited for each date

FINE 2: PRACTICAL SKILLS FOR FAMILY CENTRED DEVELOPMENTAL CARE

Practical Skills follows the FINE 1 Foundation Course, bridging the gap between theory and practice in infant and family centred developmental care (IFCDC).

BOOK HERE