FAMILY AND INFANT NEURODEVELOPMENTAL EDUCATION

AUTUMN 2022

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 **Autumn edition of FINE Developmental Care Newsletter 2022**, where we review articles, resources and conferences.

Janivier et al (2022) The ethics of family integrated care in the NICU: Improving care for families without causing harm, Seminars in Perinatology 46 (3) This paper examined parents' and clinicians' perspective about Family Integrated Care (FiCare). All parents described how FiCare benefited them, had empowered them, helped them feel like parents and become a family; but several parents, who could not participate as much or did not want to assume clinical roles, reported feeling guilty.The authors recommend having a flexible, yet transparent FiCare philosophy is key. The paper concludes that It is important for FiCare not to viewed as "Family Imposed Care."

Kenaley et al (2020) An intervention to decrease time to parents' first hold of infants in the Neonatal Intensive Care Unit requiring respiratory support. Journal of Perinatology, 40: 812-819. Using a Lean Six Sigma methadology this paper identifies barriers to holding and opportunities for improvement and created an improvement bundle to reduce the time to first parental hold of critical ill neonates., which led to a significant reduction in time to first parental hold. The paper reports that the most important key to success was the creation of a multidisciplinary team involving different types of providers. Barriers identified included maternal illness, lack of standardisation around holding in the delivery room

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Pados B et al (2021) Prevalence of problematic feeding in young children born prematurely: a meta-analysis, BMC 21 (110). Difficulties related to eating are often reported in children born preterm. The objective of this study was to quantitatively synthesize available data on the prevalence of problematic feeding in children under 4 years of age who were born preterm. 22 studies that met inclusion criteria. Problematic feeding is highly prevalent in prematurely-born children in the first 4 years of life regardless of degree of prematurity. This article highlights the need for a consistent family centred approach to feeding from the first moment of life, with prolonged skin to skin, parents viewed as partners in their baby's care. sensitive mouth cares, support with expressing and breastfeeding.

Eeles a et al (2021) Identifying research priorities in newborn medicine: a Delphi study of parents' views. BMJ Open; 11: e044836.
This study aimed to identify consensus research priorities among parents/pateints of newborn medicine in Australia and New Zealand. 393 individuals participated in an online Delphi study. Many reseach questions were identified as high-priority across the lifespan including; how to best support parental mental health, relationships between parents and neoantal clinical staff, bonding and the parent-child relationship, improving neoantal medical care and addressing long-term impacts on child health and neurodevelopment.

Helmer C (2022) Mothers' experiences of a new early collaborative intervention, the EACI, in the neonatal period: A qualitative study. Journal of Clinical Nursing;00:1-11
This study aimed to explore mothers' experiences of the EArly Collaborative Intervention. The EArly Collaborative Intervention (EACI) program is a new early intervention, developed to support interaction between parents and their preterm infants. It was designed and developed in a Swedish neonatal intensive care unit, by a core-group consisting of staff certified in the Newborn Individualized Developmental Care and Assessment Program,

Key components of this new intervention are that it starts early in the NICU, within 3 days of the preterm infant's birth, and it is tailored to suit infants born between gestational Weeks 30–36. **(More details about EACI can be found here).** Two main overarching themes were constructed. The first theme describes the emotions raised by the intervention and how the intervention affected their parental role. The second theme, describes experiences of the provision and the learning process about their preterm baby's needs and communication. The article concludes by stating Mothers found the intervention to be supportive and encouraging. Mothers saw their child as an individual, and the new knowledge on how to care and interact with their baby affected both their own and their baby's well-being

33rd NIDCAP Trainers Meeting 7-9 October 2022

The 33rd annual NIDCAP Trainers meeting took place in Bad Boll, Germany hosted by the NIDCAP Germany training centre, Tubingen.

The hybrid conference enabled over 100 NIDCAP Trainers and professionals to join from every continent; it was wonderful to meet up with old friends, hear about new developments and make plans to share projects.

The meeting was dedicated to Dr Heidelise Als and there were beautiful tributes including a memorial walk around the Wala Gardens as the moon rose creating a magical atmosphere.

NIDCAP was considered on the individual, family and society level on the first day. Presentations on experience-dependent plasticity as well as research on how this plasticity can create new pathways in brain injury and how vital it is to have parents present with their babies showed how important individualised care is for neuroprotection.

Silke Mader, founder of the EFCNI, motivated us to lobby for the rights of babies and families at a government/legislative level. The day ended with a set of parents talking about their own experience of having an ELBW baby on NICU. Their talk reminded us that each parent has a different experience and that for them, as for many families “in the first few weeks all we did was function”.

The journal club challenged us to think about those “wicked problems” on our units – those that cannot be solved as well as a new way of categorising BPD. In the abstract presentations we heard about the profound challenges providing neonatal care in Lebanon particularly after the Beirut dockyard disaster and an empathy programme for neonatal nurses in Iran.

The Trainers meeting ended with tributes to Dr Als that made us laugh and cry but most importantly made us all determined to continue her work and be “The Voice of the Newborn”.

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USEFUL RESOURCES

The Adult Preemie Advocacy Network (APAN) was set up in 2021 by a group of adults who were born prematurely, to share experiences and discuss all issues relating to the long-term impact of premature birth. The group is now run by co-founders Lauren (born at 26 weeks) and Juliette (born at 28 weeks)

ADULT PREEMIE ADVOCACY NETWORK

APAN aims include providing a global network of peer support and advocacy through our website and social media channels. This is achieved by combining scientific evidence with lived experiences to promote awareness and understanding of the life-long physical and psychological impact of premature birth.

The INPRES Most Premature Babies PSP is an Australia and UK wide survey collating the views of the entire premature babies community. The team gathered input of all those who work with the most premature babies and all those affected by premature births, including those with lived experiences and those family, friends and carers who look after them. To determine the 10 most important research questions relating to babies born less than 25 weeks.

Preterm Birth Top 10

1. Which interventions are most effective to predict or prevent preterm birth?
2. How can infection in preterm babies be better prevented?
3. Which interventions are most effective to prevent necrotising enterocolitis in premature babies?
4. What is the best treatment for lung damage in premature babies?
5. What should be included in packages of care to support parents and families / carers when a premature baby is discharged from hospital?
6. What is the optimum milk feeding strategy and guidance (including quantity and speed of feeding and use of donor and formula milk) for the best long-term outcomes of premature babies?
7. What is the best way to judge whether a premature baby is feeling pain (for example, by their face, behaviours or brain activities)?
8. Which treatments are most effective to prevent early onset pre-eclampsia?
9. What emotional and practical support improves attachment and bonding, and does the provision of such support improve outcomes for premature babies and their families?
10. Which treatments are most effective for preterm premature rupture of membranes?

Nidcap Observer

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**

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World Prematurity Day 17th November 2022

World Prematurity Day on 17 November is one of the most important days in the year. The day aims to raise awareness of the challenges and burden of preterm birth globally.

1 in 10 babies is born preterm Worldwide. There are a number of events being held across the world on this date. Do you plan to do anything with your team to raise awareness?

The theme this year is a parents embrace: a powerful therapy

EFCNI will host a live question and answer session on Kangaroo Mother Care and skin-to-skin care practices with Dr. Nathalie Charpak and Diane K. E. Schultz
When: Thursday, 10 November 2022, 6pm CET (12pm/noon EST; 9am PST)
Register here

Marking World Prematurity Day on 17 November 2022, Professor Sam Johnson and her team at University of Leicester are running a free event to raise awareness of the long term consequences of premature birth and the potential educational needs of children born preterm. Although not all preterm-born children will have special educational needs, some may require additional support at school and in the early years. This event will include presentations from researchers and parents of preterm-born children to raise awareness of the potential consequences of preterm birth on children's development and learning, and the kinds of support they may need at school. **Register Here**

As the theme for World Prematurity Day this year is parents embrace, **www.kangaroo.care** are inviting neonatal units to participate in a 24 hour Kangaroo Athon.
Register your unit here

J Degl (2022) Remembering the power of stories in Pediatric Reserach The Journal Of Pediatrics (207) 14-17 This article highlights the importance of adding faces and stories to the data to provide pediatric investigators and professionals an honest look into the lives of patients that have struggled with pulmonary sequelae of prematurity

DEVELOPMENTAL CARE COURSES AND CONFERENCES

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FINE Masterclass: January 31st 2023 (on line).

FINE multidisciplinary MASTERCLASSES are a fantastic opportunity to network, keep up to date and share good practice in Infant and Family Centred Developmental Care. Specialist practitioners and researchers, parents and professionals, talk about their work and share experiences. A lively exchange of ideas supports and sustains the FINE community. In January we have interesting projects to discuss and ideas about how to contribute to research. This meeting is free online but only open to people who have completed FINE 2:Practical Skills with one of the UK faculty. Numbers are limited so book early at Events on www.finetrrainginguk.com We are hoping to host a larger face- to-face event in the summer 2023.
Click here for more information and to register.

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). It includes a suite of pre-recorded lectures, a detailed set of notes and practical tips, and an interactive on line study day covering practical aspects of care. Places are limited for each course to encourage maximum participation.
Upcoming dates for 2023:
11th January 2nd February , 21st February, 6th March, 23rd March 2023
Find out more about courses and how to book here
Contact i**nfo@finetraininguk.com** for details of bespoke courses for your team

FINE 2: PRACTICAL SKILLS FOR FAMILY CENTRED DEVELOPMENTAL CARE

Practical Skills follows the FINE 1 Foundation Course, bridging the gap between theory and practice. It includes 10 topics spread over several months. Each topic involves observation of babies, practice assessment tools and reflective exercises with guidance from an experienced mentor. Apply now for courses starting in 2023
APPLY HERE

OTHER COURSES AND CONFERENCES

Family Integrated Care: 21-22ND November 2022. Online. **Click here for more information**

36th Annual Gravens Conference On The Environment Of Care For High Risk Newborns ,8-11 MARCH 2023. Clearwater Beach Florida.

Ultra Early Intervention, Karolinska University, Stockholm. March 23-24th 2023. The theme for the 2023 meeting is “Always together”.

SCENE Symposium, 22nd April 2023. This year the SCENE meeting will be in the UK. It is a symposium for researchers, clinicians, academics and representatives from parent organisations to network, share and listen to new research regarding neonatal care.

FAMILY AND INFANT NEURODEVELOPMENTAL EDUCATION UPDATE

FAMILY and INFANT NEURODEVELOPMENTAL EDUCATION

Recommended by BAPM and the EFCNI

FINE is a comprehensive education programme based on three core principles:

Protecting brain development

Family integration

Adapting to individual needs.

Content covers theory, evidence and safe practice including:

- Preterm and newborn development
- Observing babies
- Managing stress and pain
- Parent-infant interaction
- Pre-feeding and feeding skills
- Adapting medical procedures and caregiving
- Site and practice assessment tools

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FINE is a unique multidisciplinary educational pathway for delivering Infant and Family Centred Developmental Care (IFCDC).

There are courses for those who are starting out and those who are aiming for specialist or leadership roles.

Courses are available online or can be arranged to suit your needs with reduced prices for group bookings.

For more information about FINE courses and resources go to www.finetraininguk.com

Contact info@finetraininguk.com for details of bespoke courses and group bookings.

PTO for more course details