

DEVELOPMENTAL CARE NEWS

Spring 2023



Keeping up

Evaluation of FINE 2: Practical Skills for Family Centred Developmental Care. A qualitative, interview based study explores how the FINE 2 structured learning and mentoring model influences the implementation of infant and family-centred developmental care. Practitioners reported positive outcomes for their knowledge and skills, performance of their clinical role and the influence on their relationships with other neonatal staff. Time management, peer support, the role of additional reading and line management were important for successful engagement. **Gibbs D, Warren I, 2023, Implementing infant and family-centred developmental care: Exploring the impact of an innovative educational initiative, *Acta Paediatrica* 112 (2):264-272. doi: 10.1111/apa.16603.**

Recent studies on pain and stress

Early life stress. This useful review focuses on the clinical and preclinical data about early life stress and its consequence on the nociceptive system. **Melchior et al. 2022 The burden of early life stress on the nociceptive system development and pain responses. *Eur J Neuroscience*;55(9-10):2216-2241. doi: 10.1111/ejn.15153.**

How much stress are babies exposed to in intensive care? This is the first report on the development of the Neo-Stress score, a new tool designed to quantify stress exposure. **Meesters NJ, van den Bosch GE, van het Hof LJ, et al. 2023. Quantification of stress exposure in very preterm infants: Development of the NeO-stress score. *Early Hum Dev.* 176:105696.**

And other topics.....

Turns out not where but who you're with that really matters. This review looks at the pros and cons of individual family rooms and reminds us of the important difference parents make. **Inder, TE. 2020. *Pediatric Research*, 88(4), 533-534..**

Different perspectives on the intensive care experience. While not specifically about neonatal care this paper examines the discomfort factor for patients, family and staff in intensive care an interesting way. **Latour JM, et al. 2022. Improving the intensive care experience from the perspectives of different stakeholders. *Crit Care*. 18;26(1):218.**

Dall'Oglio, I. et al. 2022. Staff Perceptions of Family-Centered Care in Italian Neonatal Intensive Care Units: A Multicenter Cross-Sectional Study. *Children* , 9, 1401. <https://doi.org/10.3390/children9091401>

Understanding epigenetics. If you are not sure how epigenetics works you may find this paper helpful.. **Mariani Wigley ILC, et al. 2022. Epigenetic protection: maternal touch and DNA-methylation in early life. *Curr Opin Behav Sci.* 43:111-117. doi:<https://doi.org/10.1016/j.cobeha.2021.09.004>**

Update on the Family Nurture Intervention

Isler JR, et al. 2018. Integrated information in the EEG of preterm infants increases with family nurture intervention, age, and conscious state. *PLoS ONE* 13(10): e0206237.

Porges SW, et al. 2019. Autonomic regulation of preterm infants is enhanced by Family Nurture Intervention. *Dev Psychobiol.* 61(6):942-952.

Welch MG, et al. 2020. Family nurture intervention in the NICU increases autonomic regulation in mothers and children at 4-5 years of age: Follow-up results from a randomized controlled trial. *PLoS One*.

Excellent news from the French Neonatal Society.



Dr Veronique Pierrat, MD PhD, of the [EPOPé INSERM unit](#) received the Virginia Apgar award “Neonatologist of the Year” in December 2022 for her research and influential contribution to French neonatology. Veronique is a research advisor to FINE and is working with us to find ways to evaluate the programme.

FINE Masterclasses

FINE MASTERCLASSES are a fantastic opportunity to network, keep up to date and share good practice in Infant and Family Centred Developmental Care. Specialist practitioners, researchers, doctors, nurses, therapists and parents, present their work and share experiences.

In January 2023 we invited an exciting team of specialists to share and discuss a varied range of topics including parenting on the neonatal unit, growing into adulthood with prematurity, doctors education, kangaroo care transport, quality improvement projects and research.

Until now the FINE Masterclasses have had limited places that are only open to people who have completed FINE 2 or NIDCAP but we are looking at the possibility of opening them up to a much wider audience. Keep an eye open for news on our social media and website.

If you would like to be invited to future Masterclasses please email info@finetraininguk.com and make the subject line “Masterclass enquiry”.

THE POKE Programme

POKE is reported to be a highly successful team effort to reduce the number of “pokes” a baby experiences in the neonatal unit. It reduces waste, cuts costs and shortens lengths of stay as well as preventing a lot of stress and pain. Find out more at <https://ichgcp.net/clinical-trials-registry/NCT03688607>



GRAND ROUNDS

VON Grand Rounds is a free webinar and discussion series from the VON Institute for Evidence-Based Practice about the infant and family experience in neonatal intensive care. Find out more and log in to watch the recorded webinars. <https://public.vtoxford.org/>

- **All Care is Brain Care**, April 20, 2022 3:00 – 4:00 p.m. (Eastern USA time)
- **February 15, 2023**: Families as Neuro-protectors
- **April 26, 2023**: Positioning and Handling and Protecting Skin
- **June 28, 2023**: Teamwork and Culture Change



Use this QR Code to find out more about FINE

INTERNATIONAL MEETINGS

36th Annual Gravens Conference On The Environment Of Care For High Risk Newborns, 8-11 March 2023. Clearwater Beach Florida. <https://www.eventbrite.com/e/the-36th-annual-gravens-conference-tickets-390806331257>

Ultra Early Intervention, Karolinska University, Stockholm. March 23-24th 2023. The theme for the 2023 meeting is "Always together". Also available online. <https://www.karolinska.se/for-vardgivare/tema-barn-alb/neonatologi/stockholm-conference-on-ultra-early-intervention/>

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. Saturday 22nd April 2023 at the Grange Hotel, Grange-over-Sands, Cumbria. <https://sites.utu.fi/scene/scene-symposiums/nextsymposium/>

FINE COURSES 2023

go to finetraininguk.com to find out how to book

FINE 1:

Foundation Toolkit for Family Centred Developmental Care (on line)

This is a popular hybrid introduction to infant and family centred developmental care. Pre-recorded lectures online are followed by a virtual practical day to explore innovative practice in small interactive groups. Book early as places are filling up fast.

Next available dates for 2023

June 7th

June 13th

June 28th

July 4th

July 10th

July 18th

More dates on www.finetraininguk.com

Contact info@finetraininguk.com to discuss bespoke courses for your team.

FINE 2:

Practical Skills for Family Centred Developmental Care

This course uses practice based learning and mentoring to develop skilled and influential practitioners. There is a selection process for entry. Apply on line at www.finetraininguk.com

Next start dates for 2023:

April 27th,

June 8th,

July 25th.



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