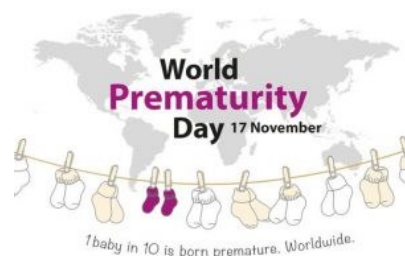


DEVELOPMENTAL CARE NEWS

Autumn 2024



Keeping up.....

SIBLINGS. This review is a welcome addition to the underreported topic of siblings' experience in the neonatal unit. It indicates that allowing children to visit their siblings in hospital improves their behaviour, emotional well-being and understanding of illness. No evidence was found to suggest that visiting was associated with psychological trauma, nor was the presence of siblings associated with increased incidence of infections. The authors point out that siblings have to adjust to stressed parents and consideration should therefore be given to early interventions that support parents. They recommend that clear guidelines for sibling visits should be integrated into family centred neonatal care. **Trajkovski S, Tehrani MB. 2024, Sibling experiences in the neonatal intensive care unit: An integrative review. J Neonatal Nurs.** Published online.

PAIN and neurodevelopment. This review confirms that neonatal pain exposure is significantly associated with development outcomes from infancy to school age. In early development this includes reduced brain volume and function, neurobehavioral, cognitive, and language problems, altered stress responses and behaviour problems. Later outcomes are sensory processing problems in preschool-aged children, reduction in brain volume and maturation, cognitive and visual motor integration delay, increased behavioural reactivity to pain indicators, and behavioural problems in school-age children. **Pereira FL, Gaspardo CM. 2024. Neonatal pain and developmental outcomes in children born preterm: An updated systematic review. Psychology & Neuroscience, 17(1): 1–15.**

A recently published study of very preterm infants showed greater exposure to early-life pain was associated with altered maturation of neonatal structural connectivity. Alterations in

structural connectivity were associated with neurodevelopmental outcomes, with potential regional specificities. **Selvanathan T, Ufkes S, et al. 2024. Pain Exposure and Brain Connectivity in Preterm Infants. JAMA Netw Open. 4;7(3): e242551.**

PAIN MANAGEMENT. Pain management in infants is consistently reported to be inadequate. This clinical update presents evidence for a wide variety of pain treatment strategies and highlights initiatives focused on translating evidence into practice. Useful resources for translating evidence into practice are listed. **Harrison D, Bueno M. 2023 Translating evidence: pain treatment in newborns, infants, and toddlers during needle-related procedures. PAIN Reports 8(2):1-8.**

MUSIC. Vocal (singing) and instrumental (flute) stimuli activate different neural networks. **Loukas S, Filippa M, et al. 2024. Newborn's neural representation of instrumental and vocal music as revealed by fMRI: A dynamic effective brain connectivity study. Hum Brain Mapp. 15;45(10):e26724.**

SLEEP. In very preterm infants, invasive ventilation has a negative effect on white matter tract maturation. A positive association between active sleep and white matter microstructure, may indicate a protective role of sleep in this vulnerable population. **de Groot ER, Wang X, et al. 2024. Association between sleep stages and brain microstructure in preterm infants: Insights from DTI analysis. Sleep Med. 121:336-342.**

REFLECTION. FINE faculty explain the benefits of reflection as a key component of FINE. **Warren I, Spence K, 2024, Reflection as a Catalyst for Learning: A Practical Guide for Developmentally Supportive Care. Developmental Observer 17(3):3-5**

NEONATOLOGY TODAY

May to November 2023. Open access journal with articles about a range of programmes that support neurodevelopmental care, including Family Nurture Intervention; Family Integrated Care; NIDCAP; NBO; SENSE; Close Collaboration with Parents.

<https://neonatologytoday.org/past-issues>

ACTA PÆDIATRICA

NURTURING THE CHILD

Acta Paediatrica also has a series of articles describing different models of care, e.g.

MORE READING

Close Collaboration with Parents (March 2024); SENSE (May 2024); NIDCAP (May 2024).



The NFI Developmental Observer always has a variety of interesting articles and includes a list of recent publications.

2024. Vol 17 (3). Free access at

https://nidcap.org/wp-content/uploads/2024/10/Developmental-Observer_Vol17_No3_2024.pdf

Psychologically-Informed Neonatal Care



Psychologically-Informed Neonatal Care is a free e-learning course for NHS staff.

The aim of this course is to develop psychosocial skills through

enhancing knowledge, encouraging reflection, and supporting an individualised approach. It has 4 modules: introduction, infant wellbeing, family wellbeing, and staff wellbeing and is available to all NHS healthcare staff who care for babies and their families on the neonatal unit and after discharge, including long-term. <https://www.e-lfh.org.uk/programmes/psychologically-informed-neonatal-care/>.

Podcast. How to Fail with Francesca Segal

Elizabeth Day talks to the writer Francesca Segal, whose memoir, *Mother Ship*, details the birth of her twin daughters 10 weeks prematurely. Elizabeth Day says: *“Even if you are not one of the 100,000 women in the UK who, every year, give birth to premature babies and even if you are not a parent at all, I promise that you will find Segal’s insightful eloquence both enlightening and moving”*.



Miracle Moon

The NICU Space is an online community created for NICU parents as a place where they can connect with others who truly understand, access resources tailored to the NICU journey and beyond, attend live events, and connect with professionals offering specialist support. Whether they are looking for advice, friendships, or a safe space to share experiences, no matter where they are in their NICU journey. **The NICU Space** platform blends expert advice with real, lived experiences to create a supportive, understanding community that helps them to navigate challenging times. You can access The NICU Space via the Miracle Moon website. A two- week free trial provides an opportunity to explore what the site has to offer before joining as a member. <https://www.miraclemoon.co.uk/nicu-space>



Having successfully campaigned for a change in law to extend parental leave for parents of preterm infants this charity is now calling on the Health and Social Care Secretary to make urgent changes to support the mental health of neonatal families. Show your support by signing their open letter at <https://www.thesmallestthings.org/dear-wes-streeting>

The House of Lords Preterm Birth Committee report

Preterm Birth: reducing risks and improving lives

Published November 14th 2024

<https://publications.parliament.uk/pa/ld5901/ldselect/ldpreterm/30/30.pdf>

FINE COURSES 2024-5

go to finetraininguk.com to find out how to book

FINE 1:

Foundation Toolkit for Family-Centred Developmental Care (online)

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.

Next available dates

2024

Thursday 5th December 2024
Wednesday 11th December 2024

2025

Tuesday 7th January 2025
Wednesday 15th January 2025
Thursday 23rd January 2025
Thursday 6th February 2025
Tuesday 11th February 2025
Monday 24th February 2025
Thursday 6th March 2025
Tuesday 11th March 2025
Monday 24th March 2025

Go to www.finetraininguk.com to book

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 online at www.finetraininguk.com

Next start dates

Thursday 12th December 2024

Thursday 13th March 2025

Go to www.finetraininguk.com to subscribe, find out more about FINE courses, and to view new resources including posters and publications.



Newsletter produced by FINE Neonatal UK Ltd. Contact: info@finetraininguk.com

Contributions welcome.