



What does Lived Experience mean?

'The knowledge we bring because we have first-hand involvement or exposure to particular events, occurrences or conditions that we have tried to make sense and construct meaning of'. (O'Leary and Tsui, 2022)

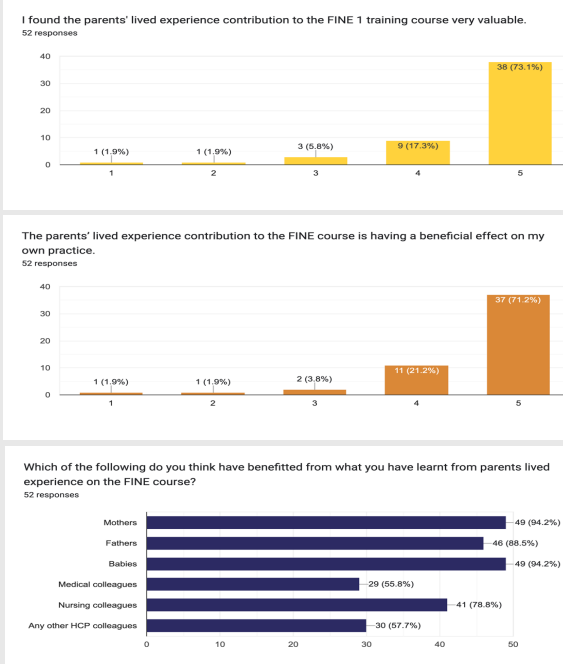
Why do we include Lived Experience?

- Lived experience can transform knowledge and practice. (Mahboub et al. 2023)
- Lived Experience workers playing active roles in knowledge creation. (Cameron Parsell et al. 2024)
- More nuanced and comprehensive understandings of the realities of life experienced. (Cameron Parsell et al. 2024)

How does FINE Training UK include Lived Experience

- Parents are part of FINE teaching faculty
- Co-production and co-design of educational material for FINE courses
- Integrating communication and coaching sessions into the FINE training programmes.

Participants' Experience and Learning Outcomes



Do not make assumptions

- 'Not making an assumption that parents won't be willing to support their babies during procedures'

Take time to coach/teach

- 'It helps to have a parent perspective and is a reminder for me to always explain things fully and with care and gentleness.'

Better understanding of parents' situation leading to improved service

- 'I have an even deeper understanding of the importance of family integrated care. I now feel equipped to mentor others to empower parents and have created new welcome letters for parents in all 3 nurseries on our unit.'

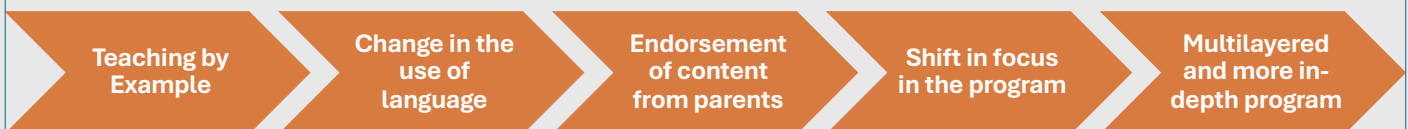
Deeper understanding of importance of parent involvement for both babies and parents

- 'Understanding how family involvement makes a difference in the outcomes of all.'

Better understanding of the importance of good communication between parents and HCP

- 'Having a parent's perspective was valuable as it gave an insight into the effect what we say and do has on the parents.'

Observations by HCP Faculty members on how FINE has changed



Observations by Parent Faculty members on sharing their Lived Experience

Motivation

- Improve the service on neonatal units and therefore the experience of those parents that go through the NICU journey.
- Make a meaningful impact.
- Transform a difficult experience into a positive story.

Impact on personal life

- Increased personal wellbeing.
- Investing time and personal skills in something meaningful is valuable.
- Sharing the emotional impact of talking about the lived experience with other parent colleagues gives comfort and validation.

Impact on professional life

- Combining professional skills with personal experience increases job satisfaction.
- Learning to balance the sharing personal experiences in a professional way is helpful.
- Improved communication skills.
- Improved skills as a trainer.

Learnings

- Learning more from HCP increases understanding and appreciation of their work.
- Sharing Lived Experience can have a positive impact on a teaching programme.
- Working collaboratively with the HCP on the faculty is teaching by example.