

Developmental Care News

July 2016

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Keeping up..... news about feeding.

When is it safe to initiate breastfeeding for preterm infants? A literature review found evidence that stable preterm infants maintain their stability close to the breast as early as 27-28 weeks post conceptual age. They quote several studies that found greater stability in oxygen saturations and heart beat in breast fed babies compared to bottle fed babies. Some infants exposed early to the breast were exclusively breast feeding before 33 weeks. Opportunities for skin to skin play an important part in early breast feeding. *Lucas R, Smith RL, Advances in Neonatal Care 2015, 15(2):134-141 This*

Factors associated with feeding progression in extremely pre-term infants, *Park J et al, 2015, Nursing Research 64(3):159-167.* This review of feeding milestones from first enteral to full oral feeding involved a sample of 94 infants. Breast milk fed infants achieved milestones earlier than bottle fed infants. The discussion explores factors that may hinder the development of feeding competence in EP infants.

Parents are often worried that when at home their baby does not fall into the kind of regular feeding routine promoted in hospitals. Breast



feeding diaries of Swedish mothers during the baby's first year reveal very variable patterns with a tendency to feed more often than healthy term babies in a similar setting. *Oras P, et al, 2015, Breastfeeding patterns in preterm infants born at 28-33 gestational weeks, Journal of Human Lactation 31(3):377-385.*

Changing a culture of protocol driven feeding is a challenge. **Infant-driven feeding in premature infants: a quality improvement project,** describes how when change was achieved the result was earlier feeding attainment and discharge, as well as enhanced parent and provider satisfaction. The project adapted the "Premature Infant Feeding Assessment" flowsheet (*Ludwig and Waitzman 2007*) to evaluate feeding readiness and quality, *Wellington A, and Perlman JM 2015, Arch Dis Child Fetal Neonatal Edition, 100:F495-500*

The World Association of Infant Mental Health Position Paper on the Rights of Infants (2016) supplements the work of the United Nations Committee on the Rights of the Child to specifically consider the needs of children in the first years of life.
<http://www.waimh.org/i4a/pages/index.cfm?pageID=3361>



The NIDCAP Observer

The latest edition of the NFI newsletter includes abstracts from last year's Trainers Meeting. Here you will find reports on some of the hot topics that come up at study days: Is massage really an appropriate intervention in the neonatal unit? Can babies be transferred from the delivery room in skin-to-skin contact? Is extubating babies in skin to skin safe? Go to www.nidcap.org and download your FREE copy.

New NIDCAP training centre for the UK



The NIDCAP Federation International has approved University College London Hospital as the new home for the UK NIDCAP Centre, with Professor Neil Marlow as Director. Contact gillian.kennedy@uclh.nhs.uk for more information.

Developmental Care Hotspots: Belgium



In Belgium, developmental care is financially supported by the Department of Health. The first step was establishment of the Brussels NIDCAP Training Centre in 2007 at CHU St Pierre. Since 2012 a joint French-Flemish national coordination group has organised support for early developmental care and has visited 25 out of the 48 hospitals that have subscribed to this programme (there are 97 neonatal units in Belgium).

The group meets the unit project committee to set goals and create an action plan for the upcoming year. Four times a year there is a free conferences devoted to breastfeeding and developmental care. On June 2nd 250 people signed up for a day with the theme of nurturing. Topics included skin-to-skin in the delivery room, neonatal and kangaroo care in Rwanda, an innovative baby carrier that allows mothers to walk around with their baby safely attached to them, nurturing staff, and fathers' experience of becoming a preterm father. All with simultaneous translations. **All free!** There are 19 NICUs in Belgium and with government funding the number involved in the NIDCAP training process will increase from 6 to 13 between 2016 and 2017. You can view English versions of the charming **videos** made at St. Pierre to explain NIDCAP based care, on YouTube:

Nurse: <https://youtu.be/gVKX2KUntLA>; Parents: <https://youtu.be/ilJsTRpt2lg>;
Baby: <https://youtu.be/U5xtNY6GCQQ>; Doctor: <https://youtu.be/L7wrawCW8Y4>

HOW CONFIDENT ARE YOU WITH TRANSFERS FOR KANGAROO CARE?

Although the benefits of kangaroo care are well known, and most units aim to promote it, the feedback from nurses attending FINE* courses is that it isn't always a reality. One of the reasons for this is lack of confidence, particularly when it comes to transferring very small, vulnerable babies out of the incubator. You may find the following papers helpful in a practical way if you are aiming to upscale kangaroo care on your unit

- Hendricks-Munoz K, Mayers R, 2014, **A neonatal nurse training program in kangaroo mother care (KMC) decreases barriers to KMC utilization in the NICU.** *American Journal of Perinatology*; 31(11):
- Ludington-Hoe SL, et al, 2008, **A clinical guideline for implementation of kangaroo care with premature infants of 30 or more weeks post menstrual age ,** *Advances in Neonatal Care*; 8(3S): S3-23
- Kledzik T, 2004, **Holding the very low birth weight infant: skin-to-skin techniques.** *Neonatal Netw*; 24(1):7-14
- Neu M, Browne JV, 2000, **The impact of two transfer techniques used during skin-to-skin care on the physiologic and behavioural responses of preterm infants,** *Nursing Research*; 49(4):215-223

Would you believe it! Pain is contagious.

Have you noticed how when one baby cries it sets off all the other babies in the room? Babies can't tell the difference between their own feelings and those of others but adults too can "catch" pain and stress. Our empathy for pain networks don't distinguish between the physical or emotional pain that we observe. People like nurses, who are surrounded by other people's pain, are at risk for empathy overload. This can affect the quality of care and some employers have successfully introduced stress free zones at work to combat this. *New Scientist* May 14th



2016 – 2017 Dates for your diary

July 25-26	Dublin	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: maoconnor@coombe.ie
August 22-26	Tacoma, USA	Fragile Infant Feeding Institute conference. Check for updates on facebook.com/FragileInfantFeedingInstitute/
August 23-25	Dalarna, Sweden	Nutrition and Nurture In Infancy and Childhood: Bio-Cultural Perspectives. Contact: Renée Flacking: rfl@du.se .
Sept. 6 th	Dublin	FINE* Level 2: Practical Skills for Family Centred Developmental Care. Contact: maoconnor@coombe.ie .
Sept. 8th	Bristol	FINE* Level 2: Practical Skills for Family Centred Developmental Care. Contact: Louise.Gould@UHBristol.nhs.uk .
Sept. 29th	London	Joint Annual Study Day for Professionals in neonatal Care: protecting Babies Brains. Contact admin@apcp.org.uk .
Oct. 11 -12	Portsmouth	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: Carol.Buxton@porthosp.nhs.uk .
Oct. 18-19	London	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. To be confirmed. Contact: training@bliss.org.uk .
Oct. 24	Geneva (EAPS)	European Association for Developmental Care SYMPOSIUM. Multisensory processing & developmental care. http://www.eadcare.org/site/en/training/training-research .
Nov. 14	Sheffield	FINE* Level 2: Practical Skills for Family Centred Developmental Care. Contact: Jennie.Schooling@sth.nhs.uk
Nov 24th.	London	FINE* Level 2: Practical Skills for Family Centred Developmental Care. Contact: ingaw@bliss.org.uk .

2017

March 1-4	Florida	The Annual Graven's conference: The Physical and Developmental Environment of the High Risk Infant.
March 13-14	London	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: training@bliss.org.uk .
March 23-24	Bristol	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: Louise.Gould@UHBristol.nhs.uk .

*FINE (Family and Infant Neurodevelopmental Education) courses are supported by Bliss and the EFCNI. They have been endorsed by the NFI as foundations in NIDCAP education.
Application for RCN accreditation is in progress.

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