

# Developmental Care News

September 2016

## Keeping up .....

Laura Trott: gold medal preemie



A group of doctors with first-hand experience describe what they learnt as parents on the NICU and express the hope that these lessons will help healthcare professionals to take a balanced view of the NICUs impact on families. It is an interesting perspective that will resonate with many parents. **Stronger and more vulnerable: a balanced view of the impact of the NICU experience on parents.** Janvier A et al *Pediatrics* 2016 138(3)

Members of the SCENE group continue to illuminate parents' experience with a positive approach in their study of what help parents to feel close to their baby. They describe emotional, physical, cognitive and social influences on feelings of closeness, with important insights that can help us to think about how we support parents to form positive, loving relationships with their infants. **Pathways to emotional closeness in neonatal units – a cross-national qualitative study.** Flacking et al 2016 *BMC Pregnancy and Childbirth* 16:170

Can bonding interventions reverse the consequences of suboptimal bonding? Kommers et al in their review of the **physiological consequences of sub-optimal bonding** (impaired hormonal, epigenetic and neuronal development) conclude that this is possible and that neonatal care units should focus more on interventions that optimise bonding, a view that is supported in

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Martha Welch's editorial in the same issue of *Acta Paediatrica* 2016;105(7):738-751 and 730-731.

In **The burden of venepuncture pain in neonatal intensive care units: EPIPAIN 2, a prospective study observational study**, Courtois et al describe the frequency, intensity and management of venepuncture pain. High pain scores were associated with the absence of parents during procedures and although the factors that made parental presence so important were not clear they conclude that promoting parental presence is a necessity. *International Journal of Nursing Science* 2016(57): 48-59

Is breast milk good brain food? A longitudinal study of the 180 infants born before 30 weeks' gestation from the Victorian Infant Brain Studies cohort (Australia) 2001-2003, shows that predominant breast milk feeding in the first 28 days of life was associated with greater deep nuclear grey matter volume at term equivalent age and better performance on tests of IQ, mathematics, working memory, and motor function at 7 years of age. Belfort MB et al, **Breast milk feeding, brain development, and neurocognitive outcomes: a 7-year longitudinal study in infants born at less than 30 weeks' gestation.** *Journal of Pediatrics*, July 29<sup>th</sup> 2016.

## Low income solutions

In some parts of the world radical solutions are needed to overcome lack of resources. Naked babies may share beds where they lie in each other's urine and faeces because there are no nappies to protect them. This is real risk for hypothermia. Now TotBots has joined forces with Kathy Mellor of Birthlink UK to create a tiny version of their reusable two part cloth nappy that is size adjustable for small preterm infants.



Embrace is a social enterprise that has designed a low cost infant warmer using innovative technology. The Embrace Infant Warmer looks like a sleeping bag and acts like an incubator; it stays warm without electricity, has no moving parts, is portable and safe for use in any clinical setting, for transporting babies, and in a community setting. <http://embraceglobal.org/embrace-warmer/>



The 2013 Dyson Award went to an inexpensive, electronically controlled, inflatable incubator designed to decrease the number of premature child deaths within refugee camps and in low income countries. The MOM incubator can provide a stable heat environment, humidification, and jaundice lighting, and complies with British incubation standards. <http://www.jamesdysonaward.org/projects/mom>



**Top tip:** Unwanted T shirts can be cut up into handkerchief sized squares that can be used as scent exchange cloths or rolled up to make positioning supports.

## DEVELOPMENTAL CARE HOTSPOTS: JESSOP WING, SHEFFIELD

The Jessop Wing NICU is a hub of family centred developmental care activity. With two NIDCAP trained professionals to take the lead it has established an active and innovative developmental care portfolio. Neonatal nurse consultant, Caryl Skene has dedicated herself to exploring and improving parent centred care with a study on parents' involvement in their infant pain management, and is currently writing up an action research project that involved parent and health professional collaboration to identify and address areas for improvement. An early result has been the team decision to adapt ward rounds so that no parents are ever asked to leave the room. Jennie Schooling, physiotherapist, trained in NIDCAP and NBAS, is a leading member of the FINE faculty and also an NBAS/NBO trainer. Fiona Price, also a physiotherapist is working on a project inspired by the SCENE group to look at the experience of parents who are have low participation in their infants' care. Together with other members of their multidisciplinary team they have organised a series of highly successful FINE Foundation Toolkits in Sheffield and are supporting the Northern Network's developmental care agenda. They will host a third Level 2, Practical Skills, course in November after trialling a special one day course for doctors. With over 36 members of the neonatal team with level 1 training, and 7 who have completed Level 2 (and more enrolled for the autumn), they have the highest concentration of developmental care education and expertise in the UK.

## Every baby deserves a present!

*In FINE Toolkit positioning workshops we suggest a variety of uses for "muslins" - to line nests, wrap babies, as scent exchange cloths or rolls to support a good position. Parents, friends or family might like to bring pretty ones as a present. Bamboo "muslins" are much softer and drape more easily than the traditional cotton ones. They are available in several sizes, plain, stripy and patterned, from Cuski and would make a very welcome present. <http://www.cuskishop.co.uk/mini-swandoodle>*

## 2016 – 2017 Dates for your diary

Sept. 29	London	Joint Annual Study Day for Professionals in Neonatal Care: protecting Babies Brains. Contact <a href="mailto:admin@apcp.org.uk">admin@apcp.org.uk</a> .
Oct. 11 -12	Portsmouth	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: <a href="mailto:Carol.Buxton@porthosp.nhs.uk">Carol.Buxton@porthosp.nhs.uk</a> .
Oct. 18-19	London <b>(FULL)</b>	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: <a href="mailto:training@bliss.org.uk">training@bliss.org.uk</a> .
Oct. 24	Geneva (EAPS)	European Association for Developmental Care SYMPOSIUM. Multisensory processing & developmental care. <a href="http://www.eadcare.org/site/en/training/training-research">http://www.eadcare.org/site/en/training/training-research</a> .
Nov. 14	Sheffield	FINE* Level 2: Practical Skills for Family Centred Developmental Care. Contact: <a href="mailto:Jennie.Schooling@sth.nhs.uk">Jennie.Schooling@sth.nhs.uk</a>
Nov 14- 17	Trieste, Italy	International Network in Kangaroo Mother Care Workshop and Congress. <a href="#">files/brochure 8-12 For Website.pdf</a> <a href="#">files/brochure_congress_def.pdf</a> <a href="http://www.fundacioncanguero.co/">http://www.fundacioncanguero.co/</a>
Nov 17		WORLD PREMATURITY DAY
Nov 24	London	FINE* Level 2: Practical Skills for Family Centred Developmental Care. Contact: <a href="mailto:ingaw@bliss.org.uk">ingaw@bliss.org.uk</a> .
2017		
January 30-31	Southamp- ton	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact <a href="mailto:kimberleypease@uhs.nhs.uk">kimberleypease@uhs.nhs.uk</a> .
Feb tbc	London	FINE* Level 2: Practical Skills for Family Centred Developmental Care. Contact: <a href="mailto:Training@bliss.org.uk">Training@bliss.org.uk</a>
March 1-4	Florida	The 30 <sup>th</sup> Annual Graven's conference: <b>The Physical and Developmental Environment of the High Risk Infant.</b> <i>Rhythms of the NICU – for Babies, Families and Staff.</i> <a href="http://www.tinyurl.com/GravensConference">www.tinyurl.com/GravensConference</a>
March 13-14	London	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: <a href="mailto:training@bliss.org.uk">training@bliss.org.uk</a> .
March 23-24	Bristol	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: <a href="mailto:Louise.Gould@UH Bristol.nhs.uk">Louise.Gould@UH Bristol.nhs.uk</a> .
May 1-2	Birmingham	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: <a href="mailto:Training@bliss.org.uk">Training@bliss.org.uk</a>
June 12-13	Glasgow	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: <a href="mailto:Training@bliss.org.uk">Training@bliss.org.uk</a>
June tbc	Dublin	FINE* Level 1: Foundation Toolkit for Family Centred Developmental Care. Contact: <a href="mailto:maoconnor@coombe.ie">maoconnor@coombe.ie</a>

\*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.