

Care Procedures - Welcoming Changes

From task oriented nursing and prescheduled meals
to individualized and family centered care

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Ålesund city, where the mountains and fjords meet the ocean

Open Bay Model NICU



Welcoming changes



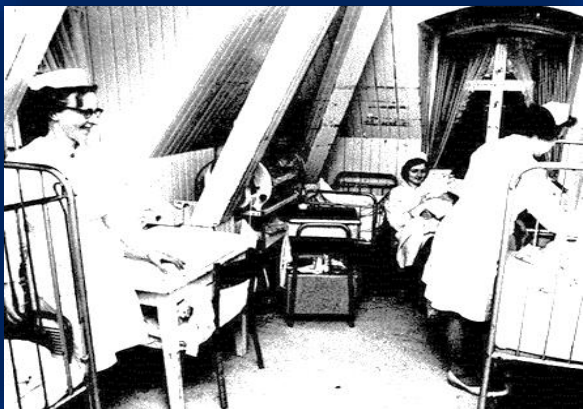
Foto A.Bjørneseth 2018



Proud to present our new NICU and Childrens Clinic built in 2011

Changes in care

Historical pictures from the old Ålesund Hospital in 1964- up until family centered care today



The first incubator, called the Bread-box placed in the corner



Year 1987



Year 1990



Year 2012-18

Eight principles for patient-centered and family-centered care for newborns in the neonatal intensive care unit

- ① Free 24 hours a day parental access with no limitations due to staff shift or medical rounds
- ② Psychological support for parents
- ③ Pain management
- ④ Supportive environment
- ⑤ Postural support
- ⑥ Skin-to-skin contact
- ⑦ Breast feeding and lactation support
- ⑧ Sleep protection



Free 24 hours a day parental access with no limitations due to staff shift or medical rounds



FORELDREANSVARET Staten skal respektere de rettigheter og plikter foreldrene og andre foresatte har for å gi barnet veiledning og støtte slik at barnet skal kunne utøve konvensjonens rettigheter.

6 RETT TIL LIV Staten plikter så langt som mulig å sørge for at barn overlever og får utvikle seg.

7 NAVN OG STATSBOGERSKAP Barnet har, umiddelbart etter fødselen, rett til navn og nasjonalitet, og så langt det er mulig, å kjenne til sine foreldre og få omsorg av dem.

8 IDENTITET Staten skal respektere barnets rett til å bevare sin identitet, herunder nasjonalitet, navn og familieforhold. Dersom et barn ulovlig blir fratatt slik identitet skal staten hurtig bistå med gjenopprettelse.

9 HOLDE FAMILIEN SAMMEN Barnet skal ikke atskilles fra sine foreldre mot sin vilje, unntatt når dette er nødvendig av hensyn til barnets beste.

10 GJENFORENE FAMILIEN Søknader om familiegjenforening over landegrenser skal behandles på en positiv, human og rask måte. Barnet har rett til regelmessig kontakt med begge foreldre.

11



If One Is Truly to
Succeed in
Leading a Person
to a Specific Place,
One Must First
and Foremost
Take Care to Find Him
Where He is and
Begin There.

Kierkegaard's Writings, Vol 22

Forstå det for tidlig fødte barnet

- foreldreveileder -



HELSE MØRE OG ROMSDAL

Ålesund sjukehus
Barne- og ungdomsavdelingen
Neonatal intensiv seksjon
Telefon: 70 16 76 00

”Understanding the premature infant”
- a parent guidebook-

NIDCAP Care plans

- ✧ Parents are equal partners in the baby`s care
- ✧ Support the parents by teaching and guiding them how to understand their premature baby`s behavioral language



Nidcap plan for: Tobias

Dato: 23.01.18

Min styrke er:

- > Jeg våkner ofte til måltid, og kan vise at jeg er sulten
- > Jeg er ivrig etter å prøve å suge hos mor
- > Jeg er flink til å holde hendene inntil ansiktet mitt

"Nå er det nok" signaler:

- > Hvis det er for mye lys legger jeg av og til en hånd over ansiktet mitt for å beskytte øynene mine mot lyset
- > I perioder kan jeg trenge litt oksygen på trakt

Dette stresser meg:

- > Jeg makker når jeg ikke er godt innpakket/reiret
- > Jeg spriker med fingrene og strekker armene og beina ut i lufta hvis jeg blir liggende naken uten noe over meg

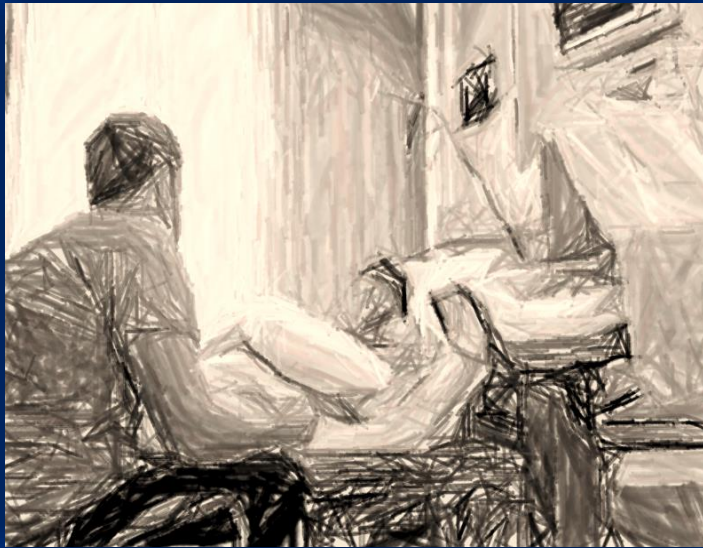
Hvordan du kan hjelpe meg:

- > Fortsett å beskytte meg mot sterkt lys, det er passe når jeg kan ha øynene mine åpne uten å lage grimaser
- > Fortsett å tilby meg en finger eller noe å holde i
- > Fortsett å snakke med lave stemmer og ha døren mest mulig lukket inn til rommet

Individual NIDCAP plan posted at Tobias` bedside

Support parents in their role as primary caregivers

Studies link parents presence with better outcome for the baby
and reduced length of stay



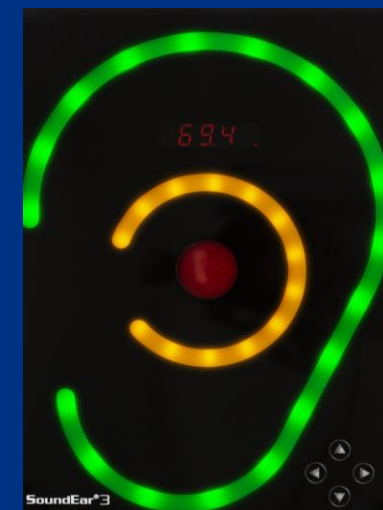
✧ Both parents in charge of
their daughters daily care



✧ Individual posters at the bed space
include NIDCAP plan, Kangaroo time

Supportive environment

- ✧ Controlling the quality of the NICU environment is crucial for the preterm
- ✧ Sensory stimuli impact quality of sleep and can alter brain development
- ✧ Reduce sensory stimuli by adjusting light and decreasing sound
- ✧ Early exposure to the parents' voice is important for the infant's cognitive and language development



Kangaroo Care simple and effective for the whole family

- ✧ Birth Kangaroo: premature delivery from GA. 32 place the baby skin to skin with the mother right after birth
- ✧ Minimal disturbance, nurse monitor baby's vital signs, give the first meal within one hour- usually mothers own milk, CPAP breathing support, if needed
- ✧ After two hours transferred together to the NICU, where KMC is continued by the mother or father
- ✧ Families with Kangaroo care at birth is often fully breastfed sooner and go home earlier



Sleep Protection



- ✧ Sleep is important for brain and neurosensory development
- ✧ Wait until he wakes up to do Care procedures if possible
- ✧ Stay with the baby and support him until he fall asleep

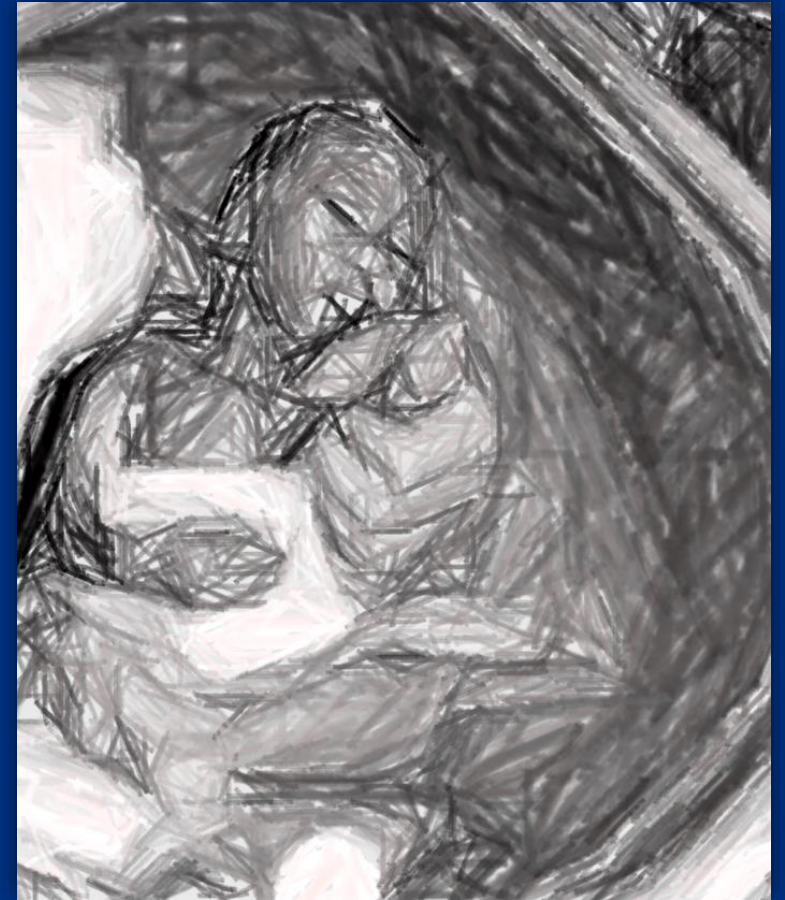
Postural support and individual nests

- ✧ The womb support flexed midline posture and movements in the fetus
- ✧ After birth appropriate individual support might
 - ✧ Help the baby to achieve a flexed midline position
 - ✧ Support self-regulation and save energy
 - ✧ Promote calmness and support sleep
 - ✧ Support thermoregulation
 - ✧ Promote physiological stability



Slow and gentle handling

- ✧ Consider timing for procedures
- ✧ Individualize care to the infant
- ✧ Greet the baby
- ✧ Slow handling and support during care and positioning
- ✧ Swaddle the baby in soft blankets
- ✧ Give the baby a break as needed



Welcoming families in the NICU

Family is siblings, grandparents and others that support & care



Thank you caring for *preemies* and for your attention!