

PRACTICAL SKILLS FOR FAMILY CENTRED DEVELOPMENTAL CARE

PROGRAMME OUTLINE

PRE-COURSE WORK

1. Read through manual and associated documents
2. Complete Site Assessment: Parent Participation
3. Complete pre-course self assessment
4. Complete pre-course recommended readings

INTRODUCTION MEETING on-line

Meeting timetable (3-4 hours – with short break) to include: Background information; theoretical, goals etc.: Overview of course materials PART 1: Observation; video observation exercises; reflective exercise.

At this meeting you will be assigned a mentor. Mentors are normally assigned for the duration of the course (see Terms and Conditions).

SELF-DIRECTED LEARNING estimated 5 hours per topic

Complete lesson plans for Part 1: Observation with written reflections submitted to a mentor for feedback.

MIDWAY MEETING on-line

Preparation:

- Collate results of site assessment on spreadsheet or table.
- Complete mid-way questionnaire

Meeting timetable (3 Hours with short break) to include: Reflection on experience so far; overview of course materials, PART 2: Implementation and Evaluation; Video exercise 2: Behavioural observation and evaluation of interaction.

SELF-DIRECTED LEARNING estimated 5 hours per topic

Complete lesson plans for Part 2 with written reflections submitted to a mentor for feedback..

FINAL MEETING on-line

Preparation:

- Read notes on change management
- Prepare proposals for next steps in
 - Personal development
 - Unit development
- Complete self assessment
- Complete spread sheet of site assessments and convert to chart or graph

Meeting timetable (3 ½ hours with short break) to include: Review of course experience; assessment exercises (video observations); reflective exercise; change management; action plans.

LESSON PLANS

Practical Skills is a structured programme with lesson plans for each topic that incorporate the key themes of FINE, i.e. :

- **Infant development:** developmental notes will be provided for each topic.
- **Observation:** Each topic involves observation assignments in the nursery. These assignments are structured, and work sheets are provided.
- **Family Participation:** You will engage parents in some of your observations to learn from them how they see their babies, and about their experience as parents in the neonatal unit.
- **Reflection and mentoring:** You will be assigned a mentor who is an experienced developmental care practitioner. You will write reflections on each topic work and email them to your mentor for review and feedback. Your mentor will be available for consultations as needed.
- **Systems:** in most topics you will have checklists that you can use for evaluating practice in your nursery, and for planning actions to promote developmental care.
- **Evidence:** This course is more practice than theory but papers that support evidence for each topic are provided.

You will be provided with a detailed course handbook that clearly explains what you have to do, and a set of worksheets to print off.

HOURS AND TIMELINE:

We anticipate that the work will take you, on average, approximately 5 hours per week. The number of hours varies from student to student. Some find the work easier than others and some like to go into more depth than others.

The expectation is that you will complete all the assignments within 4 -6 months. You will agree a timeline with your mentor using the DIARY provided.

It is important to keep up to date with their course work as mentors are only available for a limited period. We urge you to make arrangements for study leave with your manager but you will probably need to write your reflective assignments in your own time. You will need to plan time to do these soon after the observation assignments.

TOPICS:

Everything you need to complete each topic is in the student handbook.

Part 1: Observation. The first 5 topics are focused on behavioural observations.

Topic 1: Autonomic sub-system

Topic 2: Motor sub-system and positioning

Topic 3: State sub-system

Topic 4: Self-regulation,

Topic 5: Infant's strengths and challenges (all sub-systems). Midway Report.

Part 2: Implementation. The second set of 5 topics includes evaluation of practice.

Topic 6: Pain and stress management

Topic 7: Kangaroo care

Family Infant Neurodevelopmental Education (FINE): Level 2. Practical Skills

Topic 8: Daily care

Topic 9: Medical procedures.

Topic 10: Feeding.

ASSESSMENT

Formative assessment is provided through feedback on the written reflections that you submit for each topic. The reflections give us a good idea of how you are getting on and we will give you guidance to make best use of them. If a student has difficulty reaching the standard expected extra work may be requested. You will be provided with a guide to help you assess your own work.

At the end of the course, if not before, your mentor will review your worksheets. Finally you will be set a short test of knowledge, will be asked to comment on scenarios (usually video exercises), will complete a self-assessment, and will be asked to make proposals for your next steps.

CERTIFICATES:

A certificate of accomplishment will be provided on completion of the course.