

# DEVELOPMENTAL CARE NEWS

Winter –Spring 2024

## Keeping up .....

### Less stress during endotracheal suction.

- Fatollahzade M, Parvizi S, et al. 2022 The effect of gentle human touch during endotracheal suctioning on procedural pain response in preterm infant admitted to neonatal intensive care units: a randomized controlled crossover study, *J Maternal-Fetal & Neonatal Medicine*, 35(7):1370-1376
- Zayed A, Fathalla A. 2022 Crossover Study: Effect of Facilitated Tucking Position on Preterm Infants Pain and suction duration during Endotracheal Suctioning. *Egyptian Journal of Health Care*, 2022; 13(4): 238-250.
- Gomes Neto M, da Silva Lopes IA, et al. 2020. The effect of facilitated tucking position during painful procedure in pain management of preterm infants in neonatal intensive care unit: a systematic review and meta-analysis. *Eur J Pediatr* 179, 699–709 (2020).

### Can peripheral intravenous catheters be inserted during skin-to-skin?

Yes they can—according to this study from a Dutch neonatal unit.

- Sipkema P et al, 2024. Maintaining parent-infant skin-to-skin contact during peripheral intravenous catheter insertion in a Dutch neonatal unit, *Journal of Neonatal Nursing*, Jan 2024 online.

### What makes the difference between success and stress during caregiving?

This interesting overview of sensory interventions for preterm infants mainly concludes that interventions that include parents are the way to go. The authors make the points that the quality of interactions makes the difference between successful and stressful caregiving and that parents need skilled professionals who understand preterm behaviour to guide caregiving interactions with their babies. Successful interactions have a positive effect on parents' mental state as well as the baby's well being and development.

- Séassau A, Munos P, 2023. Neonatal Care Unit Interventions on Preterm Development. *Children*, 10(6), 999

### More reasons to reconsider clustered care.

In this study the oxygen saturation and HR of moderate to late preterm infants were favourably influenced when routine procedures were performed singly or separately compared to consecutively, in clusters.

- Brashear N, et al 2023. Physiological Effects of Handling in Moderate to Late Preterm Infants Receiving Neonatal Intensive Care. *Adv Neonatal Care*. 23(3):272-280.

### A model QI project to improve positioning.

This paper maps out an excellent, evidence based educational model to improve positioning practice using the illustrated Infant Positioning Assessment Tool (IPAT) to teach and evaluate.

- Howe CC, et al. 2022. Improving Developmental Positioning in a Level III NICU Using Evidence-Based Teaching and a Standardized Tool: An Evidence-Based Quality Improvement Project. *Neonatal Netw*. 41(5):273-280.

### Rhythmic stimulation

The fetal environment provides the fetus with multiple potential sources of rhythmic stimulation that are not present in the NICU. Maternal breathing, heartbeats, walking, dancing, running, speaking, singing, etc., all bathe the fetus in an environment of varied rhythmic stimuli: vestibular, somatosensory, tactile, and auditory. In contrast, the NICU environment does not offer the same proportion of rhythmic stimulation. After analysing the lack of rhythmic stimulation in the NICU, this review highlights proposals for vestibular and/or auditory rhythmic stimulation offered to preterm infants alone and with their parents

- Provasi J et al. 2021. The importance of Rhythmic Stimulation for Preterm Infants in the NICU. *Children*, 2021, 8 (6), pp.660.

### Noise

The American Academy of Pediatrics have published a technical report on noise exposure with up to date recommendations for the NICU environment.

- Balk S et al. 2023 Preventing Excessive Noise Exposure in Infants, Children, and Adolescents. *Pediatrics* November 2023; 152 (5):



Many interesting articles to be found in the NIDCAP OBSERVER Vol 17 now out and free to download from <https://nidcap.org/developmental-observer/>

Don't Miss .....

### 37th Annual Gravens Conference (USA)

March 8-11, 2024

"Environment of Care for High Risk Newborns and their Families. The Power of Voice: Using Your Voice for Babies, Families, Staff and Beyond."

[paclac.org/https-paclac-org-gravens-conference/](https://paclac.org/https-paclac-org-gravens-conference/)


### Swedish Conference on Ultra-Early Intervention

(Online or in Lund, Sweden)

March 21, 2024

"I see you" Strategies for well-being with less stress and pain

Registration: [www.trippus.net/ueic2024](http://www.trippus.net/ueic2024)



Thames Valley and Wessex Neonatal Network have published this helpful handout for parents.

<https://neonatalnetworkssoutheast.nhs.uk/wp-content/uploads/2023/03/Comforting-Your-Baby-handout-Parent-Leaflet-rated-Sept-Gov-22.pdf>

**COMFORTING YOUR BABY**  
Supporting in times of stress or pain




### Womb to World Art

<https://www.wombtoworldart.com/>

**Miracle Moon** has produced this health anxiety handbook to address the unique challenges faced by parents who have been through neonatal care and who are struggling with anxiety about their child's health after the NICU and/or birth trauma.

[hello@miraclemoon.co.uk](mailto:hello@miraclemoon.co.uk)

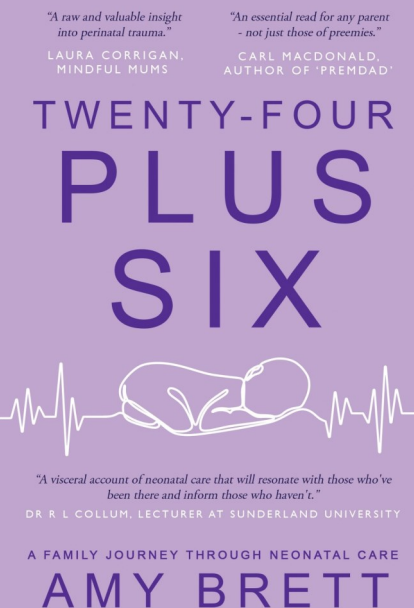
[stan.store/miraclemoonuk/p/health-anxiety-handbook?fbclid=IwAR3-YpY9Wh68zIIPTyKmoApkVEED-iz18p3dNSLcKi27d\\_o2lbBnkBcsI21s](https://stan.store/miraclemoonuk/p/health-anxiety-handbook?fbclid=IwAR3-YpY9Wh68zIIPTyKmoApkVEED-iz18p3dNSLcKi27d_o2lbBnkBcsI21s)



**The Health Anxiety Handbook**  
A Guide to Managing Anxiety After NICU and Birth Trauma  
£9.99 ★ 5.0

Womb to World Art have created three appealing and reassuring posters designed to raise awareness of NICU care when talking to parents antenatally. Might be useful on the NICU too. Free digital downloads.

**Twenty-four Plus Six** is a memoir about the terrifying roller-coaster ride that one family experiences with the sudden and unexpected arrival of a baby 15 weeks early. It's a no-holds-barred account of the psychological and emotional impact of premature birth. By exploring the many heart-wrenching dilemmas faced by Amy and her family she shines a light on the state of neonatal care and how easy it is to fall through the cracks of the medical system. There are powerful messages in this story that gives us, as health care professionals, much to reflect and act on.



"A raw and valuable insight into perinatal trauma."  
LAURA CORRIGAN, MINDFUL MUMS

"An essential read for any parent - not just those of preemies."  
CARL MACDONALD, AUTHOR OF 'PREM'DAD'

# TWENTY-FOUR PLUS SIX

"A visceral account of neonatal care that will resonate with those who've been there and inform those who haven't."  
DR R. L. COLLUM, LECTURER AT SUNDERLAND UNIVERSITY

A FAMILY JOURNEY THROUGH NEONATAL CARE  
**AMY BRETT**

# FINE COURSES 2024

go to [www.finetraininguk.com](http://www.finetraininguk.com) to book

2024

**FINE 1: Foundation Toolkit for Family Centred Developmental care**

£350.00 per person+ VAT

Reduced to £300.00 + VAT when you book 10 or more places.

Book online or contact

[info@finetraininguk.com](mailto:info@finetraininguk.com)

Autumn dates coming soon.

Tuesday 23rd April

Wednesday 1st May

Monday 13th May

Thursday 23rd May

Wednesday 5th June

Wednesday 12th June

Thursday 27th June 2024

Thursday 4th July 2024

Tuesday 16th July 2024

Monday 29th July 2024

**FINE 2: Practical Skills for Family Centred Developmental Care**

Fees: £1700.00 per person plus VAT

Start dates scheduled every 2 to 3 months.

Next available start date  
May 9th 2024.

NB. There is a selection process for this course.  
Application forms available at

**Masterclass 2024 July 5th–**

more information soon

## BOOKS

“Caring for your Baby in the Neonatal Unit: A Parents’ Handbook”

“Caring for your Preterm Baby at Home: A Parents’ Handbook”.

Individual copies £12.50 including p and p. Buy 10 copies for £90.00 with free p and p in the UK.

Contact us for special offers on bigger orders.

“First Steps for Parents in the Neonatal Unit” is available in batches of 50 @ £75.00

