

# BestPrem parent passport developed as a tool to empower parents of preterm babies at the time of delivery



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**Background:** The BestPrem perinatal optimisation care bundle was developed in three of the North-West London neonatal units collaboratively adopted from the successful model of the Periprem care bundle for premature infants born at less than 34 weeks gestation. It consists of 12 elements, each identified as central to reducing brain injury and mortality in extreme preterm (< 27 weeks gestation) and preterm (<34 weeks gestation). Items 11 and 12 on the bundle focuses on developmental care and family integrated care which are vital to our team as family integrated care is in the heart of everything we do.

The BestPrem Bundle seeks to reduce variability in clinical care and to improve compliance with these interventions to optimise neonatal outcome. The BestPrem parent passport is a step further to allow transparency with parents and empower them to understand and follow perinatal clinical management of preterm infants.

**Aim:** To provide a perinatal passport for mothers admitted to our labour wards with threatening preterm labour < 34 weeks and would be the basis of antenatal counselling, maternal perinatal management and initial neonatal care. This document helps to provide information about the BestPrem care bundle and its evidence based bundle elements to achieve the best neonatal outcomes.

**Methods:** The Bestprem passport is in the process of being implemented in hospitals across the North-West London Neonatal Network. It promotes uniformity in practice alongside parental involvement every step of the way. We are collating parental feedback since its implementation and it has been positively welcomed.

Imperial College Healthcare NHS Trust

**BestPrem care bundle**  
Best start to life for Premature baby(ies)

|  |  |                                       |  |
|--|--|---------------------------------------|--|
| <p><b>1. Right place of birth</b></p> <p>I am at the right hospital in case my baby delivers early<br/>I have been told what will happen to my baby after birth.</p>   | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>2. Antenatal Steroids</b></p> <p>I have received a full course of steroids to help prepare my baby for being born early.</p>   | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>3. Antenatal Magnesium Sulphate</b></p> <p>I have received Magnesium Sulphate to protect my baby's brain development (&lt; 30 weeks gestation only).</p>   | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>4. Intrapartum antibiotic prophylaxis</b></p> <p>I have received antibiotic treatment in labour to reduce the risk of infection for my baby.</p>   | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>5. Delayed cord clamping</b></p> <p>After my baby is born, if possible, the perinatal team will wait for at least a minute before the umbilical cord is clamped so that my baby will receive some extra blood from the placenta.</p> | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |

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|---|--|---------------------------------------|--|
| <p><b>6. Normothermia</b></p> <p>After my baby is born, the perinatal team will keep them warm and maintain their temperature between 36.5-37.5 C</p>   | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>7. Early colostrum and maternal milk</b></p> <p>I have been given information about the benefits of early colostrum and maternal milk for my baby.<br/>I have been shown how to hand express and how to use the breast pump to help me try to make early colostrum for my baby within 6 hours of their birth.</p> | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>8. Caffeine</b></p> <p>My baby has been given caffeine to stimulate their breathing.</p>  | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>9. Help my baby to breath</b></p> <p>The neonatal team will gently support my baby's breathing and give them surfactant treatment if needed.</p>  | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>10. Probiotics</b></p> <p>My baby has been given probiotics when milk feeds started to help protect their gut.</p>  | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>11. Developmental care</b></p> <p>The neonatal team will help me hold my baby skin-to-skin as soon as it is safe to do. My baby will receive individualised care to help their brain development.</p>   | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |
| <p><b>12. Family Integrated Care</b></p> <p>I am, as a parent the most important person for my baby. The neonatal team will help me become involved in my baby's care from the start together with the multidisciplinary team.</p>  | <p>In progress</p> <input type="radio"/> | <p>Complete</p> <input type="radio"/> | <p>Not completed or not applicable</p> <input type="radio"/> |

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*"I really love this piece of work and as a parent I would have loved to have had this for transparency and to make me feel in the loop at every stage of the journey. I particularly love to see the FiCare section and also the skin-to-skin section"*

