

BACKGROUND

Family integrated care (FiCare) is a model of neonatal care which fosters the involvement of the family in partnership with the healthcare team. It has been associated with positive outcomes, including an increase in infants' weight gain, increased rate of exclusive breastfeeding at discharge and decreased parental stress and anxiety¹. By supporting greater parental presence in the neonatal unit, FiCare impacts positively on the infants' neurodevelopment and improves maternal wellbeing².

AIM

To implement Family Led Ward (FLW) rounds in the neonatal unit; to encourage the involvement of parents in the care of their infants during the admission time, ease parental stress and promote informed decision making.

METHODS

The FLW rounds were planned through a Plan-Do-Study-Act approach, as below.

1. Review of the unit and multidisciplinary team (MDT) timetables and choice of allocated day for FLW rounds.
2. Distribution of informative leaflet in the nurseries and display of posters, to advertise and recruit.
3. Distribution of a proforma containing specific neonatal topics prior to the day, to direct the discussion during FLW round.
4. Production of an A3 poster, placed at the cot side, as a visual tool to document the achievements from the previous week and set goals for the week ahead.
5. The FLW round was attended by the parents and members of the MDT. The discussion about all aspects of individualised care was directed by the parents.
6. The A3 poster was completed as a summary at the end of the round. For those parents unable to attend, the poster was completed by the team for later discussion.



MDT performing FLW round with a parent at the cot side.

CONCLUSION

The implementation of FLW rounds represents a cost-effective intervention to improve parental experience in the neonatal unit. By encouraging parental involvement and promoting informed decision making, FLW rounds decrease parents' anxiety and stress levels. The FLW rounds foster the foundation of a trustworthy relationship between the parents and the MDT; whilst the patients benefit from the intervention through receiving high levels of individualised care.

The FLW rounds could be replicated in different units, independently from the acuity of care provided.

REFERENCES AND ACKNOWLEDGEMENTS

1. Lee, S.K. and O'Brien, K. (2018) 'Family integrated care: Changing the NICU culture to improve whole-family health', *Journal of Neonatal Nursing*, 24(1), pp. 1–3.
2. Mclean, M.A. et al. (2022) 'Lower maternal chronic physiological stress and better child behavior at 18 months: follow-up of a cluster randomized trial of neonatal intensive care unit family integrated care', *The Journal of Pediatrics*, 243, pp. 107–115.e4.

The study team was partially supported by the H2020 MSCA RISEinFAMILY grant no 101007922.

Family led ward round prompt sheet

Name	Date of birth	Birth weight	Current weight
Gestation at birth	Day of life	Corrected gestation	
Current issues			

Breathing

- Tick the breathing support your baby needs:
 - Ventilator
 - Nasal cannula
 - CPAP
 - None
 - Optiflow
- How much oxygen does your baby need?
 - Does your baby need any suction?
 - Has your baby had a chest x-ray?
 - Is your baby having any apnoeas, desaturations or bradycardias (dips in heart rate, oxygen level or breathing)?

Heart and Blood Pressure

- What is your baby's blood pressure today?
- Are they on any medicine to support their blood pressure?
- Does your baby have an arterial line?
- Does your baby have a heart condition e.g. PDA, PFO, ASD, VSD?

Feeding and Nutrition

- What volume of fluid is your baby receiving?
 - Tick any lines that your baby has:
 - Peripheral
 - Central
 - Umbilical
 - Tick the type of fluid your baby is having:
 - TPN
 - Glucose
 - Other
 - Tick any milk that your baby is having:
 - Own breastmilk
 - Donor breastmilk
 - Preterm formula
 - Term formula
 - How much milk is your baby having and how often?
 - Is your baby being sick?

Brain and Development

- What did your baby's last brain scan show?
- When is your baby due their next brain scan?
- Has your baby had their NICE (18-35 weeks)?
- Does your baby need an eye (ROP) check?
- Is your baby waking for feeds?
- Does your baby have a Physiotherapist or Speech and Language Therapist plan?

Medications

- What medication is your baby taking?
- When does your baby need their immunisations?

My Family and I

- When can my family visit?
- Can your baby have a cuddle yet?
- Would my family like an update with a doctor?

My name is _____

I am _____

I weigh _____

What matters to me and my family

My family are _____

Celebrations

What do I like?

My family can _____

Goals

My family would like to see the rest of the unit

The proforma and the A3 poster.

FLW rounds conducted in 6 weeks period	Number of parents attending	Total number of patients
27 (=48%)	41 (=37% considering 2 parents per patient)	56

Attendance data extrapolated from 6 weeks period.

FINDINGS

The implementation of FLW rounds increased parental participation and involvement in the neonatal unit. Some of the feedback received by the parents stated: "I felt welcomed and involved when caring for my child [...] I have a lot to learn, but being part of this makes it all easier"; "The FLW rounds made us feel knowledgeable"; "[...] I felt really listened to and my concerns were all addressed".