



# **FAMILY INTEGRATED CARE**

**EMPOWERING YOUR ROLE AS A PARENT IN THE NICU**

# WHAT IS FAMILY INTEGRATED CARE?

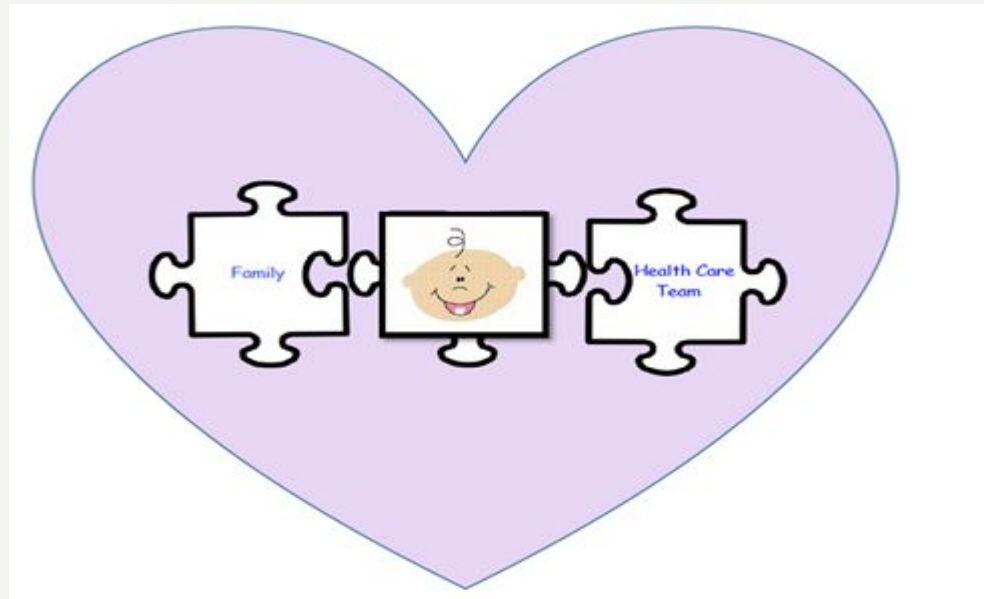
A model of care in the NICU where parents are the primary caregivers for their infants

Including:

- Feedings (breast, bottle, and tube feeds)
- Diaper changes
- Obtaining Vital signs
- Bathing
- Giving oral medications
- Tracking progress
- Participating in medical rounds
- Decision-making
- Keeping record of care (charting)
- Weighing babies



# OUR AIM WITH FAMILY INTEGRATED CARE:



“To work in partnership with parents to create a consistent and nurturing environment where parents feel engaged, enabled, educated, and empowered as the primary caregivers for their baby. We believe parents are experts in their baby’s care. The overarching goal of family integrated care is to support parents in becoming equal members of the neonatal team and participate in providing active care for their infant with the help of a competency-based training”

# WHAT ARE THE GOOD THINGS ABOUT FAMILY INTEGRATED CARE?

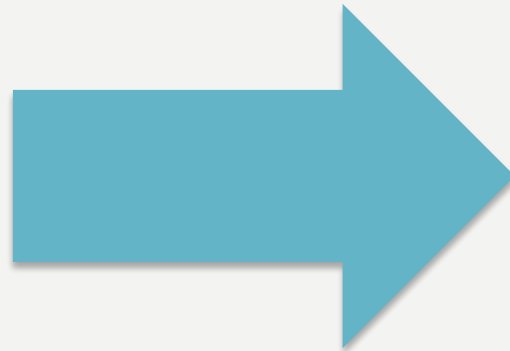
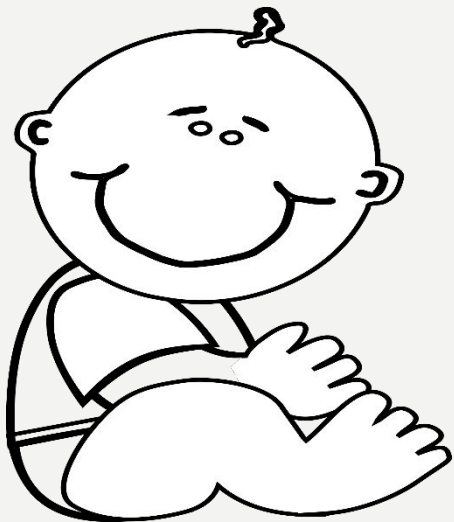
- Gain weight
- Shorter stay in the hospital
- Better feedings by breast or bottle
- You will bond with your baby
- Your baby will have the same care day to day



- There will be less stress while your baby is in the hospital and when you get home
- You will have more confidence about caring for your baby at home
- You will be able to build a relationship with the people working with your baby

# This sounds great! When can I start?

Family Integrated Care is for every family in the NICU and there are a few things you should know



## TO PARTICIPATE:

Just ask someone on your care team and they will get you started...

Use the check off sheet to track your progress. This sheet also helps the care team know what you are independent with and what you are learning.

Utilize the tip sheet as to which order we recommend you learn each task

Speak up if there is any portion you are not interested in learning. You are not required to learn everything

If possible, spend at least 2 care times/day to be as



# WE REQUEST THAT YOU:

**\*COMPLETE ALL EDUCATION MODULES AND QUIZZES BEFORE HANDS ON TRAINING BY THE NURSE**

**\*BE CHECKED OFF BY A TEAM MEMBER FOR SKILLS BEFORE DOING THEM ALONE**

# IF YOU ARE COMFORTABLE:

\*we would love to have you try presenting at rounds when you are present. (morning rounds 10:30am to 1230pm, or evening rounds 830pm to 10pm)

- Team members can help you practice
- Please watch the demo video

# DOES THIS MEAN MY BABY DOESN'T HAVE A NURSE???



**NO!!**

Your baby will have a nurse responsible for overseeing all the care you provide!

**IN FACT**



# YOUR NURSE WILL BE A GREAT SOURCE OF EDUCATION AND SUPPORT



Nurses will be educating you, along with modules and videos, on the skills you need to provide the primary care for your baby



Your nurse will be making sure you are comfortable every step of the way



Your nurse will be coaching, guiding, and supporting you through this exciting time

## Nurses will continue to:

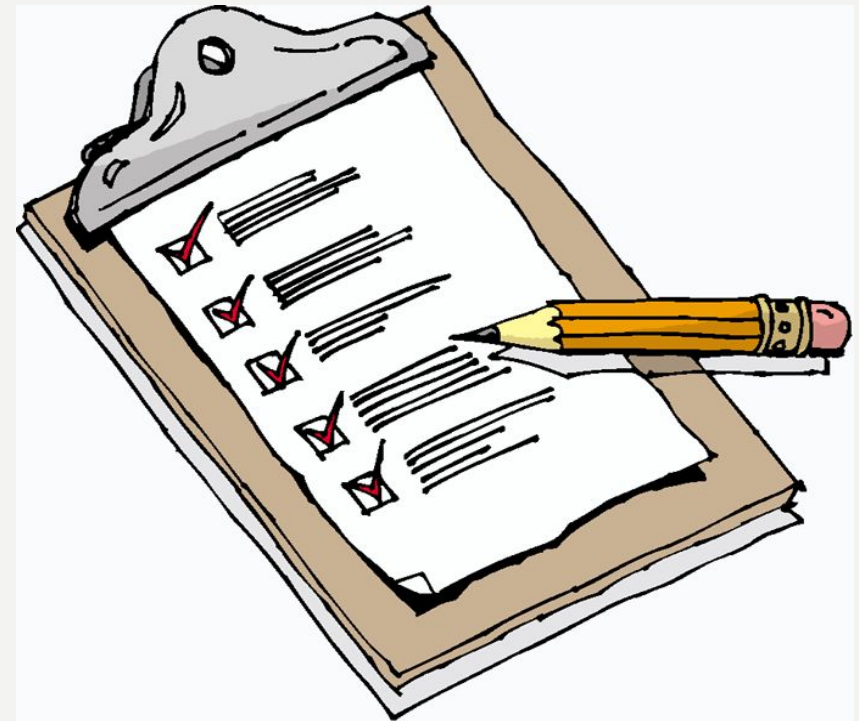
- Assess, implement, re-asses, and evaluate care given
- Provide respiratory care in collaboration with the respiratory therapist
- Provide IV therapy and medications
- Be available in case of an emergency
- Collaborate with you and the entire medical team to provide the best care possible
- Interpret vital signs
- Perform laboratory testing as needed
- Maintain all needed equipment for your baby



# HOW WILL I LEARN THESE SKILLS?

- Online, module-based training
- Videos
- Quizzes
- Hands on teaching and practice with your baby's nurse

*Please watch the video's and take the quizzes prior to hands on training with your nurse! Quizzes **must** be complete before your nurse can check you off as independent for a skill.*



# Questions and concerns you may have:

- What if I have to miss a day?

Missing a day is no problem. Please let your nurses know your planned schedule if you can.

- What if I don't want to participate in everything?

You can choose which activities you would like to do with your baby.

- What if my baby gets sick?

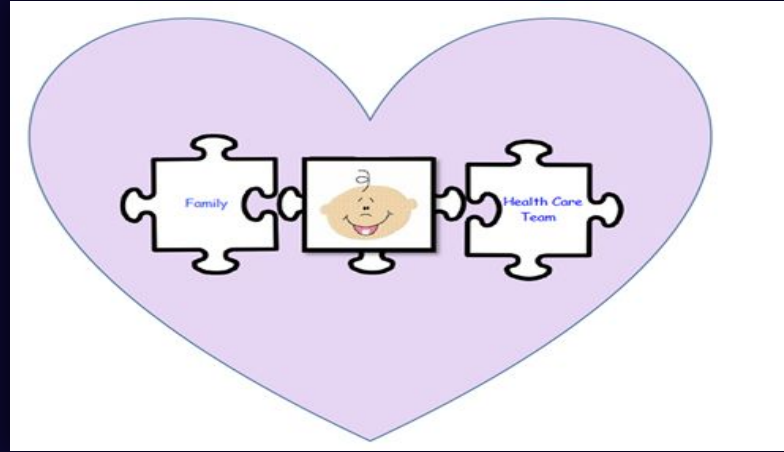
If your baby has an illness or needs surgery, the team will make sure that plans are adjusted. What if I do something wrong?

Staff is available to help any time you need, so you don't have to worry.



# FAMILY TESTIMONIALS

- I LIKE FAMILY INTEGRATED CARE, IT MADE ME FEEL LIKE I HAD A “JOB TO DO” OR SOMETHING I WAS RESPONSIBLE FOR WHILE MY BABIES WERE SLEEPING AND I WAS IN THE NICU EACH DAY.
- FAMILY INTEGRATED CARE HELPED ME TO KNOW MY BABIES BETTER EVEN WHEN THEY WERE SICK AND I REALLY FELT LIKE A PART OF THE TEAM.
- FAMILY INTEGRATED CARE HELPED ME FEEL MORE LIKE A PARENT. I GOT TO BE INVOLVED IN ALL ASPECTS OF THEIR CARE.
- BEING INVOLVED IN FIC HAS MADE ME FEEL MORE PREPARED FOR GOING HOME.



**PLEASE SPEAK TO A MEMBER OF YOUR CARE TEAM  
FOR MORE INFORMATION AND DETAILS ON THIS  
EXCITING PROGRAM FOR YOU AND YOUR BABY!**