

Developmental Care News

November 2014

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Keeping up

More about pain. The University of British Columbia in Vancouver has a great track record on researching the impact of neonatal care and pain on preterm infants. This latest study looks at the enduring consequences of painful experiences in the neonatal period. The review by Vinall and Grunau makes it clear why we need to accurately identify pain-related stress in preterm neonates, and why we need to evaluate the protective effects of pain management strategies.

Vinall, J et al (2014). **Invasive procedures in preterm children: brain and cognitive development at school age.** *Pediatrics*, 133(3), 412–421.

Vinall, J, Grunau, R. E. (2014). **Impact of repeated procedural pain-related stress in infants born very preterm.** *Pediatric Research*, 75(5), 584–7.

NIDCAP and developmental care. Dominique Haumont reviews the scope of early developmental care (EDC) in the *Journal of Pediatric and Neonatal Individualised Medicine*, (2014, 3(2)). EDC covers a wide range of interventions, from simple environmental measures to the complex holistic NIDCAP model. Practices vary enormously and local EDC culture is down to medical and nursing leadership.

In the news Single Family Rooms.

The **Starlight Neonatal Unit at Barnet Hospital** recently opened 10 "individualised care rooms". The aim of these single family rooms is to keep babies with their families from the outset, providing an appropriate environment for parents to be fully engaged in their baby's care. This venture is in the early stages and the benefits have not yet been fully explored but parent satisfaction, and their relief that they can stay with their babies are already apparent, (contact Emily Hills, emot.hills@gmail.com for more information).



Recent results from a study by Lester et al will boost arguments in support of initiatives like this. Lester B M et al 2014, **Single-Family Room Care and Neurobehavioral and Medical Outcomes in Preterm Infants**, *Pediatrics* online Sept 22nd, found improved neurobehavioral

and medical outcomes related to increased developmental support and maternal involvement in single family rooms.

(Drawing by Wendy Bond from “Caring for your Baby on the Neonatal Unit”, Inga Warren and Cherry Bond)

On being a preterm baby.....

I was the first flower of spring to my parents, the flower that shows that the cold days have come to an end and that the brighter days are on their way. My parents first had a child who died after birth, so to my parents to have another child was a forgotten dream come to life. I was born as a premature baby (31 weeks). I was said to be a miracle for when I was born the doctors said they couldn't even hear my heart beat. I had no health risks, but even so. When I was born my dad counted my fingers and toes one by one, the moment he got me in his hands. I was the first premature baby to be born in my family. Everyone wanted to see me the moment I was discharged from hospital. This is because everyone thought I wouldn't make it, but I proved them wrong..... Now I am in my first year in secondary school and I am so proud to be a premature baby..... Rosemary, aged 12.

2015 Dates for your diary

January 28-29 th 2015	Foundation Toolkit for Family Centred Developmental Care (FINE* Level 1), London.	The scope, evidence, key themes and practical implications of family centred developmental care are explored through lectures and interactive workshops. Contact kateh@bliss.org.uk for information.
February 24 th 2014	Practical Skills for Family Centred Developmental Care (FINE* Level 2), London	Weekly assignments over 12 weeks, with mentoring, for a small group. Contact ingaw@bliss.org.uk for more information.
March 5-7, 2015.	The Gravens Conference Clearwater Beach, Florida	A multidisciplinary conference on the physical and developmental environment of the high risk infant. facebook.com/pages/The-Gravens-Conference/146594362088476
March 16, 2015	Ultra Early Intervention Karolinska Institute, Stockholm.	This year the focus will be on translating training into practice and will include cost benefits. Previous Ultra Early Intervention conferences can be viewed at http://web22.abiliteam.com/ability/show/khcichp/karolinska20140317/speed.asp
April 27-28 th	Foundation Toolkit for Family Centred Developmental Care (FINE* Level1) Sheffield	The team at Jessop Wing are running another of their popular 2 day courses. Contact neonataleducation@sth.nhs.uk for information and registration forms.

*FINE = Family Infant Neurodevelopmental Education programme. If you would like to work with us to run FINE programmes in your neonatal network please contact ingaw@bliss.org.uk