Empowering Parents of High Risk Infants in the ICU (Intensive Care Unit)

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Objectives

1) Discuss the “why” behind the development of the “Parenting your High Risk Infant” class

2) Discuss the topics covered in the class that will empower parents to care for their high risk infant.

3) Describe the birth and hospitalization worksheet that is used to assist families plan for their delivery and ICU stay.
Disclosures

• I have nothing to disclose
Purpose and Background

Preparing for your Newborn’s Hospitalization

• Developed based on feedback provided by parents of the fetal center and cardiology center

• Literature review completed on the stress responses of parents of NICU parents
Overview of the Class

- Class begins with Harper’s story and ends with our family panel of past NICU parents
- Class agenda includes information on delivery, NICU care team, ICU experience, parenting in the NICU, and nutrition
- Classes are held quarterly on Saturdays from 9a to 4p
- First class January 2014
Delivery

Provide parents information of what to expect at the delivery

- Who will attend delivery
- Infant stabilization and resuscitation
- What can the father or support person do during resuscitation
- Updates given to the parents during the resuscitation
- What to expect before the baby is transported to the NICU
- What to expect during transport and admission
Who are all the members of the NICU care team and what roles will they play in the care of the baby during their ICU stay

- Neonatologist (fellow/resident)
- Registered Nurse
- Neonatal Nurse Practitioner
- Respiratory Therapist
- Chaplain, Child life specialist, lactation consultant, social worker, nutritionist, pharmacist, consulting physicians, and many others
ICU Experience

- What to expect in the NICU
  - What does it look like in the ICU
  - Visitation guidelines
  - Available resources

- Experiencing ups and downs during your stay

- There is support for parents and families in the ICU
Parenting and Bonding in the ICU

- Enhancing attachment and bonding
- Role of the father or partner
- Self-Care
- Hospitalization and Grief
- Postpartum depression
- Managing Stress
- Importance of Sleep
- Importance of the communication
- How to stay connected with your partner
Infant Nutrition

- Breastfeeding and Pumping
- Formula feeding
- TPN/IL
- Lactation consultants are available to provide education and support
Birth and Hospitalization Worksheet

• Worksheet provided to the parent at the beginning of the class to help them prepare for the ICU stay with their baby

• The worksheet prompts the family to be proactive in the planning of their ICU stay

• This worksheet will help reduce stress and empower the parents to make decisions about their baby’s birth prior to delivery
Resources Provided to Parents

- Birth and Hospitalization Worksheet
- Family Care Journal
- List of surrounding restaurants, hotels and parking
- List of support and services provided at the hospital
- List of recommended local support groups and trusted websites
- Visitation Policy
What about our Antepartum Mothers?

- After several classes it was determined we were missing a significant part of our population.
- December 2014 started weekly classes on Wednesdays at 2pm in the family lounge on Women’s Specialty Unit (antepartum).
- Offering tours any time to our antepartum mothers and families.
References


Additional resources:

- Handtohold.org
- Marchofdimes.org
- Nann.org
- Texas Children's Hospital Polices, Procedures, and Guidelines
When you are a nurse you know that every day you will touch a life or a life will touch yours.