

Parent-led ward rounds (Family Integrated Care)

Information for parents and carers

This information leaflet explains what Family Integrated Care is and how we want to involve you in caring for your baby during our daily ward rounds. If you have any queries or concerns, please do not hesitate to speak to the nurse, doctor or therapist caring for your child.

What is Family Integrated Care?

Family integrated care (FICare) is an evidence-based model that integrates you, the parent, as a partner with the neonatal team to provide care for your baby.

It is about supporting you as a parent in caring for your baby while they are admitted to the neonatal unit and helping you be actively involved in making decisions about them.

Research has shown that FICare can reduce the length of stay, increase breastfeeding rates, improve bonding with your baby and help you take your baby home earlier. It can also reduce your stress while on the unit and increase your confidence when taking your baby home.

What does this mean to you as a parent?

You can be involved with the care of your baby as soon as you and they are ready. Some of these things can include:

- providing care (changing nappies, mouth care, cleaning your baby)
- doing kangaroo care (cuddling your baby in skin-to-skin contact on your chest)
- providing feeds (this can be through breastfeeding, bottle feeding or tube feeding)
- learning about your baby's medical care

For all these things, we will help take you through learning and understanding how to care for your baby in a safe, supported manner when you are ready.

What are ward rounds?

Daily ward rounds are where the neonatal doctors and nurses review and discuss your baby's progress and make plans for the rest of the day and week. Many of the additional staff on the unit (dietitians, supportive therapists and pharmacists) will also join the round and provide further information.

The ward round is an integral part of the day for you as a parent. It allows you to find out more information about your baby and ask questions about their ongoing care.

What are parent-led ward rounds?

The parent-led ward round is where we would like you to be actively involved in the decision-making around your baby and tell us about their journey. You can participate in different ways:

1. Asking questions during the daily ward round to help you understand your baby's journey.
2. Once you are more comfortable talking about your baby, then once a week on a Wednesday, we would like you to present your baby on the ward round if you feel ready and able. You would introduce your baby and tell us about their progress.

This event will happen for those babies in the Unit from 9am onwards. Please let us know if you would like to be there for this.

We hope that this participation will help you build a strong relationship with the healthcare team and better understand your baby's stay on our unit.

There is a form attached below that you can use to gather information about your baby to help you tell us how they are doing if you wish to tell us their story.

If you have any questions, don't hesitate to ask medical or nursing staff.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: kch-tr.palsdh@nhs.net

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: kch-tr.palspruh@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email: kch-tr.accessibility@nhs.net

Presenting my baby on the ward round - Parent Proforma

Please note all sections are optional and don't have to be completed

Baby's name:		Date today:
Birth weight:	Current weight:	Weight gain or loss:
Gestation at birth:	Corrected gestation:	Days old:
Current issues:		
Medical history during your baby's birth and stay: any specific problems or events		
Current medical care: Breathing support or help: Feeding update: <i>How is your baby's feeding going? How is expressing going?</i> Medications: Head scans: Eye screening: Immunisations:		
Caring for your baby: <i>What are you doing for your baby including skin-to-skin</i>		
Anything you think the medical team today should know about today: <i>Share any details, recent changes or observations that you feel are important</i>		
Questions or concerns:		
Plan:		