

# PREPARING NICU FAMILIES FOR HOME

## PART 1

	DATE(S) (dd/mmm/yyyy) & INITIALS	
	Topic Skill Presented	Completed
<b>Remember discharge preparation starts at admission</b>		
<b>RED ZONE (Teaching first 24-48 hours):</b>		
Hand washing, removing jewelry, the use of travel mugs for hot beverages		
Parents are provided information regarding their infant's condition		
Parents provided unit information (e.g., parental participation, rounds, equipment)		
Family Room and washroom		
Cell Phone Bags		
Visiting Family Presence Plan		
Parents are provided with "Journey with your Baby" (JWYB) HSC		
Parents are provided with <b>Welcome to NICU booklet SBH</b>		
Infection prevention <b>Refer to Guideline: Infection Prevention for Newborns in Neonatal Areas</b>		
Social work consult if required		
Parent group		
Breast feeding is discussed, and the importance of breast milk for ill and/or premature infants. <b>Refer to Guidelines: Breastfeeding Support for the Early Premature Infant, Breastfeeding Support for the Late Premature Infant</b>		
<b>Mom's Journal and Log Book</b> given		
Liquid Gold (Colostrum) Kit as needed		
Pumping and storage and transportation of breast milk. <b>Refer to Guideline: Breastmilk: Management of Expressed Mother's Own</b>		
Breast pumping kit given		
Lactation consultant has met with parent(s)		
Benefits of kangaroo care explained to parents and initiated as appropriate. <b>Refer to Kangaroo Care for Newborn Infants Information for Health Care Providers</b>		
Neurodevelopment care instituted and explained to parents Stress signs, appropriate handling/stimulation <b>Refer to EDUCATIONAL LEARNING PACKAGE: Infant Positioning and Handling and GUIDELINE: Extremely Low Gestation Age Infant Care</b>		
Provide pamphlet <b>Newborn Screening in Manitoba</b>		
Metabolic Screen		

**AMBER ZONE (Teaching 48 hours and ongoing):**  
**More Comprehensive Care of infant by Parent(s) initiated**

Diapering and discussion of normal elimination patterns		
Bath Demo		
Return Bath		
Feeding via breast/bottle <b>Refer to Guideline: Enteral Feeding of Preterm &amp; High Risk Neonates</b>		
Temperature taking and identification of range of normal values		
Medication administration		
Safe sleep		
The Importance of supervised tummy time		
Intro to Postpartum depression/PTSD (Post Traumatic Stress Disorder)		
Shaken baby Information		
Choking baby		
Initiate – Public Health Form		
Referred To Heart and Stroke Foundation for CPR education/contact sheet given		

# PREPARING NICU FAMILIES FOR HOME

## PART 1

	DATE(S) (dd/mmm/yyyy) & INITIALS	
	Topic Skill Presented	Completed
<b>Allied Health Support</b>		
Feeding and/or nutritional risks and therapy and dietary modification instituted, if indicated		
Formula preparation and sterilizing bottles		
Financial/resources - do parents have resources to bring baby home? (e.g. car seat, crib)		
Assessment of resources that may be needed		
Need for referral to appropriate community resources as indicated (e.g. Downs Syndrome network, parents of multiples, CNIB)		
Physician/Neonatal Nurse Practitioner review of the hospital course has been completed; unresolved medical problems have been identified.		
Discharge planning with Child and Family Services		
Occupational Therapy education and follow-up		
Additives to feedings		
Special formula preparation		
Special Medications		

### Assessment of Infants who are Technology Dependent

Home environment		
Assessment of medical care/help		
Telephone service		
Home care referral		
Home oxygen therapy teaching/program referral		
Tracheostomy - referral to Pediatric ENT or Pediatric Respiriology		
Feeding clinic referral - referral to Manitoba Home Nutrition Program		
Gastrostomy teaching done		

### GREEN ZONE:

Physiologically mature and stable cardiorespiratory function has been documented for a sufficient duration - ie. Apnea and Brady free for 72 hours <b>Refer to guideline Management of Cardio Respiratory Events in the Newborn</b>		
Demonstrated adequate maintenance of normal body temperature while fully clothed in an open bed with normal ambient temperature (20° Celsius - 22° Celsius)		
Infant has established competent feeding by breast or bottle without cardiorespiratory compromise		
Demonstrated sufficient and consistent weight gain as per dietician		
Car Seat Safety - <a href="https://tc.gc.ca/en/services/road/child-car-seat-safety.html">https://tc.gc.ca/en/services/road/child-car-seat-safety.html</a>		
Hearing evaluation has been completed. <b>Refer to guideline Routine Screening of Newborns</b>		
Eye (retinopathy of prematurity) examinations have been completed, as indicated. <b>Refer to guideline Routine Screening of Newborns</b>		
Rooming in offered as needed		
Review of the hospital course has been completed, unresolved medical problems have been identified, and plans for follow-up monitoring and treatment have been instituted		
Neurodevelopmental and neurobehavioral status assessed		
Discharge summary to Pediatrician and or Child & Family Services and or Northern Medical unit - Neonatologist aware		
An individualized care plan has been developed with input from all appropriate disciplines and family for discharge preparation		
Appropriate immunizations have been administered <b>Refer to guideline BCG Vaccination of the Infant</b>		
Future immunizations discussed		

Legend: BCG - Bacillus Calmette-Guérin CNIB - Canadian National Institute for the Blind JWYB - Journey with your Baby Welcome to NICU