

What is Family Integrated Care?

Once your baby is stable, we believe that parents can become more involved in their infant's care, assisted by staff when necessary.

Why is Family Integrated Care important?

In the modern NICU, preterm babies are cared for by highly specialized staff. While parents are welcome in the NICU, they may not feel that they can care for their infant as much as they would like to. As a result, they may feel stressed and concerned about their abilities to care for their baby.

What is the purpose of Family Integrated Care?

The goal of **Family Integrated Care** is to partner with your nurse and the medical team, which will help you feel more confident and comfortable caring for your infant in the hospital and upon discharge.

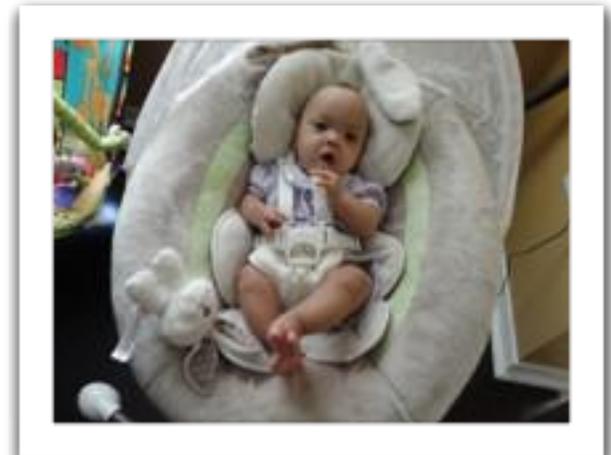


One of our TLC graduates!

What are some of the things I will participate in?

-  Daily medical rounds
-  Charting
-  Daily education sessions

Small group parent education sessions are held daily at 2:00 pm. Topics include: growth and development, feeding, discharge planning and coping, and care of the mother.



Graduate of the TLC pilot study

We piloted this model of care for a year, between April 2011-April 2012, and enrolled 46 infants (4 sets of twins). Many of the families and nurses really enjoyed the program, as the babies appeared to be doing better.

We still need to explore:

- *Can we offer this program safely to more families at Mount Sinai Hospital?*
- *How many families can participate when offered this program?*
- *Can we support other hospitals to provide the same model of care at their sites?*
- *What kind of support do families and nurses need to make this work more widely?*

Your presence and participation in the care of your baby is very important.



Speak to your baby's nurse or contact:

Clare Raiman, Research Nurse
craiman@mtsinai.on.ca
416.586.4800 X7745

Family Integrated Care in the NICU/ Level 2

