

FCC Training Checklist 2024

Name:	
Trainer:	Date:

Antenatal

- Physicians will do prenatal consultation for all high risk babies and at OB's request.
- Show eBook contents**
- If neonatologist is unable to get to the consultation immediately, they may request staff to show the iPad to parents.
- Coordinate with L&D staff for NICU tour if parents request.

At the Time of NICU Admission

- Physician will return to L&D and update the delivered mom about the baby's clinical status; the goal is within 1 hour of admission to NICU.
- Physician may ask the charge nurse, or nurse manager to update mom depending on infants immediate needs (line placements, etc.).
- Give the welcome letter and orient them to the unit including parent lounge and snack area
- Encourage hand expression when we update mom. Handout with QR code video in every room in L&D/MBU. (Hand out is also available on our resources board in physician's workspace)
- Once first colostrum received, administer as soon as possible, do not need to time with feeding - do not freeze or put in the fridge. Fresh colostrum is more beneficial.
- Document under breast milk PO intake row in the NICU I/O flowsheet
- "My NICU baby" Parents can track pumping volume, kangaroo care time, baby's weight on a March of Dimes app.

During NICU Stay

- Skin to skin:** Provide Joey Band to all families < 32 weeks and/or 1500 grams. Give the SSC handout to parents while talking to them (in the printer room) Goal is to do first skin to skin within 48 hours of life. Give the first SSC certificate to both dad and mom (in the printer room)
- "Out of the Box" time: Human touch is critical when their brain is rapidly growing stage ex utero. We are working on improving our babies' time out of the isolette, so encourage parents to swaddle hold as well as skin to skin and document in the NICU family/developmental flowsheet. Hold the baby while do gavage feed when you can.
- Infant massage** - Video is in ebook – PT starts education at 32 weeks

- ❑ Give out minky blanket to all NICU families as soon as they are separated from their baby & write it on sticky notes
- ❑ **R.O.A.R:** Reach out and Read: Encourage parents/staff to read to their baby 10 minutes per shift (30 minutes a day) to improve positive vocal exposure. Team provides a “welcome book bag” to all NICU families –write it on sticky notes. Spanish books are available.
- ❑ Document reading/talking/singing/massage in the NICU family/devopmental flowsheet.
- ❑ **FCC Checklist:** Physicians will add an FCC checklist to the treatment team sticky note in epic under overview. This provides an area for the MDs and nurses to track and check off information that has been communicated with the family. Please discuss the checklist items with parents and check off after discussion to promote consistent delivery of information to parents.
- ❑ **iPads/MyChart:** Unit clerks will provide the parents with an iPad or activate parents’ personal iPad. iPads provide all infants’ medical information to the parents including access to physician notes and nursing notes.
- ❑ **Multi-disciplinary rounds:** Parents encouraged to be present for weekly rounds at the bedside each Wednesday between 10:30-11:30 am.

Discharge

- ❑ All unit specific discharge teaching is in MyChart Bedside. **Start the process early** at the time of admission, check in with parents intermittently. Reading out loud DC teaching on the iPad while doing Skin to Skin counts for ROAR time too.
- ❑ Homecoming checklist given to parents when the babies are close to 50% taking bottle feed. Give it to them if they haven’t received one
- ❑ Neonatologists do care conference for all babies <32 weeks or <1500 grams when they are close to taking 50% po feed.
- ❑ Nurse: Encourage parents to complete the discharge education information and encourage them to do more hands on skills. **iPad is not a replacement for discharge education**

Family-Centered Care Support

- ❑ SLACK: Not active, looking into some other group model.
- ❑ Family Coordinator Christa - Working on building cuddler program, parent buddy program
- ❑ NICU Connections Group- Encourage families to join on Wednesday 12-1:30 PM to connect with other families and to have lunch.
- ❑ NICU Connect- Family led quaterley newsletter that current families receive
- ❑ FPC- Family Partnership Council (former NICU parents sit on this council and advise on our QI work to make sure our work is meaningful for NICU families), meet twice a year

- Follow Up call (Julie, Linda, Kim, Judy) – call all the discharges within a week to learn about our unit strengths and weaknesses.
- FCC Leadership team meet quarterly and Diane C, Sara R, Annie L are nurse champions. They will share meeting minutes for you to acknowledge so we can bring FCC to bedside consistently.

Signatures	
Staff:	
Trainer:	