

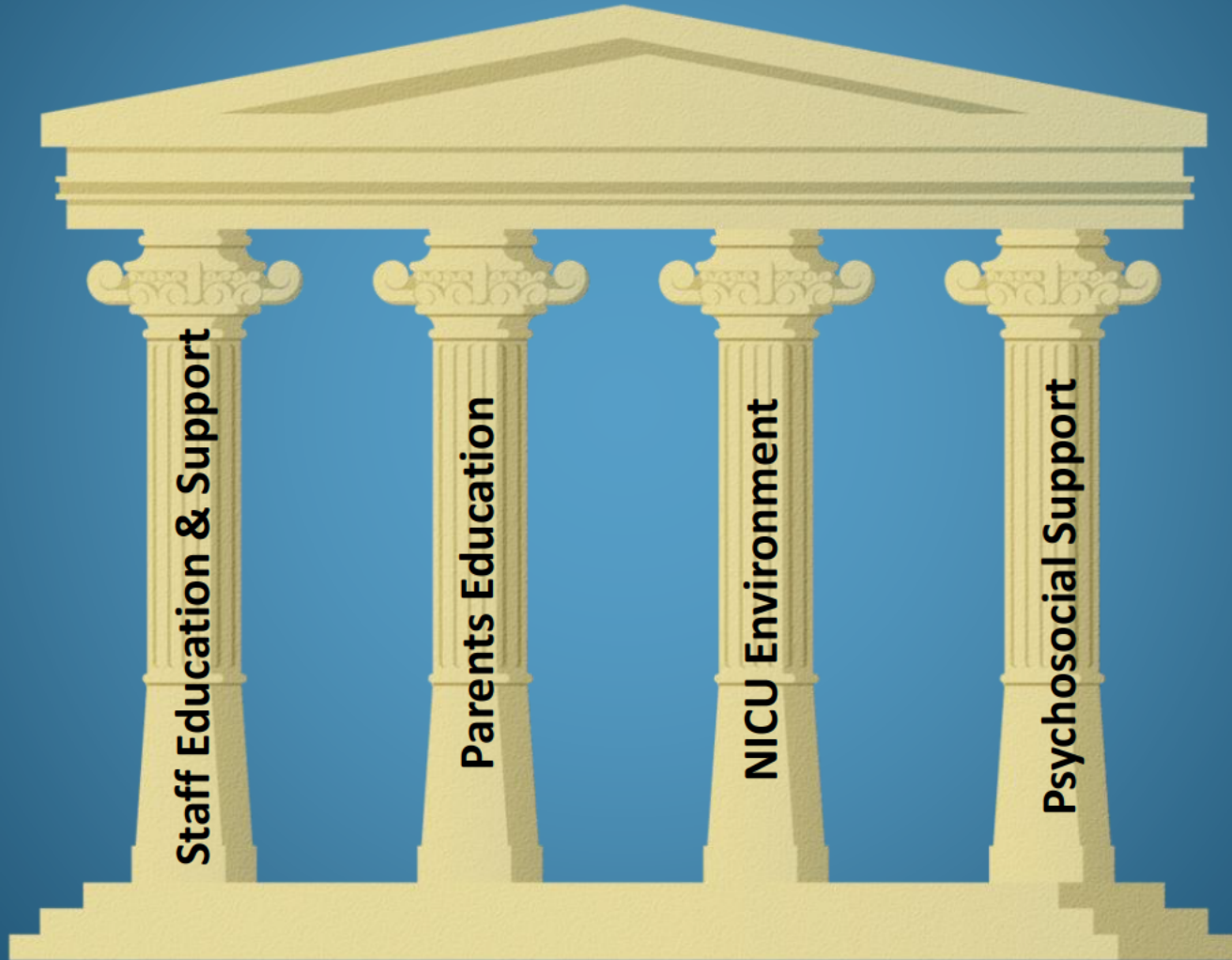


# Introducing Family Integrated Care

# What is Family Integrated Care?

“Family Integrated Care is a model that integrates families as partners in the NICU care team, and provides a structure that supports the implementation of family-centred care.”

# Four Pillars of Ficare



# Staff Education and Support

The first pillar of FiCare is to provide staff the necessary skills and knowledge to educate and support parents in caring for their baby on NICU. With education, our nursing team should...

- Manage parent orientation to the unit.
- Educate parents after receiving training.
- Encourage parents to have an active role in looking after their  
baby.

# Parent Education

- Providing small weekly education and skills sessions.
  - Will receive one to one teaching at the bedside.
  - Increased confidence in the NICU environment.
- Will be considered a part of the multidisciplinary team.

# NICU Environment

- Have a welcoming and comfortable environment.
  - Reduce barriers to parents participation.
- Integrating time for parents to hold their babies into the daily routine.
  - Changing barriers to care such as weighing at night.
  - Enabling parents to stay for long periods of time:  
comfy chairs, expressing pumps in the rooms, kitchen to have food and drink and quiet room to talk in.

# Psychosocial Support

- Launching coffee mornings in cots for tots.
  - Psychological support.
- Family support, including housing and financial, from dedicated members of staff.
- Integrated care round to highlight ways to support the family.
  - Encouraging peer to peer support.

More information on family integrated care is available through the following link:

