London Neonatal Network NHS

Family Integrated Care (FICare)

Information for Parents

Parent Information leaflet produced by the London Neonatal Network

This leaflet has been designed to support parents, carers & families around the topic of Family Integrated Care or FICare and the way it is experienced on a neonatal unit.

Welcome to the London Neonatal Network

The London Neonatal Network ensures that your baby has access to the specialised care they need as close to home as possible. As indicated on the map, there are 27 hospitals in the London Network.

The hospital where your baby receives neonatal care depends on your baby's condition, diagnosis, gestation, and where you live. As your baby is admitted to one of our neonatal units, we know that this can be a very emotional time for you and your family. The neonatal team within the London Neonatal Network is strongly committed to working in partnership with you, and Family Integrated Care is at the heart of everything we do.

What is Family Integrated Care

Family Integrated Care (FICare) ensures that you as parents have an active role in your baby's care from admission. We aim to help you become partners in your baby's care alongside the multidisciplinary team.

Research shows that this approach, including your loving presence and involvement bring benefits for both you and your baby, such as improved parent-infant bonding and experience; breastfeeding is more successful, decreased parental stress and anxiety; babies have better clinical and developmental outcomes, and it may shorten their stay in hospital.

Family Integrated Care. A BAPM Framework for Practice. November 17, 2021. https://www.bapm.org/resources/ficare-framework-for-practice

FICare on the neonatal unit

There are many ways you can be involved in your babies' care. Over the following pages, you will see some ideas that can help you get familiar with the neonatal environment and the care team, as well as supporting you in becoming partners in your baby's care whilst on the neonatal unit.

Get to know the Neonatal Unit

- I have been shown around the Neonatal Unit
- I know the members of the Multi-Disciplinary Team that are involved in my baby's care
- I am aware of how to access into and out of the unit
- I know the resources that are available to support me and my family
- Where appropriate, I have received information about my baby's possible transfer to another unit
- I know where the family facilities are

Getting to know your baby

We will work together with you as you get to know your baby and support you to being involved in the care and comfort of your baby as you wish.

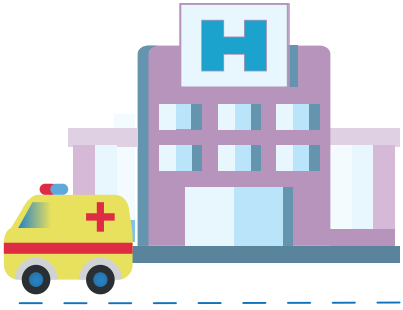
Below are some suggestions of things you can do.

* your voice is important and it is an opportunity to share the decision making around your baby's care

** your feeding journey may include, breastfeeding, expressing, mouthcare, nasogastric tube feeding and oral feeds.

Transferring your baby

All neonatal units in London are working towards embedding a FICare model of care. Each unit provides various resources to assist you on your journey.



If your baby needs to be transferred to another neonatal unit within London, please bring any learning journal or competency booklet you have. This will help the new team understand your baby's journey and the skills you have already acquired.

SCAN ME

Scan here to find information about all of the London neonatal units

Add some notes here

Additional resources

THE BABY FRIENDLY INITIATIVE
unicef UNITED KINGDOM

UNICEF Baby Friendly Support for parents

Bliss for babies born premature or sick

Support parents and families of premature or sick babies

Reference list

Family Integrated Care
A BAPM Framework for Practice. November 17, 2021.
https://www.bapm.org/resources/ficare-frame-work-for-practiceUNICEF

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London Neonatal Network NHS

For more information please visit

www.londonneonatalnetwork.org.uk

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