

Parent Passport

Our Neonatal Journey...



...Heading Home Together

Infant's Name:

DOB:

Gestation at Birth:

Hospital of Birth:

Further Information and Support

Best Beginnings Videos (<i>Small Wonders</i>)	Family Integrated Care (<i>Padlet</i>)	Looking after your baby (<i>BLISS</i>)	Feeding Support (<i>Padlet</i>)
			
Developmental Advice	Swaddled Bathing	Newborn Hearing Screening	Psychological Support
			
Multilingual Information	Discharge Questionnaire	Car Seat	Baby Safety
			
Weaning Advice	Parenting	Safety Netting	Tinylife Website
			

Welcome to our Neonatal Unit

Dear Parents,

Congratulations on the birth of your precious baby/babies! We are delighted to welcome you to our Neonatal Unit. This is a special place where your baby will receive the highest standard of care from our dedicated and experienced team. We understand that this may be a time of mixed emotions for you, filled with joy and excitement, but also some anxiety and fear. Rest assured, we are here to support you and keep you informed throughout your journey from admission to discharge with us.

We embrace the Family Integrated Care (FiCare) philosophy, which encourages parents to be actively involved in their baby's care, where you are seen as partners in the care of your baby with the neonatal team. This approach helps to strengthen the bond between you and your baby, promotes better health outcomes and supports your confidence and skills in caring for your little one.

This 'Parent Passport' will help facilitate your own level of involvement and will serve as a guide and record of your journey, achievable at a pace suited to your needs. It includes important information about your baby's care, milestones and progress, as well as educational resources and tips for caring for your baby.

We recognise this can be a challenging time. You are not alone. Our entire team is here to support you and your baby. We are honoured to be part of this journey with you and look forward to working with you as '*Partners in Care*'.

Warmest Regards,

Your Neonatal Unit Team.

What happens if my baby is born sick or premature?

If your baby is born sick or premature and needs to be admitted to a Neonatal Unit, it is important to understand the different levels of care available across Northern Ireland. Each neonatal unit is designed to provide specific types of care based on your baby's needs which means you may have to travel to a different hospital. For some families this will include the Republic of Ireland and England.

Levels of Care within a Neonatal Unit

Level 1 - Intensive Care

Level 2 - High Dependency

Level 3 - Special Care



Neonatal Intensive Care Unit (NICU) - Belfast

This unit specialises in caring for extreme preterm infants **born less than 27 weeks of gestation** and infants requiring specialised cardiac, surgical or neurological care (Levels 1, 2 & 3).

Local Neonatal Units (LNUs) - Altnagelvin, Antrim, Craigavon and Ulster Hospitals

These units provide care to preterm infants **born after 27 weeks of gestation** who require complex care medical support (Levels 1, 2 & 3).

Special Care Units - Daisy Hill and South West Acute

These units are designed for babies born closer to their due date but require some medical support for less severe health issues, supporting babies to develop and grow (Level 3).

‘Getting the right care, in the right place, at the right time’

What happens if my baby needs transferred?

Neonatal units work within a Neonatal Network. To enable the network to ensure all babies who require neonatal support receive the right care specific to their individual needs, in the right place at the right time, sometimes it is necessary for babies to be transferred to another unit and/or hospital.

If your baby requires a level of care that is not provided at your local hospital you will be transferred either before your baby is born, or your baby will be transferred by a specialised neonatal team (**NISTAR**) soon after they are born in a highly equipped transport incubator.

Most babies will be transferred back to their local hospital trust by NISTAR when their condition allows which is also dependent on cot availability.

NISTAR understands the emotional stress parents face during their baby's transfer. The team provides information and support to parents. They will ensure you are informed about the process, kept updated and be reassured that your baby is in capable hands to reduce anxiety during this time.



My Baby's Journeys

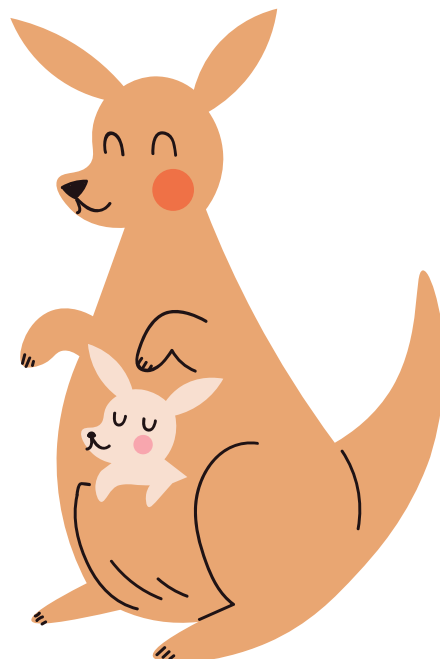
Sometimes babies will need to be transferred to another unit within the network for specialist care. If your baby needs specialist care this may be in a unit outside of the current trust. All transfers will be planned and discussed with you. You can keep a record of your baby's journeys here...

Date	From	To	Notes










Neonatal Unit Contact Information:

Neonatal Unit	Contact Numbers
Altnagelvin	028 71 611 212
Antrim	028 94 424 865 028 94 424 170
Belfast	028 96 150 570 028 96 150 560 028 96 156 591
Craigavon	028 37 562 305 028 37 562 307
Daisy Hill	028 37 562 760
SWAH	028 66 382 013
Ulster	028 90 567 997



My Healthcare Professionals are...

My named Neonatal Consultant is:	
My Community Midwife is:	
My GP is :	
My Health Visitor is:	
My Social Worker (if applicable) is:	
My Allied Health Professionals are: (including physio, occupational therapist, speech and language and dietitian)	
Other (including: Cardiac, Incontinence, Stoma and Tracheostomy)	
Other (including family support services and Tinylife)	

Consent

	Consent Given	Date
Donor Expressed Breast Milk (DEBM)		
Breast Milk Fortifier (BMF) *See information leaflet		
Probiotics (if applicable)		
Soother (Non Nutritive Suck)		
Newborn Hearing Screening		
Day 5 and/or 28 bloodspot *Information leaflet given		
Retinopathy Of Prematurity (ROP) *Information leaflet received and date of 1 st screen		
Synagis Vaccine Referral (if applicable)		
Immunisations BCG (if applicable)		
Photographs		

Early Days

Getting to know the Neonatal Unit.	Information Given & Date	Notes
Staff have welcomed you to the unit and updated you regarding your baby and the equipment/monitors around them.		
Staff have informed you of the importance of good hand hygiene using soap, water and hand gel to prevent infection.		
Staff have informed you of the infection prevention policy, including removing jewellery and bare below the elbows		
Staff have orientated you to the facilities available for parents on the unit and you have received relevant information packs and unit contact details including QR code to access Virtual Unit Video.		
Staff have discussed the daily routine of the unit, including ward rounds, unit access policy including safety and security.		
Access to car parking/pass and meals/voucher where applicable.		
Staff have introduced you to the multidisciplinary team looking after your baby.		
I understand where possible I can be present on ward rounds and have an active role in discussing my baby's plan of care.		
Staff have informed me how to proceed if I have a problem or complaint.		
Staff have explained the importance of confidentiality to me and I am aware of this regarding not only my own baby but the other patients on the unit.		

Expressing Breast Milk

Understanding the importance of early expression of Human milk post delivery.	Information Given & Date	Notes
I have been given an expressing pack with the contents explained and have been supported with hand expressing.		
I have been informed of the importance of early expression and providing <i>buccal colostrum</i> within 6 hours of life and its importance for my baby's development.		
I have received bonding shapes and understand the importance of using them.		
I have been provided with the use of a breast pump and staff have explained how to set the controls to optimise expression.		
I know how to wash, rinse and sterilise my pump, expression kit and return to the storage area if required.		
I can label correctly, store and transport my milk and I have received a cool bag.		
I have been informed of and understand the importance of expressing 8-10 times in 24 hours including night-time between 2-4 am		
Staff have informed me how to document, follow and assess my lactation and milk volumes using expressing diary.		
I know how to seek further help and support with expressing and breast feeding from the neonatal team.		

There is no pressure to complete all the above, as not all skills will be applicable to you/your baby.

Caring For Your Baby

If you are involved in your baby's care as much as possible you will be more prepared for going home.	Information Given & Date	Notes
I can provide skin/eye care assessing for signs of pressure injury.		
I can provide mouth care/positive oral touch.		
I can change my baby's nappy.		
I understand how to keep my baby warm to prevent temperature instability and can taken their temperature.		
I can assist with applying/repositioning of oxygen saturation probe.		
I can recognise an ' <i>apnoea, bradycardia</i> ' and a ' <i>desaturation</i> ' and call for immediate help.		
I can make my baby's bed and understand the correct/safe use of nests.		
I feel comfortable taking my baby in and out of the incubator/cot with assistance from a staff member.		
I know how to bath (swaddle) my baby and how to test water temperature with support.		
I can dress/undress my baby.		

There is no pressure to complete all the above, as not all skills will be applicable to you/your baby.

Feeding Journey

'Our team will support you at a pace that suits you and your baby'.

Involved with your baby's feeds and encouraging them to suck supports their long-term feeding.	Information Given & Date	Notes
I know how to position/reposition my baby for feeding, pacing and monitoring for signs of distress.		
I understand the importance of non-nutritive suck.		
I have completed parent competencies for tube feeding.		
I have been involved in discussions and development of a feeding plan for suck feeds.		
I know how to sterilise my baby's feeding equipment.		
I am aware of feeding readiness cues and signs that my baby is hungry.		
I know how to position my baby when breast feeding and recognise effective attachment and signs of effective feeding.		
I understand when my baby is satisfied and how often he/she needs to feed.		
If my baby is formula feeding, I know the appropriate formula milk to use and how to safely prepare this.		
If my baby is bottle feeding I know how to safely position and support them during feeds.		

There is no pressure to complete all the above, as not all skills will be applicable to you/your baby.

Knowing Your Baby

Understand the basics of developmental supportive care and its importance for your baby's developing brain.	Information Given & Date	Notes
I understand the impact of noise, light, smell and touch on my baby.		
I understand the signs of stress, discomfort and pain.		
I understand how to provide comfort/containment supportive positioning.		
I understand the principles/benefits of skin-to-skin and infant/parent bonding.		
I have held my baby and practised 'Kangaroo Care'.		
I understand the importance of uninterrupted sleep and clustering cares.		
I understand the signs my baby is ready for interaction.		
I can support my baby's motor development through positioning and moving.		

There is no pressure to complete all the above, as not all skills will be applicable to you/your baby.

Making Progress

Preparing early so you are ready for your baby to come home.	Completed & Date	Notes
I have registered my baby's birth - <i>legally only the birthing parent has parental responsibility unless married or in a civil partnership.</i>		
I have registered my baby with a GP and updated the unit with information.		
My living space is ready to welcome my baby home.		
I have my ' Red Book ' - Child Health Record available on unit for staff to update - including immunisations.		
My baby is in an open cot. I know how to prepare a safe sleep space for my baby and how to position them to reduce the risk of SIDS .		
My baby no longer requires monitoring		
I have completed basic life support where available.		
I have completed all parenting sessions in preparation for going home.		
My support network are aware that my baby will be coming home soon and what they can do to help me.		
I have received discharge script for prescribed formula if required to use at home.		

There is no pressure to complete all the above, as not all skills will be applicable to you/your baby.

Heading Home Together

Discharge Checklist.	Completed & Date	Notes
I have been given a copy of my discharge summary.		
I know how to access feeding support in the community.		
I am aware of post discharge support and how to access it - GP/Health Visitor.		
I understand my baby's follow up and have received a review appointment.		
My baby has completed their hearing test and details recorded in ' <i>Red Book</i> '.		
My baby has received eye screening and I have received a follow up review appointment as required.		
My baby's blood spot tests are up to date and recorded.		
My baby's final checks have been completed and documented in their ' <i>Red Book</i> '.		
I understand and I can administer all discharge medication. Discharge script has been forwarded to GP accordingly.		
I have discussed discharge safety advice with staff including - <i>car seat safety, safe sleep, immunisations, tummy time, and common illness.</i>		
I have completed the NNNI Regional Discharge Questionnaire (QR Code).		

	Date	Notes
INFANT SCREENING		
Blood Spot: Day 5		
Day 28 (< 32 weeks or on day of discharge if before 28 days)		
Immunisations		
Synagis Vaccine Referral (If applicable)		
BCG Referral (If applicable)		
Hearing Screening (Audiology)		
Eye Test (ROP < 32 weeks and/or <1501gms)		
REVIEW APPOINTMENTS	DATE	NOTES
Baby Clinic (Neonatal/Paediatric)		
Cardiac		
Surgical		
USS Hip Referral		
Eye (ROP) Review		
Other		
Other		
Other		

Acknowledgements

This Parent Passport has been developed in close partnership with all Neonatal Units within the Neonatal Network Northern Ireland (NNNI) - a collaborative approach regionally contributing to the information within this document, layout and design.

With special thanks to the parent advisors, both local and regional without whom we would not have been able to collaborate and co produce this wonderful document. You are the voice of what matters to all parents using neonatal services in Northern Ireland.

With special thanks to the Co-Chairs and members of the Family Integrated Care Working Group for their time, effort and dedication to improving the care families receive in our Neonatal Units.

With thanks to Leeds Teaching Hospital for the use of their information for this document.



Notes



“In the hush of machines and midnight prayers, a family’s love grows fierce - cradled in the smallest breaths of hope”