

FICARE NEWS



5 FICare Principles

Partnership with Families

Families are equal partners and integrated in all aspects of babies' care, including shared decision making.

Empowerment

Families are provided with education, training and support to have the confidence, knowledge & tools to understand & engage fully in their babies' care and advocate for their needs.

Wellbeing

Family mental health and wellbeing are priority with access and support to information that promotes wellbeing and peer support.

Staff wellbeing is a priority with access to psychosocial support to prevent burn -out and improved collaborative team working

Culture

Neonatal units are underpinned by a culture of collaboration and sharing. Staff are empowered to lead the implementation of FICare, to support families and enjoy positive relationships with them.

Environment

Neonatal units provide physical and social environments that are family friendly, comfortable which enable parents to spend as long as they want with their babies, minimizing separation and enhancing experiences of care.

How can we
implement FICare
together ?



Staff
education
and support

Parent
Education

Supportive
Environment

Psycho-
social
support

FIGARE NEWS



What is FIGare ?

Family Integrated Care (FIGare) is a model of neonatal care which promotes a culture of partnership between families and staff.

FIGare ensures that parents, baby and wider family members can be a family as soon as possible; creating space for necessary medical care whilst facilitating the nurturing bond and love that only they can provide for their baby



Why FIGare?

- Preliminary research suggests that FIGare**
- improves developmental outcomes
 - improves parental confidence
 - decreases parent stress
 - fewer nosocomial infections
 - improves infant growth & breastfeeding rates
 - spend fewer days in NICU
 - decreases readmission rates

Examples of FIGare

- Parents doing cares
- Parents doing feeds
- Skin to skin
- Parents comforting their baby during procedures

We can all mentor and encourage our parents together