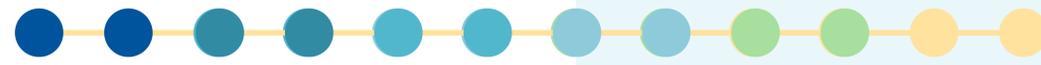


NICU Discharge Preparation and Transition Planning



Interdisciplinary Guidelines and Recommendations

OUR GOAL

NICU Discharge Readiness

is the attainment of

- technical skills and knowledge
- emotional comfort
- confidence with infant care

by the primary caregivers at the time of discharge.



Discharge preparation

is the process.



Discharge readiness

is the desired outcome.

Parents whose babies are admitted to the neonatal intensive care unit (NICU) need support.

Whether their baby's stay is brief or long, uncomplicated or complex, a NICU stay changes how they care for their infant and how they will parent once they are discharged.

While we know that a NICU stay is traumatic for most parents, the consequences of a family's time spent in the NICU do not need to be negative ones.

Supportive NICU teams can use the time a family is in the NICU to engage in a well-designed discharge preparation and transition planning program.

These programs can have a lasting positive impact on both the infant's health and the family's wellbeing.



CONTENT OF GUIDELINES:

- basic information
- anticipatory guidance
- family and home needs assessment
- transfer and coordination of care



INTERDISCIPLINARY TEAM with the FAMILY at the CENTER



SPECIAL CONSIDERATIONS:

- families with limited English proficiency
- military families
- LGBTQIA+ headed families
- parents with disabilities
- families with distinct cultural and/or philosophical expectations

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