

Acceptability and Usability of a Family Guidance Tool in the NICU

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Background

Infants and their families who experience a Neonatal Intensive Care Unit (NICU) stay are exposed to many stressors and trauma. Though there is significant literature on the value of Trauma Informed Care (TIC) in healthcare settings, there is a gap in the design of specific interventions tailored to an individual's needs.

The Family Guidance Tool (FGT):

- is a note in the electronic medical record
- was designed based on feedback from parents/caregivers
- allows parents to share psychosocial information they want their healthcare team to know

The goal of the FGT is: To improve communication and create a deeper understanding of the family's needs.

Purpose of study: Determine the acceptability and feasibility of the FGT on staff's ability to use TIC key principles.

Methods

Mixed-method, exploratory study design was implemented to measure multidisciplinary acceptability, feasibility, and perceived benefits related to use of the FGT through:

- online deidentified survey
- interviews of NICU healthcare professionals (HCP)
- thematic analysis of interview data

Participants

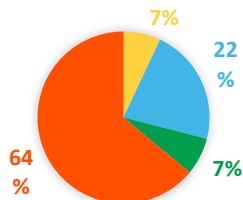
Survey (53 participants): 10 Physicians, 21 RNs, 10 APRNs, and 12 Other Allied Health Professionals

Interviews (23 participants): 8 Physicians, 5 RNs, 5 APRNs, and 5 Other Allied Health Professionals

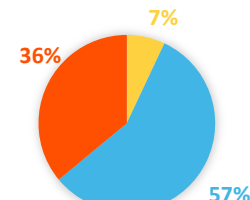
Results

Below are the results of HCP's perception of how the Family Guidance Tool impacted their care with families:

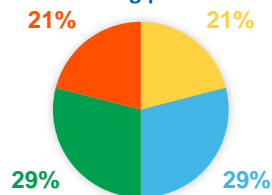
Engagement w/ parents



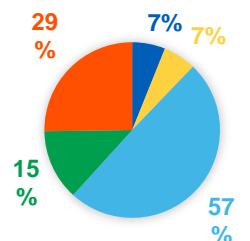
Parents' sense of safety



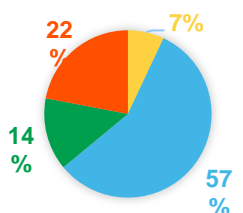
Cultural humility & Understanding parents' values



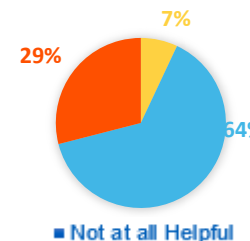
Providing parents choices



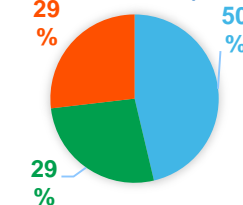
Parent empowerment & increased comfort in caring for the infant



Collaboration & partnership with parents



Trustworthiness w/ parents



Quote

"If we can avoid a traumatic response from a parent, that's going to improve our ability to interact with that parent. That's going to make that parent feel more safe around us and more safe leaving their child in our care."

Conclusions

The FGT is considered a helpful tool to support incorporation of Trauma Informed Care key principles into NICU care. It helped HCP increase their engagement and understanding of the family's background and circumstance.

HCP shared an increased ability to:

- provide trauma-informed interactions with parents/caregivers
- create a deeper, more trusting connection with parents/caregivers

HCP were more inclined to:

- offer choices
- invite input
- encourage parents to direct infant care

Next Steps

1. Offer the FGT as a standard part of care when a patient enters the NICU.
2. Assess parent acceptability of FGT with a mixed-method study design through online deidentified survey and interviews.