

Family Integrated Care Self-Assessment Tool based on the BAPM FICare pillars



Pillar 1. Partnership with parents

Develop a collaborative culture that facilitates equal partnership with parents during their neonatal care journey

Standards	Summary of standards	Self assessment Green/ Amber/ Red	Summary of practice in your unit	Actions agreed
Partnership	Establish a partnership with parents to support them becoming involved in their baby's care and assuming the role of primary care giver over time; reinforce/ recommit to partnership throughout the neonatal unit stay			
Involvement in care	From admission, support and encourage parents to become comfortable in providing care to the best of their ability			
Shared decision making	Support the active involvement of parents in medical ward rounds, daily care planning, and medical decision-making			
Parent feedback	Opportunities for parents to give feedback about care while inpatient and post-discharge.			
Service improvement based on	Ensure patient experience and feedback are used to improve quality of services			

parental feedback				
Technology, innovation	Consider new technology and innovations (mobile applications, vCreate) to improve parents' participation in care during journey			
Parent advisory group	Parent advisory group or FICare steering committee comprising parents and multidisciplinary team			



Pillar 2. Empowerment, parent education

Develop parent and family capability and capacity to be primary care givers through education, training and support both in the neonatal unit and at home


Standards	Summary of standards	Self assessment Green/ Amber/ Red	Summary of practice in your unit	Actions agreed
Orientation	On admission: parent orientation to the neonatal unit environment and to their anticipated role including introduction to FICare On-going: orientation to support services available to parents			
Structured parent education	Provision of a structured parent education program throughout the neonatal unit stay			
1:1 teaching and mentoring	Individual skills teaching and mentoring at the cot side			
Network practices	Enable continuity and consistency in care through shared regional resources, information and guidelines			
Parent classes out of hours	Parents classes/ activities offered out of hours evenings and weekends to consider the needs of the whole family			
Peer-to-peer learning	Promote and develop peer-to-peer learning opportunities. Paid parent liaison role to provide in-unit support and facilitate uptake of support and educational services			



Pillar 3. Wellbeing, psychological support

Enable access to services that promotes family's physical, mental, social, emotional wellbeing including psychology and peer support.

Standards	Summary of standards	Self assessment Green/ Amber/ Red	Summary of practice in your unit	Actions agreed
Psychological support	Provide psychological support for families			
Peer to peer support	Provide opportunities for peer to peer support/ parent group activities			
Language barrier	Appropriate use of translation services to reduce effects of language barriers			
Inclusive and equitable	Inclusive and equitable approach for all families, cultures, beliefs and religions			
Network practices	Enable continuity and consistency in care through uniform opportunities/ support available between network units for families			
Out of hours support	Psychology support available out of hours and at the weekend			
Wellbeing activities	Well-being activities offered (yoga, crafting, meditation etc)			

<div>  <div> Pillar 4. Staff Education and culture <p><i>Build staff capacity and capability to deliver developmentally supportive and family integrated care through learning and education</i></p> </div> </div>				
Standards	Summary of standards	Self assessment Green/ Amber/ Red	Summary of practice in your unit	Actions agreed
Mandatory FICare training	Education provided to all team members on the benefits of FICare and the expectations of their practice to support families. This education to be included in all staff orientation and annual skills updates			
Training in communication and mentoring	Mandatory staff training in communication skills, coaching and mentoring of parents			
Developmentally supportive care	Training for staff in the provision of developmentally supportive care, so they can engage and coach families to provide this care at the bedside			
Staff champions	Multidisciplinary FICare champions to support change in practice			
Network training	Network oversight and consistency in staff training			
	Additional training for staff available on: - Developmentally supportive care - Trauma informed care			
Quality assurance	Network standards and audit tools to assess regional effectiveness of FICare interventions			



Pillar 5. Environment

A welcoming unit environment conducive to supporting families and enhancing the experience of neonatal care

Standards	Summary of standards	Self assessment Green/ Amber/ Red	Summary of practice in your unit	Actions agreed
Unrestricted access	Minimise separation: 24-hour open access for parents and siblings to be with their babies			
Parent friendly facilities	Hospital facilities to enable prolonged parental presence including - dedicated parent rest room, kitchen facilities for heating and storing food and storage space for personal items such as coats and belongings			
Cotside environment	A comfortable cotside environment with reclining chairs for rest and skin to skin contact, breast pumps and screens for privacy.			
Parent friendly policies and support	Neonatal unit and hospital policies and services that welcome and support parents (charitable funds or donations to assist with travel costs, food, parking) Neonatal unit leadership support			

Network practices	Ensure a smooth transition of care when babies and their families are transferred within and between units			
Childcare	On-site childcare/ play therapists to support siblings			
Rooming in / Single family rooms	Single family room neonatal unit, or rooming in rooms available Nearby family overnight accommodation available for parents who live far away to stay near their baby			