

Bridging the NICU to Home: A Team-Based Approach to Infant Discharge and Follow-Up Care

HCPs in the NICU

Guidelines and Standards

- Interdisciplinary Guidelines and Recommendations for Neonatal Intensive Care Unit (NICU) Discharge Preparation and Transition Planning
 - <https://www.nature.com/articles/s41372-022-01313-9>
- Psychosocial Program Standards for NICU Parents
 - <https://www.nature.com/articles/jp2015141>

Discharge Planning Resources

- National Association of Neonatal Nurses
 - A Guide to Prepare NICU Parents for Home: <https://www.nature.com/articles/s41372-022-01313-9>
- Agency for Healthcare Research and Quality
 - NICU Needs Assessment: https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/systems/hospital/nicu_toolkit/nicupacket-apc.pdf
 - Followup Telephone Survey: https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/systems/hospital/nicu_toolkit/nicupacket-apd.pdf
 - Family Information Packet: https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/systems/hospital/nicu_toolkit/nicupacket-apa.pdf

HCPs Caring for Former Preterm Infants

Feeding Concerns

- Pediatric Feeding Disorder (PFD)
 - Consensus Definition and Conceptual Framework: <https://onlinelibrary.wiley.com/doi/10.1097/MPG.0000000000002188>
 - Feeding Matters PFD Fact Sheet: <https://www.feedingmatters.org/toolkit/pfd-fact-sheet/>
 - Feeding Matters Assessment and Management Pathway: <https://www.feedingmatters.org/wp-content/uploads/2023/02/Assessment-and-Management-Pathway.pdf>
 - Feed Matters ICD-10 Toolkit: <https://www.feedingmatters.org/toolkit/>
- Feeding Matters Infant and Child Feeding Questionnaire
 - <https://questionnaire.feedingmatters.org/>

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HCPs Caring for Former Preterm Infants (Cont'd)

Growth and Development

- American Academy of Pediatrics
 - Developmental Milestones for Developmental Surveillance at Preventive Care Visits: <https://publications.aap.org/DocumentLibrary/Solutions/Toolkits/BFTK-IR/Bright%20Futures%20Milestones%20and%20Anticipatory%20Guidance.pdf>
 - Primary Care Framework to Monitor Preterm Infants for Neurodevelopmental Outcomes in Early Childhood: <https://publications.aap.org/pediatrics/article/152/1/e2023062511/192156/Primary-Care-Framework-to-Monitor-Preterm-Infants>

Parents and Caregivers

Current NICU Families

- Stress and coping
 - HealthyChildren.org by the American Academy of Pediatrics
 - Common Parent Reactions to the NICU: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/common-parent-reactions-to-the-nicu.aspx>
- What to expect
 - HealthyChildren.org by the American Academy of Pediatrics
 - Caring for a Premature Baby: What Parents Need to Know: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/Caring-For-A-Premature-Baby.aspx>
 - Common NICU Discharge Tests: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/Getting-Ready-to-Leave-the-NICU.aspx>
 - How You Can Participate in the Care of Your Baby in the NICU: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/How-You-Can-Participate-in-the-Care-of-Your-Baby-in-the-NICU.aspx>
 - American Academy of Pediatrics
 - NICU Journal: A Parent's Journey: <https://publications.aap.org/aapbooks/book/495/NICU-Journal-A-Parent-s-Journey>
 - Hand to Hold
 - Virtual support groups, peer mentors, parent support podcast, educational resources, and more: <https://handtohold.org/nicu-family-support/>
 - NeoNest Getting Ready to Go Home checklist: <https://www.neonestcare.com/dischargetool>

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Parents and Caregivers (Cont'd)

NICU Graduate Families

- Feeding and nutrition
 - HealthyChildren.org by the American Academy of Pediatrics
 - Your Premature Baby's Nutrition Needs: Breast Milk, Fortifiers & Preterm Formulas: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/your-premature-babys-nutrition-needs-what-to-know-about-breast-milk-fortifiers-and-preterm-formulas.aspx>
 - How Should I Feed My Premature Baby? <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/how-should-i-feed-my-premature-baby.aspx>
- Growth and development
 - HealthyChildren.org by the American Academy of Pediatrics
 - Common Reasons for Rehospitalization: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/common-reasons-for-rehospitalization.aspx>
 - Corrected Age: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/Corrected-Age-For-Preemies.aspx>
 - Your Preemie's Growth & Developmental Milestones: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/Preemie-Milestones.aspx>
 - Does My Child Have Physical Developmental Delays? <https://www.healthychildren.org/English/MotorDelay/Pages/default.aspx>
 - Centers for Disease Control and Prevention (CDC)
 - Resources for families (milestone tracker app, milestone checklists, and tools): <https://www.cdc.gov/act-early/families/index.html>
 - Early intervention resources
 - CDC Early Intervention Contact Information by State: <https://www.cdc.gov/act-early/early-intervention/contact-information-by-state.html>
 - First Words Project Baby Navigator: <https://babynavigator.com>
 - American Speech-Language-Hearing Association Developmental Milestones: <https://www.asha.org/public/developmental-milestones/handouts/>
 - ZERO to THREE Child Development Resources for Families: <https://www.zerotothree.org/resources/for-families/>

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- Health issues
 - HealthyChildren.org by the American Academy of Pediatrics
 - Common Reasons for Rehospitalization: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/common-reasons-for-rehospitalization.aspx>
 - Health Issues in Premature Babies: <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/Health-Issues-of-Premature-Babies.aspx>



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