



## Infant- & family-centred developmental care

# Education and training for infant- and family-centred developmental care (IFCDC)

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## Statement of the standard

Infant- and family-centred developmental care (IFCDC) competence is ensured by providing formal education and recurrent training for hospital and unit leadership, healthcare professionals and other staff working or visiting the neonatal unit.



### For healthcare professionals

- A unit guideline on peer support for new team members and participation in working groups for infant- and family-centred developmental care (IFCDC) is adhered to by healthcare professionals.
- Training on IFCDC is attended by all responsible healthcare professionals.



### For neonatal unit

- A unit guideline is available and regularly updated, including
  - Dedicated hours to an appropriately trained IFCDC coordinator
  - Coaching sessions for healthcare professionals by appropriately trained IFCDC coordinator
  - Quality improvement plans and use of tools evaluating practice.
- An educational pathway including IFCDC is in place.

## Benefits

Benefits from interventions based on structured education within the framework of infant- and family-centred developmental care could be seen as indirect to infants, parents, and healthcare professionals.

### Short-term benefits

- Reduced length of hospital stay
- Reduced rate of medical complications e.g. better respiratory outcomes
- Improved sleep regulation
- Improved stress and pain management
- Increased uptake of breastfeeding and kangaroo care
- Increased parental perception of support given by NICU staff
- Increased healthcare professional perception of positive benefits for own practice as well as general benefits for infants and families

### Long-term benefits

- Improved infant brain development
- Improved infant developmental and behavioural outcomes
- Improved sense of wellbeing/quality of life in childhood
- Reduced parental stress and increased confidence and wellbeing
- Improved parental mental health



### For hospital

- Training on IFCDC for all healthcare professionals and other staff in the neonatal unit is ensured.



### For health service

- A national guideline for education and training in IFCDC is available and regularly updated.

