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## Promoting Parental Competence When Transitioning from the NICU to Home: A Coaching Intervention

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# Promoting Parental Competence When Transitioning from the NICU to Home: A Coaching Intervention

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## BACKGROUND

- Preterm birth rates in the US rose from 10.1% to 10.5% in 2021, a 4% increase from the previous year (CDC, 2022).
- The NICU, a specialized medical setting, provides intensive care for newborn infants, particularly those born prematurely or with significant medical needs.
- Premature is defined as an infant delivered before 37 weeks of gestation by the World Health Organization (WHO, 2018).
- Transitioning from the NICU to home presents unique challenges for parents, causing emotional turmoil and uncertainties (Kim, 2018).
- Awareness of these challenges is crucial for building a supportive network and understanding the role of support, resources, and parental competence.
- 72% of parents reported feeling anxious, overwhelmed, or unprepared for the transition from the hospital to the home environment (Smith et al., 2019).

## PROBLEM

**NICU families experience lack of support and resources to transition from the hospital to home, which hinders their sense of competence.**

## PURPOSE

**The purpose of this project was to design a coaching intervention for NICU parents transitioning home to promote a sense of competence.**

## METHODS

This capstone project consisted of 5 phases implemented over a 16- week period:

### ORIENTATION PHASE

- Analyze the strengths and weakness of NICU environment in supporting families when transitioning home.

### COACHING COMPETENCE PHASE

- Read coaching articles selected by coaching partners.
- Practice coaching with coaching partners
- Document reflections after a coaching practice session
- Summarize reflections in a single report for coaching partners

### PROGRAM DEVELOPMENTAL PHASE

- Set program goals and objectives.
- Develop program content (process and materials).
- Collaborate with healthcare professionals on program content.
- Revise and refine the program.

### PROGRAM EVALUATION PHASE

- Informally present handbook to healthcare professionals and discussed revisions.
- Revise the coaching intervention handbook

### PROGRAM DISSEMINATION PHASE

- Informally present the handbook to the site supervisor
- Discuss additional changes.

## HANDBOOK OVERVIEW

### Description

This handbook is a comprehensive guide designed to support parents as they transition from the Neonatal Intensive Care Unit (NICU) to home with their infant. It includes two distinct parts: a parent handbook and an OT handbook.

### Parent Handbook

**Chapter 1: Introduction**  
**Chapter 2: Coping Strategies**  
**Chapter 3: Bonding/Getting to Know Your NICU Baby**  
**Chapter 4: Nursing, suckling, and more**  
**Chapter 5: Skin Care**  
**Chapter 6: Development**  
**Chapter 7: Transition Home**  
**Chapter 8: Resources**  
**Chapter 9: References**

### QR CODES TO HANDBOOKS



### OT Handbook

**Interventions to Support NICU Transitions**  
Coaching  
Application of Theory  
**Framework for Reflective Questioning When Using Coaching Intervention Style**  
**Framework for Reflective Questioning Tool**  
**Theories and Models to Support Transitions**  
Model of Human Occupation  
Schlossberg Transition Theory  
**NICU Developmental Caregiving Checklist**  
**Ultimate NICU Therapist Cheat Sheet**  
**NICU Baby Cues Cheat Sheet**  
**Top Reasons to Call a Child Life Specialist**

## DISCUSSION

### Significance

This handbook aims to improve the support system for families in the Neonatal Intensive Care Unit (NICU) by developing a coaching intervention that empowers parents, improves their confidence, and provides necessary home care skills.

### Implications for Future

- Advocate for continuity of care
- Incorporate simulation and practical training
- Pilot test handbook
- Examine handbook outcomes

## REFERENCES



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