Age-Appropriate Care in the NICU

Mary Coughlin RN, MS, NNP
President and Global Learning Officer
Caring Essentials Collaborative
Boston, MA

Objectives

Upon completion, the participant will be able to:
1. Describe Erikson’s first stage of psycho-social development
2. List the 5 core measures for age-appropriate care
3. Identify 1 evidence-based outcome associated with the application of the core measures in clinical practice.

Stages of Psychosocial Development

- Trust vs. Mistrust
- Autonomy vs. Shame and Doubt
- Initiative vs. Guilt
- Industry vs. Inferiority
- Identity vs. Role Confusion
- Intimacy vs. Isolation
- Generativity vs. Stagnation
- Ego Integrity vs. Dysthenia

Proposed by Erik Eriksen
Erikson Life-Stage Virtues

- HOPE – basic trust vs. mistrust (0-1)
- WILL – autonomy vs. shame & doubt (1-3)
- PURPOSE – initiative vs. guilt (3-6)
- COMPETENCE – industry vs. inferiority (6-11)
- FIDELITY – identity vs. role confusion (12-mid 20’s)
- LOVE – intimacy vs. isolation (young adult – mid 20’s to early 40’s)
- CARING – generativity vs. stagnation (40’s to 60’s)
- WISDOM – ego integrity vs. despair (>60’s)
Nightingale Legacy

‘The nurse is responsible for creating and maintaining an environment conducive to the healing process.’

- Compassion
- Commitment to patient safety
- Diligent & thoughtful hospital administration
- Teamwork

Clinical Audit Pioneer

...a complex of attitudes and behaviors that reflects and conveys the healthcare provider’s respect for the patient as an autonomous person, with values, goals, feelings and beliefs that cannot be inferred from a medical diagnosis, yet have a legitimate bearing on what ought to be done for that patient in the context of treatment.

(From: 1994)
Experience of Care

Quality of Developmental Care Impacts Neurobehavioral Performance

Montirosso et al 2012
Protected Sleep
• Assess
• Protect
• Support

Pain & Stress Assessment and Management
• Assess
• Manage
• Mitigate

Activities of Daily Living
• Posture/mobility
• Alimentation
• Hygiene

Family Centered Care
• Define
• Assess
• Empower & Educate

Healing Environment
• Physical – sensory, space, aesthetics
• Human – communication, caring, collaboration
• System – standards, accountability, resources

CORE MEASURES for AGE APPROPRIATE CARE

Coughlin et al 2009; Coughlin 2011; Coughlin 2014

Prevention
Pain & Stress
Management
Assessment
Clinical outcomes

- Observational cohort: all <32W admissions
- Comparison of 3 periods
  - AFTER 1: 11/2007 until 4/2009 + follow-up @ 2yrs
  - AFTER 2: 5/2009 until 10/2010
- Based on NICAUDIT criteria
  - Belgian neonatal network registry
  - Major clinical outcomes

Population

<table>
<thead>
<tr>
<th></th>
<th>Before</th>
<th>Period 1</th>
<th>Period 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>total</td>
<td>106</td>
<td>130</td>
<td>117</td>
</tr>
<tr>
<td>Male sex (%)</td>
<td>54 (50.9)</td>
<td>81 (62.3)</td>
<td>69 (58.9)</td>
</tr>
<tr>
<td>&lt;26</td>
<td>4</td>
<td>11</td>
<td>17</td>
</tr>
<tr>
<td>26~28</td>
<td>23</td>
<td>22</td>
<td>18</td>
</tr>
<tr>
<td>28~32</td>
<td>79</td>
<td>97</td>
<td>82</td>
</tr>
<tr>
<td>Mean GA (SD)</td>
<td>28.9 (1.9)</td>
<td>28.7 (1.9)</td>
<td>28.9 (2.2)</td>
</tr>
<tr>
<td>Mean BW (SD)</td>
<td>1226 (333)</td>
<td>1331 (377)</td>
<td>1250 (355)</td>
</tr>
<tr>
<td>Mean 5’Apgar</td>
<td>7.9</td>
<td>7.9</td>
<td>8.1</td>
</tr>
</tbody>
</table>
Neurological outcomes (%)

Other outcomes (%)

2yrs Followup data

<table>
<thead>
<tr>
<th></th>
<th>Before (106)</th>
<th>After (130)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discharged</td>
<td>91</td>
<td>120</td>
</tr>
<tr>
<td>Post NN death</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Followed up @ 2yrs</td>
<td>65 (71%)</td>
<td>102 (85%)</td>
</tr>
</tbody>
</table>
References

