



May 2021

Dear Members of our NFI Community,

Dear NIDCAP Community,

Every month, there are many health-related Awareness Days highlighting important humanitarian international issues, including our own World NIDCAP Day on March 20<sup>th</sup>. Because our NIDCAP model is so comprehensive, it touches on the focus and efforts of many other organizations' awareness days. These important events honor and recognize families, healthcare professionals, health conditions and hospital experiences. During the month of May alone, there are many annual global days that in some ways may be considered related to our own NIDCAP model and caregiving approach, including: International Bereaved Mother's Day (May 2), World Asthma Day (May 5), International Nurses Day (May 12), International Day of Families (May 15), International NEC Awareness Day (May 17), World Human Milk Donation Day (May 19), World Preeclampsia Day (May 22), and International Day of Action for Women's Health (May 28).

One special day that is particularly meaningful to our work, [Kangaroo Care Awareness Day](#), is recognized on May 15<sup>th</sup>. The science of skin to skin holding has extensively documented health and well-being benefits for infants and their parents. Creating and supporting holding opportunities are integral to NIDCAP care. Heidelise Als, PhD and Gloria McAnulty, PhD wrote:

*The Newborn Individualized Developmental Care and Assessment Program (NIDCAP) aims to prevent the iatrogenic sequelae of intensive care and to maintain the intimate connection between parent and infant, one expression of which is Kangaroo Mother Care. NIDCAP embeds the infant in the natural parent niche, avoids over-stimulation, stress, pain, and isolation while it supports self-regulation, competence, and goal orientation.\**

In honor of skin to skin holding on this awareness day, three short videos for families will be released and posted on our [Learning Center](#): *Can I hold my NICU baby?* (Latoshia Rouse); *Skin-to-skin holding* (Dorothy Vittner); and *What can I do while my baby is in the NICU?* (Jennifer Degl). Holding and being held are extraordinarily powerful. May we bring attention and light and to the practice and promise of skin to skin holding for infants and their families in hospitals on May 15<sup>th</sup> and throughout the year.

\*From: Als H., McAnulty, G.B. The Newborn Individualized Developmental Care and Assessment Program (NIDCAP) with Kangaroo Mother Care (KMC): Comprehensive Care for Preterm Infants. *Curr Womens Health Rev.* 2011 August; 7(3): 288–301. doi:10.2174/157340411796355216.

## NFI Updates & News



NIDCAP TRAINING CENTERS WORLDWIDE



## NIDCAP Updates



### 32<sup>nd</sup> Annual NIDCAP Trainers Meeting

**October 20-22, 2021**

A virtual video conference

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#### Call for Abstracts and Journal Club Submissions

Our upcoming Annual NIDCAP Trainers Meeting will include Abstract and Journal Club Sessions. Submissions are open to all NFI Members.

*Abstract Submission Deadline: Friday, July 16<sup>th</sup>*

Please see the attached documents for details. Contact Dalia Silberstein, RN, PhD with questions ([nidcapandscience@nidcap.org](mailto:nidcapandscience@nidcap.org)).

*Journal Club Submission Deadline: Thursday, July 15<sup>th</sup>*

Please contact Juzer Tyebkhan, MB with questions and interest ([juzer.tyebkhan@ahs.ca](mailto:juzer.tyebkhan@ahs.ca)).



## NFI Webinar Series

In March, we held our first amazingly successful NFI webinar with a presentation by *Heidelise Als, PhD*. We are now forming a TASK FORCE to develop our webinar speaker series. If you are interested in joining this effort, have ideas about speakers and/or are interested in speaking yourself... please contact us at [info@nidcap.org](mailto:info@nidcap.org).



## NIDCAP & Science Subcommittee Publication

In March, *Ita Litmanovitz, MD, Dalia Silberstein, RN, PhD, Samantha Butler, PhD and Dorothy Vittner, PhD, RN* on behalf of the NFI's NIDCAP and Science Subcommittee, published a survey reporting on hospital care practices for infants and families during the pandemic:

Litmanovitz, I., Silberstein, D., Butler, S., Vittner, D. Care of hospitalized infants and their families during the COVID-19 pandemic: an international survey. *Journal of Perinatology*. 2021. <https://doi.org/10.1038/s41372-021-00960-8>.



## NEW Podcasts – MAY 3<sup>rd</sup>

Our first three episodes of Season One: *NICU Care with NIDCAP* are now available for listening. The **NEXT TWO PODCASTS** will be available in **TWO DAYS** on **May 3<sup>rd</sup>**:

- Everyone Matters in the NICU (Dorothy Vittner with gretchen Lawhon)*
- Everything Matters in the NICU (gretchen Lawhon with Dorothy Vittner)*

Thanks again to *Jennifer Degl's* funding and leadership on this project.

All of our podcasts may be found on our website's [Learning Center](#).



## NEW Family Resource Videos – May 15<sup>th</sup>

Seventeen short films on NIDCAP-related topics were produced. Please look for these **FIRST THREE VIDEOS** to be shared on Kangaroo Care Awareness Day, **May 15<sup>th</sup>**:

*Can I hold my NICU baby?* (Latoshia Rouse)

*Skin-to-skin holding* (Dorothy Vittner)

*What can I do while my baby is in the NICU?* (Jennifer Degl)

More videos will be added to our resources over the coming months. This project was created with funding support from Dräger and under the direction of *Jim Helm and Jennifer Degl*.

All of our videos may be found on our website's [Learning Center](#).

## NFI Board of Directors



### Video Conference Call Minutes

When available, the full NFI Board of Director Minutes will be posted within our website's Membership Section. The following are **HIGHLIGHTS** from the April Board discussions.

#### April 14, 2021

- *Mid-Year Virtual Board of Director Meeting confirmed for May 19 and 20.*
- *The March Board of Director Meeting Minutes were approved.*
- *Agreement to retain Board development consultant, Mary Hiland, PhD, for two hours during the May 19<sup>th</sup> Board of Directors Meeting.*
- *Finance Committee review of two documents for NFI budgetary development: NFI Annual Budgetary Development and Communication Process and Budget Proposal Summary.*
- *Unanimous Board approval to add the non-voting membership category of Allied, with an annual fee of \$50 USD.*
- *Unanimous Board approval of two Advancement Committee documents for NFI sponsorships: NFI Corporate Sponsorship Levels and Developmental Observer NFI Sponsorship Policy.*

Your feedback, questions, comments, NFI updates, and membership news written to me personally and/or to the whole board, are welcome.

Sending very best wishes to everyone,

Deborah

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