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Getting from here to there: Translation of the National Perinatal Association interdisciplinary recommendations for Psychosocial support of NICU parents and staff into clinical practice

Psychosocial needs along the perinatal continuum have been well-documented in the scientific literature. However, specific guidelines for how to allocate limited psychosocial resources have been limited to date. Recent publication of the NPA's recommendations for psychosocial support of NICU parents is a step toward a more thoughtful, evidence-based approach to addressing this need. Although these recommendations focus on aspects of the NICU, they have broader applicability across the perinatal continuum. This presentation will provide information on the recent NPA recommendations. Within these recommendations are strategies for support of the NICU family and the professionals who care for them. A case example of application of the recommendations in a resource constrained NICU will be offered along with discussion of methods for implementing and sustaining positive change. Participants will

be provided information/tools to facilitate application of these recommendations to a variety of perinatal settings in acute/primary care.

Speaker Biography

Marylouise Martin has been a staff nurse, Head Nurse (Director), Neonatal Nurse Clinician (Practitioner) in NICUs for over 45 years. She is a co-developer of the National Perinatal Association (NPA) Guidelines for Psychosocial Support of NICU Families and co-author of the articles published December 2015 in the Journal of Perinatology on the Psychosocial Support Guidelines. She presented these guidelines at Marce Perinatal Mental Health International Conference September 2016 Melbourne Australia, AWHONN (2017), Academy of Neonatal Nurses Advanced Practice Conference, April 2017, ANN Neonatal Intensive Care Conference Sept 2017 and National Association of Neonatal Nurses Conference Oct 2017, PLIDA conference Oct 2018. Currently NICUs in 13 countries have implemented the tools which her facility has developed.

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