Welcome to the first edition of the GCNC NIDCAP Newsletter for 2017. If you would like to contribute to the newsletter please contact: Nadine.griffiths@health.nsw.gov.au

NIDCAP Training

The NIDCAP trainees will be undertaking an intensive training block with Dr Joy Browne in February. The anticipated next steps for the trainees are the commencement of their advanced practicums (AP). Keep an eye out for the trainees and more information regarding their AP's.

Infant State: Quiet alert

- **Body Activity**
  - Minimal
- **Eye Movements**
  - Eyes brighten and widen.
- **Facial Movements**
  - Attentive appearance.
- **Breathing Pattern**
  - Regular
- **Level of Response**
  - During this state, infants are most attentive to the environment, focusing attention on any stimuli present.

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<th>Implications for Caregiving</th>
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<td>- As infants become older, they spend more time in this state.</td>
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<td>- Providing something for infants to see, hear, or suck will maintain this state or help them move to a quiet-alert from a drowsy or active state.</td>
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<td>- Infants in this state provide pleasure and positive feedback to caregivers.</td>
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<td>- This is a good time to feed the infant.</td>
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Infant Mental Health in intensive care session

Dr Joy Browne will be facilitating a session on the emerging evidence that enhanced infant parent relationships provide opportunities for early infant regulation that optimizes later social and emotional development.

**Date:** 15th February, 1430

GCNC Tutorial Room

Developmental focus

Historical Trends in Neonatal Nursing: Developmental Care and NIDCAP

This article written by Kaye Spence explores the shifting focus of neonatal nursing from a highly technical approach to one of supportive interventions and a more individualized developmental approach. With developmental care described as a philosophy of care that requires rethinking the relationships between infants, families, and healthcare professionals. Suggesting developmental care programs are designed to manage the environment and individualize the care provided to premature and/or sick infants.

**Journal of Perinatal & Neonatal Nursing:** July/September 2016 - Volume 30 - Issue 3 - p 273–276

FINE Education Program

Launching in 2017 open to all health care professionals 1 ½ day workshop for SCHN staff

The FINE education program has been designed to support health care professionals to understand the scope of neurodevelopmental care and its application in the neonatal clinical setting. The program aims to promote consistency in clinical practice and improve the outcomes for neonates and families.

All nursing staff in GCNC will be supported to attend the program. Keep an eye out for program dates.