NIDCAP Training Update
We are delighted to welcome the newest NIDCAP Trainees. Alison, Natalie and Cathryn to our team. They completed their introduction to NIDCAP Training in the last week of September and will be the first trainees to officially be trained by the Australasian NIDCAP Training Centre.

Join us in wishing them the best on their NIDCAP Training Journey; keep an eye out for them in the unit in their fluro vest!

Couplet Care: The future for the NICU in Australia?
Couplet care has been practiced in Sweden for 20 years and is increasingly being implemented in NICU design globally. Couplet Care involves caring for the post-partum mother and newborn together in the NICU from admission to discharge. For some unit this care extends to the broader family unit including partners and other children. The mother/baby dyad is kept intact providing the optimal environment for bonding and it may reduce the length of stay for infants born prematurely. Parental involvement in NICU redesign has seen it identified as a model for implementation in a Canadian NICU. Can we achieve the same down under???

The Globe & Mail 21 September 2017

Developmental Focus
Is it time to change the way we think about lighting in the NICU? An article reviewing lighting from the perspective of health care professionals (HCP) and infants recommended:
- 24 hour cycled lighting improves developmental outcomes in infants
- Bright light during the day and dim light at night is a useful recipe for both HCP and infants
- Blankets should not be used to cover incubators during the day but should be used at night

These recommendations are dependent on the capacity to modify/support individualised lighting and should be considered in future NICU design.

Are there risks when using weighted support devices?
When using any weighted device (i.e. zaky hand, Fredrick t frog) that can alter or influence the infants position and restrict their movements caution should be used we recommend the following:
- Assess the infants weight, we don't implement weighted supports until infants are >800gm (i.e. bigger than the weighted support)
- Never place the support on or near the face or neck
- Use with caution in prone positioning and across surgical wounds
- Avoid placement across two of the same joints i.e. both hips, knees or shoulders
- Refer to your developmental team regarding use

These devices are wonderful adjuncts when individualised/used with caution.

Social Media
Are you following us on Social Media we have a Facebook page where we provide updates on our work as a NIDCAP Training Centre. Find us @NIDCAPAustralia

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