

NEST Neonatal Early Supported Transfer home

Louise Richards¹, Dr Richa Gupta¹, Dr Karen Whittaker², Dr Philippa Olive², Joanna Harrison², Samira Timol³, Rachael Dickenson³
1. Lancashire Teaching Hospitals NHS Foundation Trust, 2. University of Central Lancashire, 3. Public Advisory Group CLAHRC NWC

Introduction

Five percent of babies are born 4-6 weeks early⁽¹⁾ and often need to stay in hospital to receive specialist care.

This can cause health inequalities associated with

- Financial Stress
- Breastfeeding
- Development
- Separation/Attachment
- Length of Hospital Stay



Figure 1. A late pre-term baby

NEST seeks to address these inequalities by promoting early discharge home.

Aims and Objectives

To evaluate existing discharge processes for late pre-term babies (34-36 weeks gestation) to develop a new **NEST** pathway

- Establish what is known about early supported discharge
- Establish parent perceptions regarding discharge processes
- Identify resources and tools currently used for discharge
- Establish requirements of parents & stakeholders to enable earlier discharge
- Outline a proposed **NEST** pathway

Design

- Parent Survey & Discussion Group → existing service experience and improvements
- Quantitative and Qualitative Data → **NEST** pathway to address health inequalities

Intended Outcomes

To reduce health inequalities by:

- ↓ Financial constraints
- ↑ Breastfeeding rates
- ↓ Preventable readmissions to hospital
- ↓ Baby-family separation - ↑ baby's development⁽²⁾
- ↓ Length of stay - ↑ emotional/psychological benefits on family⁽³⁾

Achievements to Date

- Literature Review & Scoping Exercise
- Ethics Approval
- Stakeholder Engagement Event

Next Steps

Questionnaire – Survey Monkey
Discussion Group – led by Public Parent Advisors
Stakeholder Meeting

Data Collection
Data Interpretation & Analysis
Reporting

Stakeholder Engagement Event

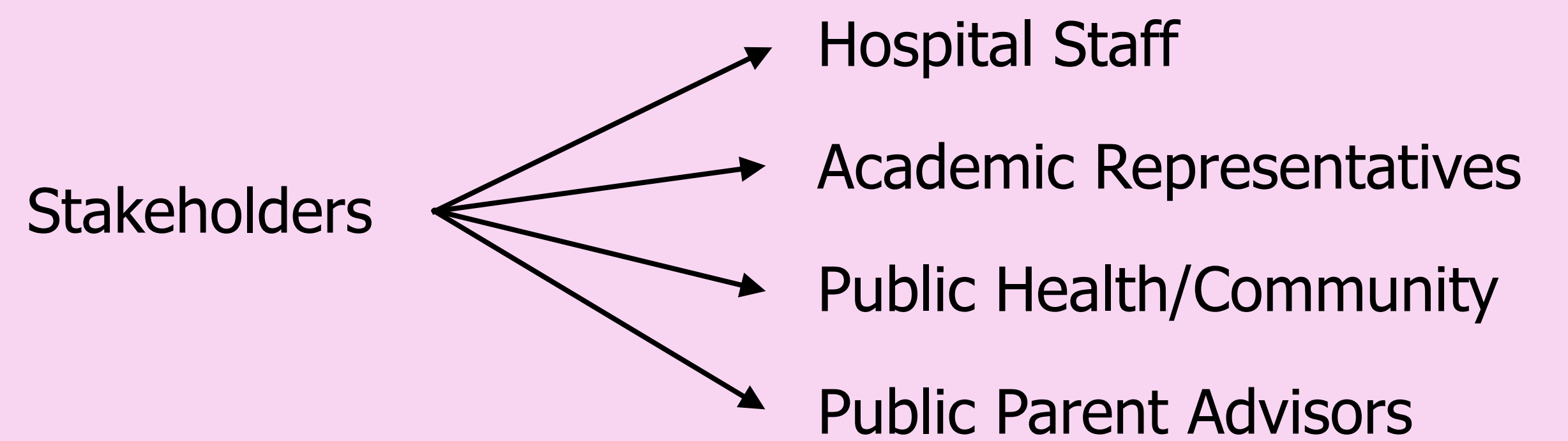


Figure 2. Stakeholders undertaking a Diamond Priority Exercise

Two groups worked to complete a

Diamond Priority Exercise



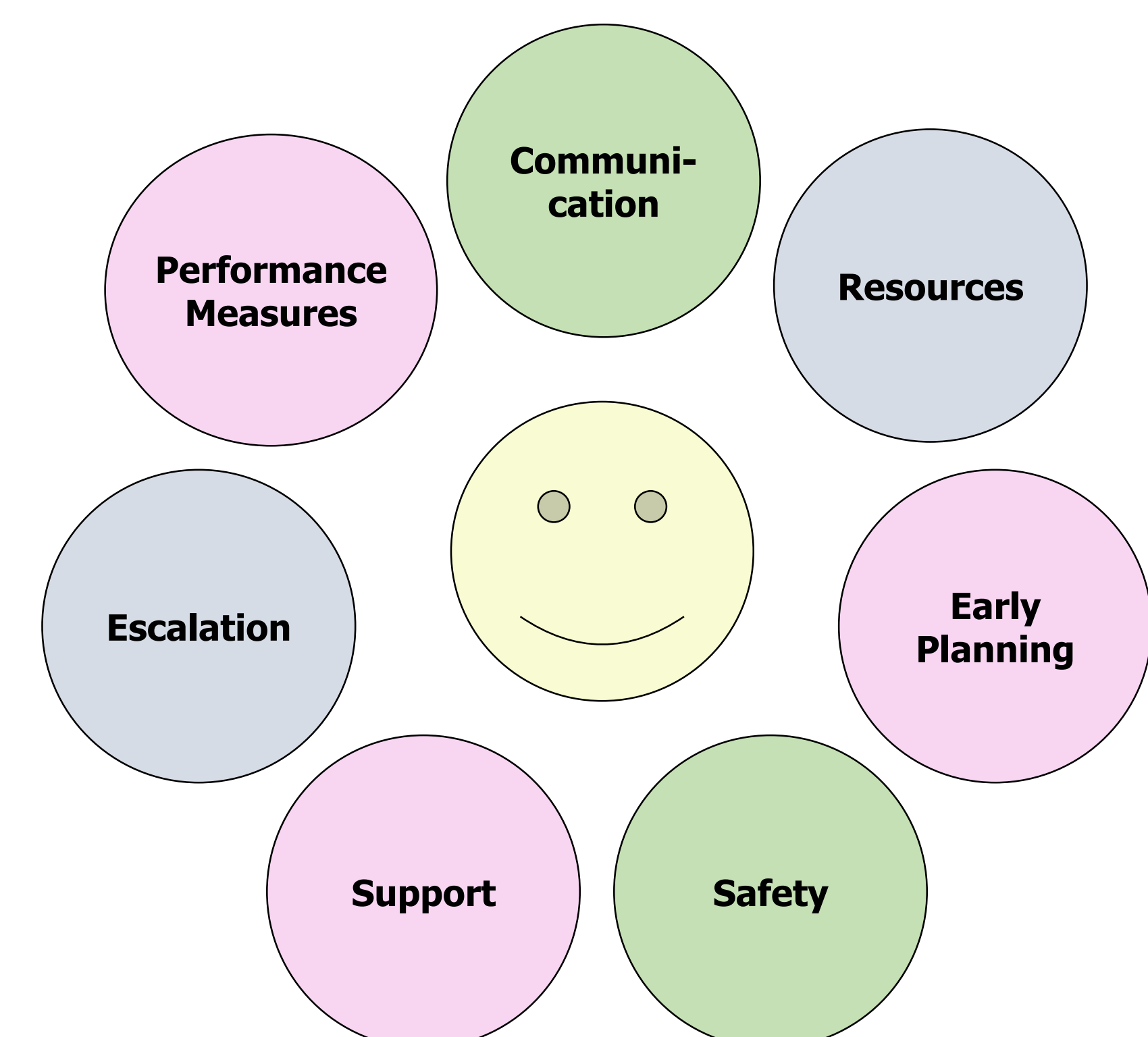
Figure 3. Diamond Priority Exercise

Discharge Planning Timeline



Figure 4. Discharge Planning Timeline

Stakeholder Conclusions



References:

- (1) Gill JV, Boyle EM. Outcomes of infants born near term. *Archive of Diseases in Childhood* 2017;102:194-198.
(2) Casiro OG, McKenzie ME, McFayden L, Shapiro C, Seshia MM, MacDonald N et al. Earlier discharge with community-based intervention for low birth weight infants: a randomised trial. *Pediatrics* 1993; **92** (1): 128-34.
(3) Laddem M, Damato E. Parenting and supportive programs. *NAACOG's Clinical Issues in Perinatal and Women's Health Nursing* 1992; **3** (1): 174-87.