





# Family-Centered Rounds in the Neonatal Intensive Care Unit

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In neonatal intensive care units (NICUs) across the nation, true collaboration and shared decision-making with families in the care of their baby is not yet the standard of care. The overwhelming and often traumatic experience of being the parent of a critically ill infant preclude such collaboration. The medical fragility and prolonged hospitalization of survivors can also negatively impact the parent-infant bond (Melnik et al., 2006). Such adverse effects can be manifested as “depression, dysfunctional parenting and anxiety disorders” yielding vulnerable babies and vulnerable parents (Melnik et al., 2006, p. e1415).

Health care professionals in the NICU can help to counteract these effects by partnering with parents and families.

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**Abstract:** Promotion of family-centered care is common in neonatal intensive care units (NICUs) across the nation. Yet, true collaboration and shared decision-making with families in the care of their baby is not the standard of care. Family-centered rounds can provide the opportunity for this level of collaboration, but care must be taken to overcome barriers to family-centered rounds. DOI: 10.1111/1751-486X.12090

**Keywords:** family-centered care | family-centered rounds | neonatal intensive care | NICU | prematurity

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