Diversification of Developmental Care Trainings: How and Why?

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Newborn Individualized Developmental Care (NIDCAP) is the *gold standard* of early intervention training. Unfortunately, despite intense efforts to disseminate this program, the training is not accessible to a large proportion of neonatal professionals due to high costs, duration of the training, and supportive systems organization.

Aims/Purpose

To offer different types and levels of training for neonatal professionals.

Methods

Training programs have been selected if the intervention is cue-based and family-centered, has an acceptable level of evidence and is in agreement with the NIDCAP philosophy.

The Brest training center is offering:

- **Introduction to patient- and family-center developmental care** (two days) created by Nathalie Ratynski and Jacques Sizun in 2000.
- **Family and Infant Neuro-developmental Education¹ (FINE)** (level II: practical skills) created by Nikk Conneman, Monique Oude Reimer, Esthervan der Heijden and Inga Warren (12 weeks)
- **The Support of Feeding for Fragile Infants (SOFFI)²**, created by Erin Ross and Kathleen Philbin (two days)
- **The Newborn Behavioral Observation (NBO)³** (two days) a clinical relationship-building tool derived from the Newborn Behavioral Scale (NBAS, Yvette Blanchard as trainer)
- **The Infant Behavioral Assessment and Intervention Program (IBAIP)⁴**, (three one-week sessions during one year)

created and trained by Rodd Hedlund (part of a randomized controlled trial)

Results/Findings

- Short training programs could be considered as an introduction to the NIDCAP Training;
- Thousands of professionals from French-speaking NICUs (level II or III), maternity units or follow-up clinics or private medical offices have been trained with a high satisfaction level;
- This catalogue offers an opportunity to reach people working outside the level III NICUs; and
- Short courses trainers could be future candidates to become NIDCAP trainers

Conclusion

This strategy participates to the financial stability, the independence and the sustainability of the Brest NIDCAP Training Center.

References:

1. www.bliss.org.uk/health-professionals/training-and-events/the-fine-programme
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3. Barlow J, Herath NI, Bartram Torrance C, Bennett C, Wei Y. The Neonatal Behavioral Assessment Scale (NBAS) and Newborn Behavioral Observations (NBO) system for supporting caregivers and improving outcomes in caregivers and their infants. *Cochrane Database Systematic Reviews*. 2018;3:CD011754.
4. Verkerk G, Jeukens-Visser M, Koldewijn K, van Wassenae A, Houtzager B, Kok J, Nollé F. Infant behavioral assessment and intervention program in very low birth weight infants improves independency in mobility at preschool age. *Journal of Pediatrics* 2011;159(6): 933-8.e1.