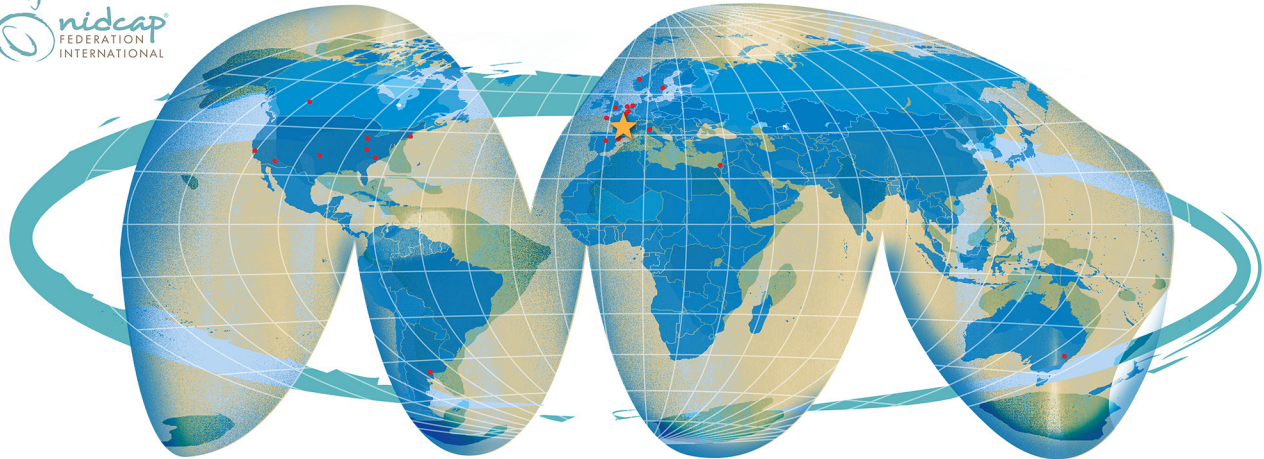




## NIDCAP TRAINING CENTERS WORLDWIDE



# NIDCAP Training Centers Around the World

## The Barcelona NIDCAP Training Center

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*The Barcelona NIDCAP Training Center was opened in December 2011 at the same time as the Hospital 12 de Octubre NIDCAP Training Center in Madrid. The entire process of making the center ready was possible due to the collaboration between both hospitals and the tireless support of Graciela Basso, MD and Heidelise Als, PhD.*

Currently our center has two sites: the Hospital Vall d'Hebron in Barcelona and the Hospital Dr Josep Trueta in Girona. The three NIDCAP trainers are Fatima Camba, Estrella Gargallo and Josep Perapoch. Our goal is to offer NIDCAP training in hospitals of neighboring countries and, at the same time, contribute to the implementation of a NIDCAP-based model of newborn care in all hospitals within Spain.

Collaboration is likely the key word that best defines us as a center. Collaboration is one of the main values of our activity. Our challenges include the lack of time and financial resources, and perhaps this is a reason that has helped us to take part in some collaborative projects. Some of our projects are listed below, as they may serve as inspiration for other teams:



*Barcelona NIDCAP Team*

- With professionals and friends at the *12 de Octubre Hospital* in Madrid, we collaborated through the Hera Project in broadcasting and training projects for developmental care throughout the country. We also collaborated in different research studies.
- With other hospitals of the Catalan Institute of Health and support of administration, we established a working group for the application

of NIDCAP-based newborn care in all hospitals (PADEICS-NIDCAP working group). The Catalan Institute of Health is a hospital system providing care for approximately 45% of the very low birth weight newborns in Catalonia.

- With the groups of parents and professionals of working group hospitals, we held a workshop in 2016 to define the nine lines of

improvement in individualized newborn care focused on development and the family. This document is the basis of all the improvement actions that have been used to work together during the last four years.

- Through collaboration with professionals and families, the “Germans” project to facilitate the inclusion of sibilings was started. (<https://youtu.be/lamiUQHs1Ls>)
- With other hospitals and training centers of the Iberian Peninsula, we collaborated in eight editions of the “NIDCAP Iberian Meeting”.
- Collaborating with administration and the university, we promoted

development of a Guide for Parents of Premature Newborns, which is distributed in all hospitals.

As NIDCAP has no limits, our projects and dreams are being renewed. These are the challenges we would like to achieve in the near future:

- Work closely with the *Hospital Sant Joan de Deu*, the other large Barcelona hospital that is currently in the process of accrediting itself as a training center, to facilitate the application of NIDCAP in all the hospitals of the country.
- Incorporate a new professional NIDCAP Trainer to our team.
- Obtain administration support for training to achieve the availability of

NIDCAP Professionals in all hospitals.

- Repeat a working day with families. This is currently scheduled for November 17, 2020, yet may be rescheduled due to the Coronavirus pandemic.
- Gain the ability to apply the FINE2 training program.
- Finish a project started two years ago to offer introductory training in developmental care in an online format.

## The Gold Standard for Excellence in Newborn Individualized Developmental Care

### What All Newborn Infants and Their Families Deserve

#### Newborn Individualized Developmental Care and Assessment Program (NIDCAP)

The Newborn Individualized Developmental Care and Assessment Program (NIDCAP), originated in 1984 by Heide-ise Als, PhD, is the only comprehensive, family centered, evidence-based approach to newborn developmental care. NIDCAP focuses on adapting the newborn intensive care nursery to the unique neurodevelopmental strengths and goals of each newborn cared for in this medical setting. These adaptations encompass the physical environment and its components, as well as, the care and treatment provided for the infant and his or her family, their life-long nurturers and supporters.

#### Assessment of Preterm Infants' Behavior (APIB)

The Assessment of Preterm Infants' Behavior (APIB) (Als et al., 1982) is a comprehensive and systematic research based neurobehavioral approach for the assessment of preterm and fullterm newborns. The APIB provides an invaluable diagnostic resource for the advanced level clinician in support of developmental care provision in a nursery.

#### NIDCAP Nursery Program

The NIDCAP Nursery Program provides a comprehensive resource for the self- evaluation by a nursery system of its strengths and goals for integration of NIDCAP principles into all aspects of their functioning. Highly attuned implementation of NIDCAP care for infants and their families, as well as for the staff, in a developmentally supportive environment is a goal as well as a process. External review and validation by the NFI may be sought when a nursery feels it has achieved this distinction. Nurseries that have achieved NIDCAP Nursery certification serve as a model and an inspiration to others. For information on the nursery self-assessment resources as well as the certification process and its eligibility requirements, please see: [www.nidcap.org](http://www.nidcap.org); and/or contact Rodd E. Hedlund, MEd, NIDCAP Nursery Program Director at: [nidcapnurserydirector@nidcap.org](mailto:nidcapnurserydirector@nidcap.org) or 785-841-5440.