

## **Detailed Information about the Research**

### **POPPY - Systematic Review of the evidence**

---

This part of the study is led by Sophie Staniszewska and Jo Brett at the Royal College of Nursing Institute, Oxford

#### **Aim**

To identify the most effective ways to support, inform, and communicate with a range of different parents who have had a premature baby.

#### **Work to date**

Between January 2006 and January 2007 a systematic review of the literature was conducted to identify the most effective ways to support, inform and communicate with parents who have had a premature baby.

The systematic review has now been completed. A report has been drafted, and has gone to the advisory group members for comment. Furthermore, while conducting this systematic review, papers were also collected for data extraction addressing the experiences and psycho-social impact for parents of having a premature infant. This additional information is to be written up in summary form and will be used alongside the systematic review to illustrate and highlight parents' experiences so that the findings are reported in their social and emotional context.

#### **Interventions identified in this systematic review**

Specific actions taken by services to achieve particular outcomes are called 'interventions' in the research context.

##### *Information*

The interventions identified for providing information for parents with premature infants in the neonatal unit include: providing information about the unit experience prior to the baby being born; information binders for collection of specific, relevant, timely information; interventions to ask parents about their information needs, prioritising information presented on cards, sorted according to parents' stated needs; and information on specific issues such as use of home oxygen for infants.

##### *Communication*

Interventions identified for improving communication between health professionals and parents of premature infants in the neonatal units include: discussion around infant progress charts to improve communication between health professionals and parents; using translation cards with non-English

speaking parents; using a video phone to link parents to the neonatal clinic; and using taped consultations between doctors and parents.

### *Support*

The interventions identified for supporting parents with premature infants in the neonatal unit include: family-centred care programmes; support programmes led by health professionals, or parents who had been through a similar experience; interventions to alleviate adverse psycho-social consequences, such as psychotherapy at the time of crisis, active problem solving programmes, journal writing, and parental coping programmes; kangaroo care (skin to skin contact); breastfeeding support; and specific practical advice for improving bonding between the parent and their infant, such as having a photograph of the infant, parents' use of behaviour assessment techniques with their baby; detailed discharge programmes for parents; and health visitor support at the neonatal unit and at home.

Home intervention programmes ranged from regular home visits from health professionals to assist parents with any problems they had, to more specific programmes teaching parents caretaking skills, games, baby exercises, baby massage, home healthcare, monitoring techniques, and providing counselling and telephone contact when needed.