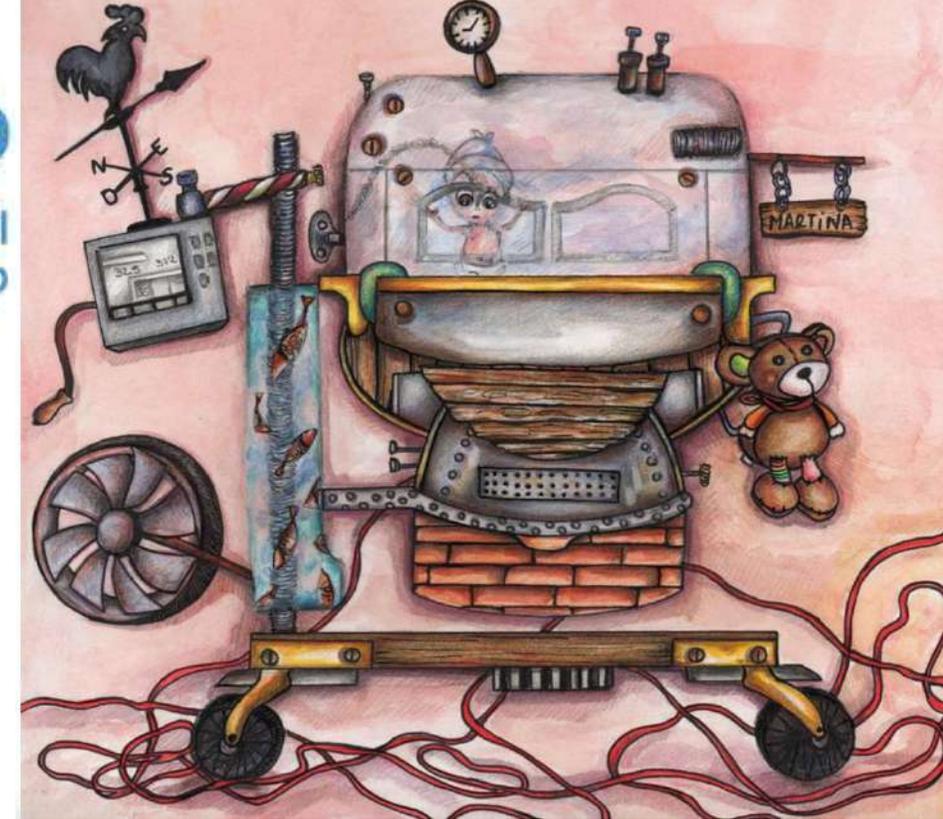




Hospital Universitario
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LEARNING PATHWAYS



FICARE / RISEINFAMILY

Available resources:

Official website: https://riseinfamily.eu/en/front_page/ → "For parents" section



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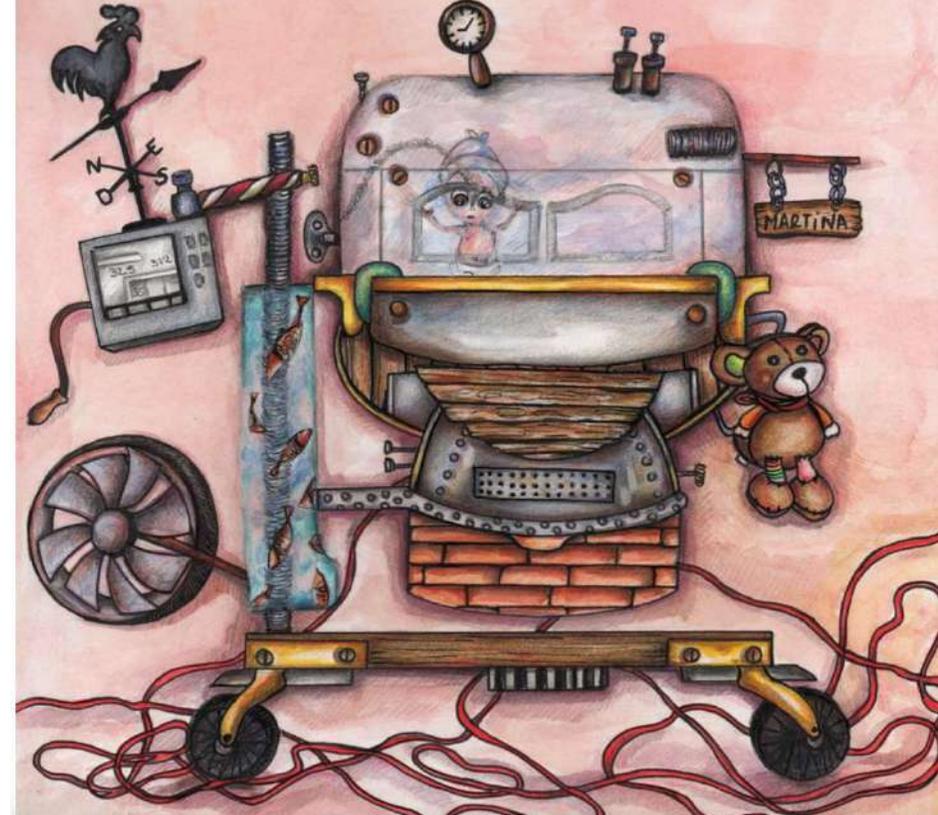
Hospital Universitario
La Paz
Hospital Carlos III
Hospital Cantoblanco

Learning pathways index

- 1.- Getting to know the FICare program
- 2.- Establishing contact with my baby
- 3.- Observation and monitoring
- 4.- General care
- 5.- Feeding
- 6.- Respiratory support
- 7.- Psychosocial aspects
- 8.- Medication and medical devices
- 9.- Getting to know the care team
- 10.- Preparing for discharge home

Available resources:

Official website: https://riseinfamily.eu/en/front_page/ → "For parents" section

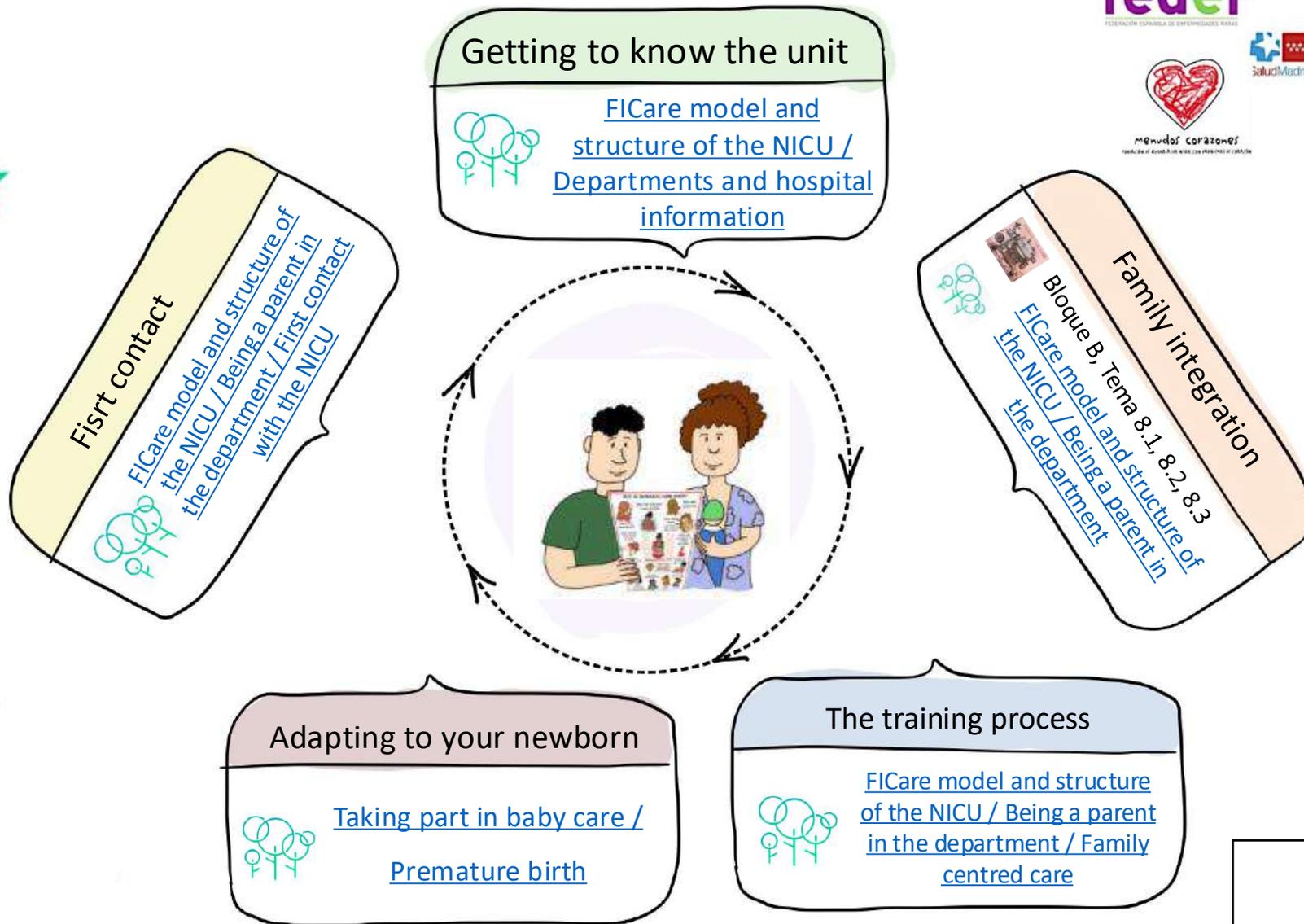




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1

Getting to know the FICare program



Related infographic

<https://riseinfamily.eu/wp-content/uploads/2024/08/FICare-definition-and-benefits-english.pdf>

Available resources:



Official website: https://riseinfamily.eu/en/front_page/
→ "For parents" section



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2

Establishing contact with my baby

Skin-to-skin contact and kangaroo care

Taking part in baby care / Skin-to-skin kangaroo care



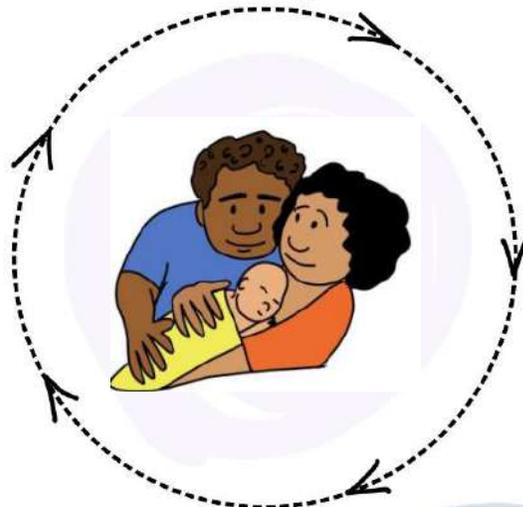
Hand hygiene

Taking part in baby care / Hygiene



Macro and micro environment

Taking part in baby care / Equipment and special treatment + 1. Medical equipment + 3. Light and noise

Neurobehavior and pain

Taking part in baby care / The baby's development / 1. Neurobehavior + 2. Impact of stress + 3. Pain



Bonding with my baby

Taking part in baby care / The baby's development / 5. Bonding



Available resources:



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Related infographics

<https://riseinfamily.eu/wp-content/uploads/2024/08/developmental-family-care-english.pdf>

<https://riseinfamily.eu/wp-content/uploads/2024/08/kangaroo-english-4.pdf>



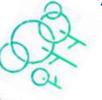
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3

Observation and monitoring

Monitoring

[Taking part in baby care / Equipment and special treatment / 3. Monitor](#)



Equipment

[Taking part in baby care / Equipment and special treatment / 1. Medical equipment + 2. Incubator, heated beds and cots](#)



Diagnostic tests on the baby

[Taking part in baby care / Diagnosis](#)




Alarms

[Taking part in baby care / Equipment and special treatment / 3. Monitor](#)



Light and noise

[Taking part in baby care / Equipment and special treatment / 4. Light and noise](#)



Available resources:



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feder
FEDERACIÓN ESPAÑOLA DE ENFERMEDADES RARAS



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Related infographics

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<https://riseinfamily.eu/wp-content/uploads/2024/08/kangaroo-english-4.pdf>



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4

General care

Postural care

The baby's development / 4. Care to provide comfort / Positioning



Handling

The baby's development / 4. Care to provide comfort / Handling



Rest

The baby's development / 4. Care to provide comfort / Rest



Nest

The baby's development / 4. Care to provide comfort / Nest



Hygiene

Taking part in baby care / Hygiene




Available resources:



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<https://riseinfamily.eu/wp-content/uploads/2024/08/kangaroo-english-4.pdf>



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5

Feeding

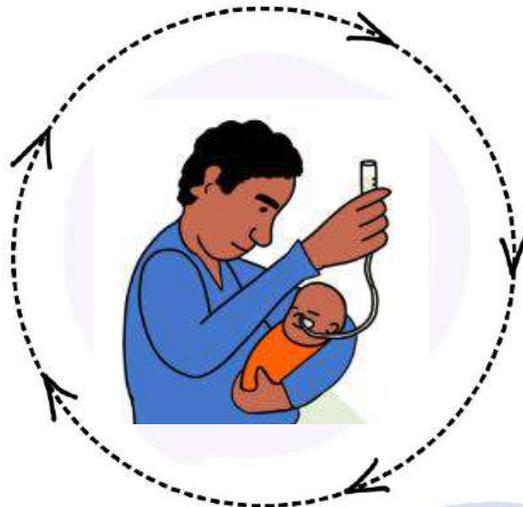
Lactancia materna

[Taking part in baby care / Feeding the baby / 1 - 4](#)



Métodos de alimentación oral

[Taking part in baby care / Feeding the baby / 5 - 11](#)

Alimentación intravenosa

[Taking part in baby care / Feeding the baby / 13. Parenteral nutrition + 14. Balance](#)



Paso de sonda a boca. ESMO

[Taking part in baby care / Feeding the baby / 15-16. Orofacial sensorio motor stimulation](#)



Dispositivos y sondas

[Taking part in baby care / Feeding the baby / 12. Tube feeding + 17. Pacifier](#)




Related infographics

<https://riseinfamily.eu/wp-content/uploads/2024/08/premature-baby-feeding-english.pdf>

<https://riseinfamily.eu/wp-content/uploads/2024/08/OROFACIAL-SENSORIO-STIMULATION-english.pdf>

Available resources:



Official website: https://riseinfamily.eu/en/front_page/
→ "For parents" section





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6

Respiratory support

Invasive ventilation

Taking part in baby care / Equipment and special treatment / Breathing support / Invasive ventilation



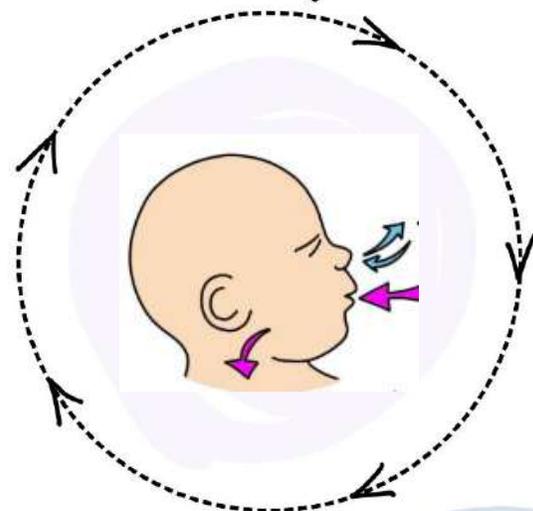
Physiology and pathology

Taking part in baby care / Disorders / 1. Respiratory problems



Monitoring parameters

Taking part in baby care / Equipment and special treatment / Monitor

Non invasive ventilation

Taking part in baby care / Equipment and special treatment / Breathing support / Low flow, high flow, CPAP



Devices

Taking part in baby care / Equipment and special treatment / 1. Medical equipment + 2. Incubators, heated beds and cots



Available resources:



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7

Psychosocial aspects

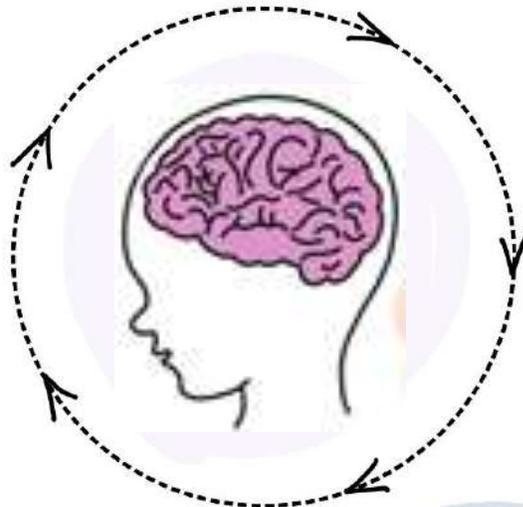
Family conflict resolution

Family self care / Family stress and anxiety / Conflict resolution



Information and understanding hospitalization

Family self care / Family stress and anxiety / Information support to reduce stress + Communication, empathy and family-health team trust

Psychological impact of hospitalization

Family self care / Family stress and anxiety / Psychological effects of being in the hospital



Grief

Family self care / Grief



Relationship with siblings and family members

Family self care / Family stress and anxiety / Family visits, siblings participations. Experiencing the hospital stay as a partner



Available resources:



Official website: https://riseinfamily.eu/en/front_page/
→ "For parents" section



Related infographic

<https://riseinfamily.eu/wp-content/uploads/2024/08/FICare-definition-and-benefits-english.pdf>



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8

Medication and medical devices

Intravascular medication

Taking part in baby care / Equipment and special treatment / 7. Intravenous drips



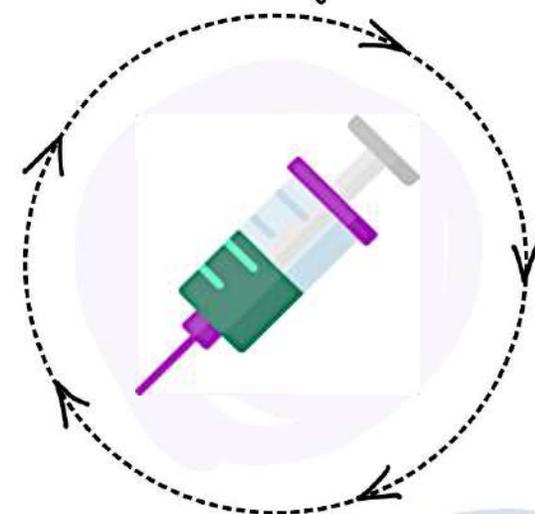
Treatment of wounds

Taking part in baby care / Equipment and special treatment / 11. Treatment of wounds



Respiratory

Taking part in baby care / Equipment and special treatment + 12. Suction equipment + 12. Inhalation medication

Stoma care

Taking part in baby care / Equipment and special treatment / 10. Stoma



Bladder catheterization

Taking part in baby care / Equipment and special treatment / 9. Bladder catheter



Available resources:



Official website: https://riseinfamily.eu/en/front_page/
→ "For parents" section



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9

Getting to know the care team

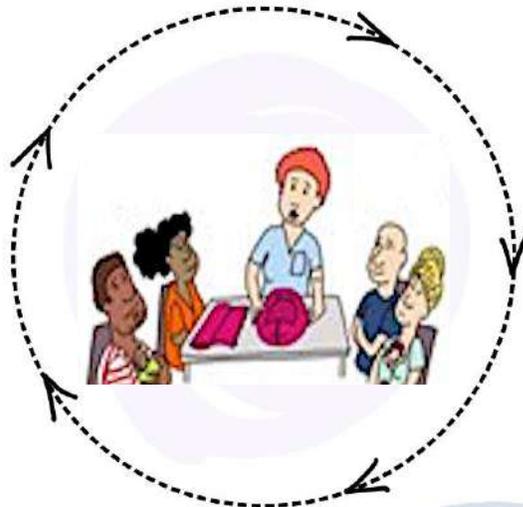
The care team

FiCare model and structure of the NICU / Departments and hospital information / Who is who



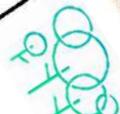
Caring together

FiCare model and structure of the NICU / Being a parent in the department / Family centred care and family centred rounds, caring together

Relationship with the healthcare team

Family self care / Family stress and anxiety / Communication, empathy and family-health team trust



Grief

Family self care / Grief



Communication

Family self care / Family stress and anxiety / Conflict resolution



Available resources:



Official website: https://riseinfamily.eu/en/front_page/
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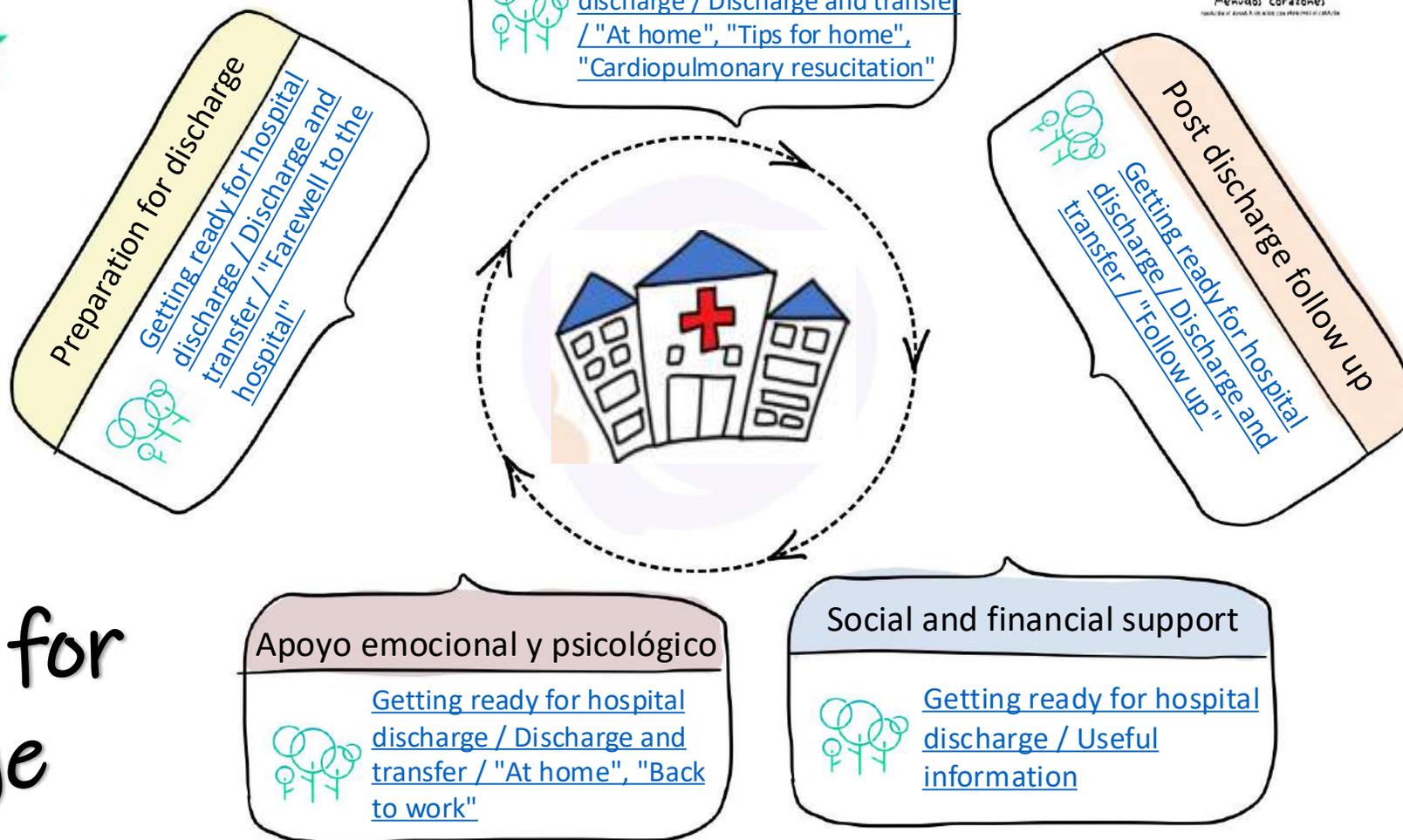
<https://riseinfamily.eu/wp-content/uploads/2024/08/FICare-definition-and-benefits-english.pdf>



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10

Preparing for discharge home



Available resources:



Official website: https://riseinfamily.eu/en/front_page/
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