Implementation of the Goslings Traffic Light System in a Level IV NICU To Facilitate Communication about Infant Readiness for Interaction





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INTRODUCTION

Prematurity, infant illness and prolonged hospitalization may disrupt the parenting role and decrease quality of parent-infant interaction. Family centered care studies demonstrate that parental involvement in their infants' care improves their caring abilities and fosters bonding. Goslings Family Hour (GFH) was developed to address the need for early language and literacy for medically complex infants and to provide parent support in the NICU. Studies of GFH reveal positive behavioral changes in parent-infant interactions, increased early language and literacy activities and enhanced confidence. However, one barrier existed to full implementation of GFH: parents report they determine their infants' medical readiness for interaction rather than the medical team do so.

QUESTION

Does the implementation of the Goslings traffic light (GTL) system, with established protocol for use by the medical team, facilitate provider-parent communication about infant readiness for interaction?

METHODS

Establish medical criteria (see figure 1) 딤 Create GTL sign (see figure 2) Implement educational

Minimal Activity

Clinically or hemodynamically unstable

infant exhibiting blood pressure swings, bradycardia, apnea, or desaturations

with any handling, requiring prolonged

humidified incubator who is <72 hours

old. Infant on high frequency oscillatory

ventilation. Infant being managed for BPD spells or persistent pulmonary hypertension crisis. Figure 1. GTL Medical Criteria

ventilation or high frequency jet

Infant <28 weeks gestation in a

module

Parents 1-2 weeks after attending GFH Providers after educational module

Continue until theoretical saturation

Clinically stable infant who does not

Extremely premature infant who car tolerate mild stimulation, light and

A Little More

manipulation.

Transcribe recordings Manually code using Atlas.ti & co-code for reliability

Discuss & resolve coding discrepancies

Any Gentle Activity* Clinically stable infant with stable vital signs, saturations and blood gases who tolerates bedside cares tolerate cares. Well-secured lines, tubes and dressings Infant is well recovered from surgical

Infant on sedation medication Infant being treated for neonatal abstinence syndrome. Post-operative infant with well-dre Post-operative initials, was remained wounds, ostomies. Infant requiring phototherapy. Infant undergoing total body cooling if they remain on cooling mattress.

Your little gosling is ready for: A Little More

Group codes into

categories into

Conduct member

categories

Combine

themes

checks

Figure 2. GTL Sign

RESULTS Oh, yeah, it's basically letting the patient, and the I know you have that video, but want to be touched. So, it's a little bit of insight. make the video accessible via lik a a QR code on the... Parent # 3 **EFFECTIVE** "I think the wordings makes sense. It's very simply orded, very easy to follow, nothing complicated ...Especially if nursing will move it User friendly about it. It's easy for us like healthcare workers an And since they spend more face-Provides insight to-face time with the patient, they'll get a better idea of where the Consensus on color Facilitates communication RECOMMENDATIONS GOSLINGS FAMILY Role delegation HOUR Continued use GFH informative Early education GFH impactful Continued provider **THEMES** "There was a lot of insight showing signs and mainly taught me the meanings. "I think it's been useful for parents. I've seen more POSITIVE IMPACT BARRIERS parents coming in and Parent behavior grabbing a book and Inadequate TLS info Provider behavior reading to their baby and they don't seem confused Inconsistent TLS use TLS useful they're in the NICU. ' Provider #4 But it's not always the ton

So, it informed all of my interactions in the ...Goslings specifically does focus on the omental play... But all of my aspects for

the day were informed by that stop sign... I use

the tool as a general resource for everything like cares and conversations, you know,

comforting and everything," Parent #3

CONCLUSIONS

- TLS is an effective tool that supports education, positive behavioral changes, and communication.
- Its impact is contingent on overcoming operational and educational barriers.
- To maximize its effectiveness, earlier and more consistent education, continued use of signage, and improved integration into rounds and workflows were recommended.

LIMITATIONS & FUTURE DIRECTIONS

- Limited parent population sample as only parents attending GFH were interviewed.
- Limited longitudinal insight.

Future Directions

- Continued provider education for new incoming staff.
- Designate nurses as the professional in charge of the TLS.
- Post QR codes to Mini Goslings video.
- Expand use of TLS to lower level and/or other NICUs to study other experiences with the TLS & obtain more feedback.

REFERENCES

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