

MAKING H-HOPE (Hospital to Home: Optimizing the Preterm Infant Environment) THE STANDARD OF CARE IN YOUR NICU



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H-HOPE training is provided in three modules to accommodate your schedule:

- 1- Introduction to H-HOPE
- 2- Parents+ - Partnering with Parents
- 3- Massage+ -



INTRODUCTION TO H-HOPE



Nurse Testimony

“Being in the NICU is challenging, not being able to have your baby at home... so I think the opportunity to feel more involved and get more of that bonding time, but also know that they're doing something to benefit their baby.”



H-HOPE: Two Components

Parent-Focused: Parents+

Parents learn how to deliver Massage+ and discover their infant's behavioral cues:

- Behavioral state
- Engagement
- Disengagement
- Feeding



• Infant-Focused: Massage+

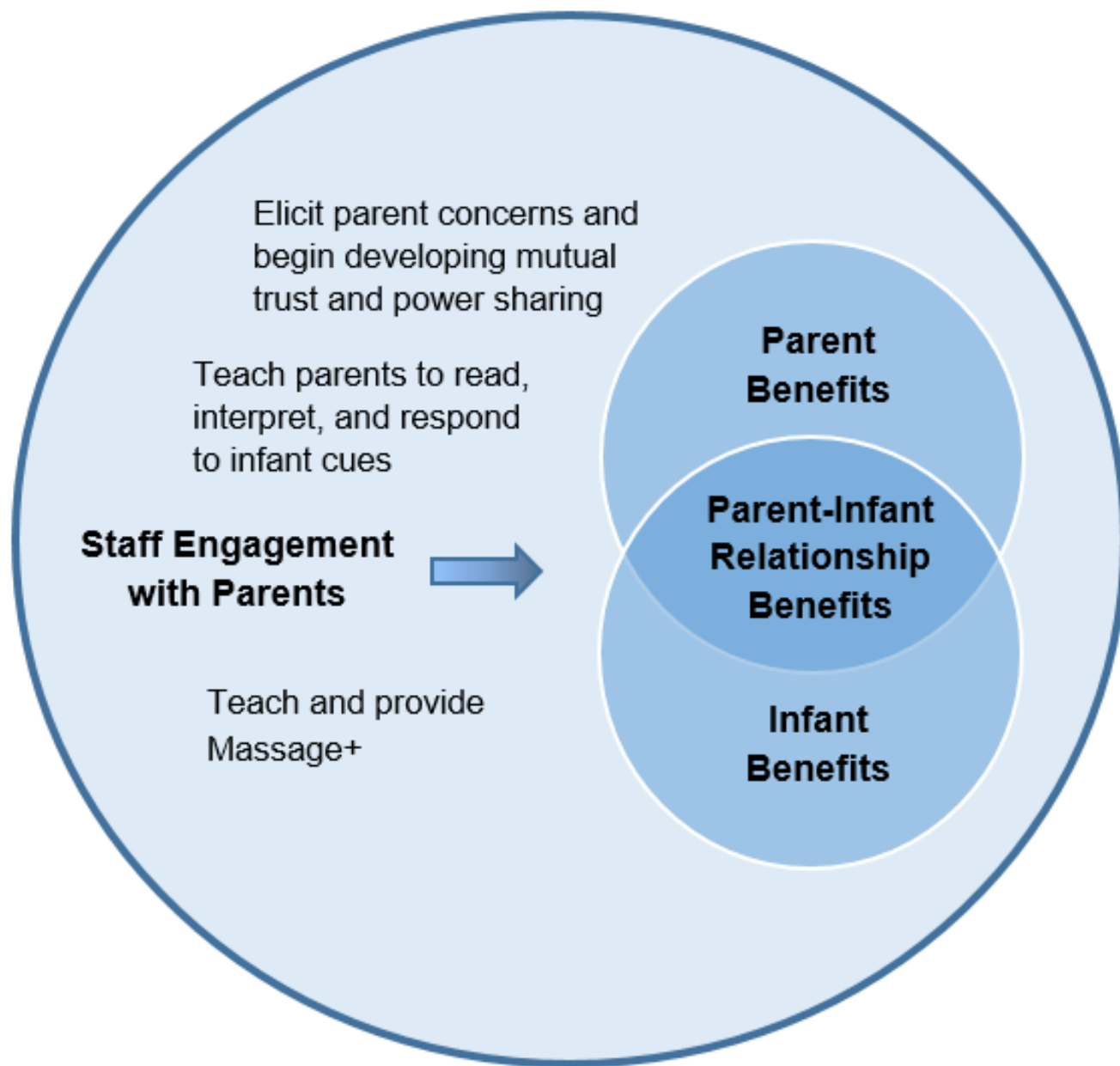
Parents and clinicians support optimal infant behavior, feeding, growth, and movement.



H-HOPE: Early Developmental Intervention as Standard of Care for Premature Infants

- Vermont Oxford Network: “**All Care is Brain Care**”
- The Physical Environment Exploratory Group **endorses use of sensory interventions, including massage, as standard care after 30–31 weeks post-menstrual age**
- However, few NICUs provide evidence-based standardized early developmental interventions that have a **behavioral focus** as routine care such as H-HOPE





H-HOPE Video



<https://vimeo.com/463854475/095e24c39c>

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Benefits of H-HOPE from 40 years of research



Benefits to Infants

Increased behavioral cues related to better social communication, feeding and growth

- Alertness – more awake and ready to feed
- Engagement and disengagement cues
- Orally directed behaviors
- Hunger cues before feeding

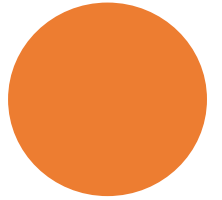


Benefits to Infants

- Improves oral feeding and growth
- Decreases infant stress
- Reduces average length of hospital stay and cost
- Decreases health care visits for possible illness following discharge

Medoff-Cooper, B., Rankin, K., Li, Z., Liu, L., & White-Traut, R. (2015). Multi-sensory intervention for preterm infants improves sucking organization. *Advances in Neonatal Care*, 15(2), 142.

White-Traut, R., Rankin, K. M., Yoder, J. C., Liu, L., Vasa, R., Geraldo, V., & Norr, K. F. (2015). Influence of H-HOPE Intervention for premature infants on growth, feeding progression, and length of stay during initial hospitalization. *Journal of Perinatology*, 35(8), 636–641.



Benefits to Parents

- Offers a way for parents to interact and care for their infants while in the NICU and at home
- Increased confidence in caring for their preterm baby

Benefits for the parent-infant relationship

- Increases **social interactive behaviors**, shows that infants are learning to *regulate their behavior and communicate*
- Increases social responsiveness to improve mother-infant interaction during feeding in-hospital and at 6 weeks CA

Important because parents of preterm infants have difficulty recognizing their infant's cues, especially subtle cues

Parent Testimony

“It (**Massage+**) made me feel connected. It didn’t make me feel like just another parent in the NICU that had a baby that wasn’t doing well. It was almost a motivating factor to say, look, I gotta get there today because my baby needs this as opposed to that doomed feeling of, oh, my baby is sick and my baby is in the NICU.”

