

**Read to Me**

**A Neonatal Infant Parent Program:  
A program implementation project**

Chandler Murphy, BSN, RNC- NIC

# Background

---

- Premature infants in the Neonatal Intensive Care Unit (NICU) are exposed to many sounds and alarms during their NICU stay. We also know that complete elimination of noise is not developmentally appropriate for the developing neonatal. In fact, there are certain sounds that can promote speech and language development. Research demonstrates that language exposure strongly influences a child's future literacy skills and academic trajectory. Language exposure, such as talking, reading, or singing is essential for normal speech and language development.

- Levesque, 2018, Zauche, 2018 and AAP



# Read to Me: A parent/infant program in the NICU

Ask your care team  
for more information



**UCI Health**

**Project Goal: Implement a Parent/ Infant Read to Me  
Program in the Neonatal Intensive Care Unit**

# Why is the Project Important?

---



- Increase the amount of *right* noise needed for the infant development
- Helps parents bond with their infants
- Parents feel they are helping their baby's development

# AIM Statement

---

- The implementation of the Parent/Infant Read to Me Program will increase the amount of parents reading to their baby by 20% from baseline (36%) by December 2019.
- Result:
  - **After implementation of the Read to Me program the amount of parents reading to their baby increased from 36% to 92% in December 2019.**

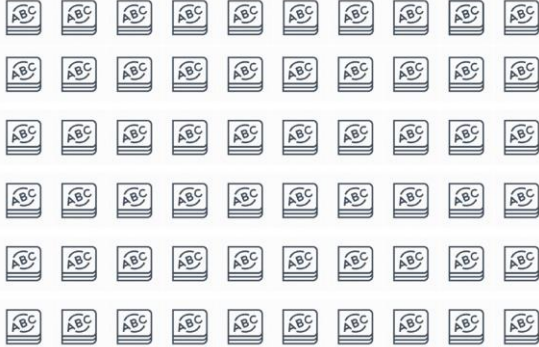
# Methodology

---

- Pre-Implementation Data: collect parent surveys (n=25)
  - “In the last three days have you read to your baby in the NICU”
  - “If no, what were the reasons you were not able”
- Identify staff barriers to a Parent/Infant Read to Me Program
  - Open discussion at Practice Council and staff meeting
- Determine implementation success from parent surveys (n=25)
  - 3 post data point collection

# Program Implementation Methodology

Read to Me: A parent/ infant program in the NICU.  
Please mark off each book you read to your baby



Leeme: Un programa para padres/infantes en Neonatal ICU  
Marque cada libro cuando le lea a su bebe.

UCI Health

Read to Me  
Page 1 of 1

## Parent Education Handout Read to Me: A Parent/Baby Reading Program

### What is the Parent/Baby Read to Me Program?

The goal of the Parent/Baby Read to Me program is to encourage and help more parents to read to their baby while staying in the Neonatal Intensive Care Unit (NICU). The NICU can be a very overwhelming environment for parents and babies. This program encourages parents to read to their baby in the NICU just as they would read in their own homes.

### Why is reading important for my baby?

Your baby hears lots of noise in the NICU, but not necessarily your voice. Your baby may not understand what you are saying or why, but reading is a great shared activity that you can continue for years.

We know that reading helps teach communication and sounds. Research shows that babies who are read to often have better language. You can also use reading as a way to bond with your baby in the NICU. It is common for parents to have feelings of helplessness when their baby is staying in the NICU. Reading to your baby is an activity that you can do with your baby that might help with some of those feelings.

### Are there times when I should not read to my baby?

There might be times when your baby is sensitive to noise and light. Your baby's nurse will let you know if it is not a good time to read to your baby. These times are not often. Most of the time reading is just what your baby needs.

### When and how do I read to my baby?

You can read to your baby when your visit by popping open the port hole of the isolette, holding your infant or doing skin to skin. You don't need to focus on reading the entire book in one sitting; just focus on a few pages that you and your baby enjoy.

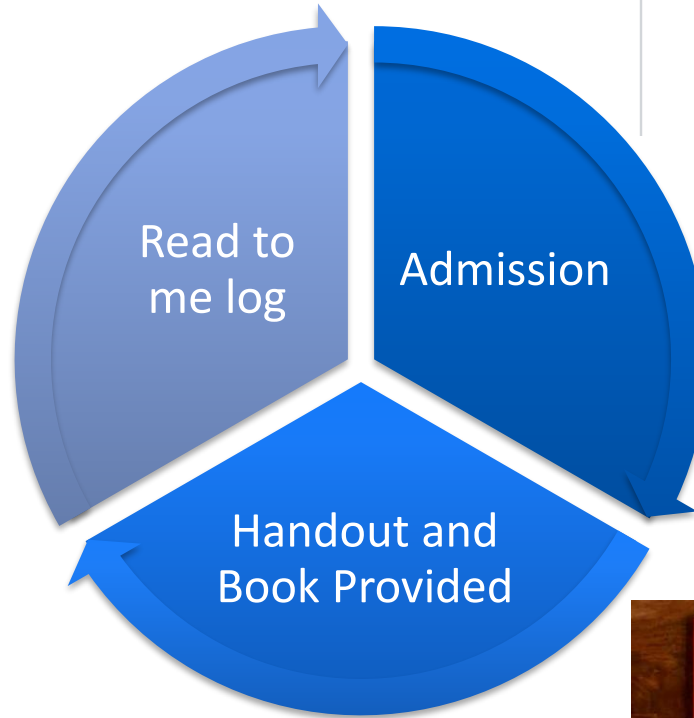
### Should I bring books from home?

You can bring books in from home, or you can grab books from our baby book library in the front of the NICU. You will need to wipe the books down with special wipes before bringing them to your baby's bedside. Simple board books work great because you can wipe them down easily.

### What books are best for my baby?

Baby books should have simple, repetitive text and clear pictures. You will need a book in your preferred language or picture books work well if you would like to make up a story to read to your baby. Here is a list of recommended books for babies in the NICU

- "Goodnight Moon" by Margaret Wise Brown
- "The Very Hungry Caterpillar" by Eric Carle
- "Chicka Chicka Boom Boom" by Bill Martin Jr. and John Archambault
- "Love You Forever" by Robert Munsch
- "Where the Wild Things Are" by Maurice Sendak
- "One fish, Two fish, Red fish, Blue fish" by Dr. Suess
- "Hop on Pop" by Dr. Seuss
- "The Rainbow Fish" by Marcus Pfister



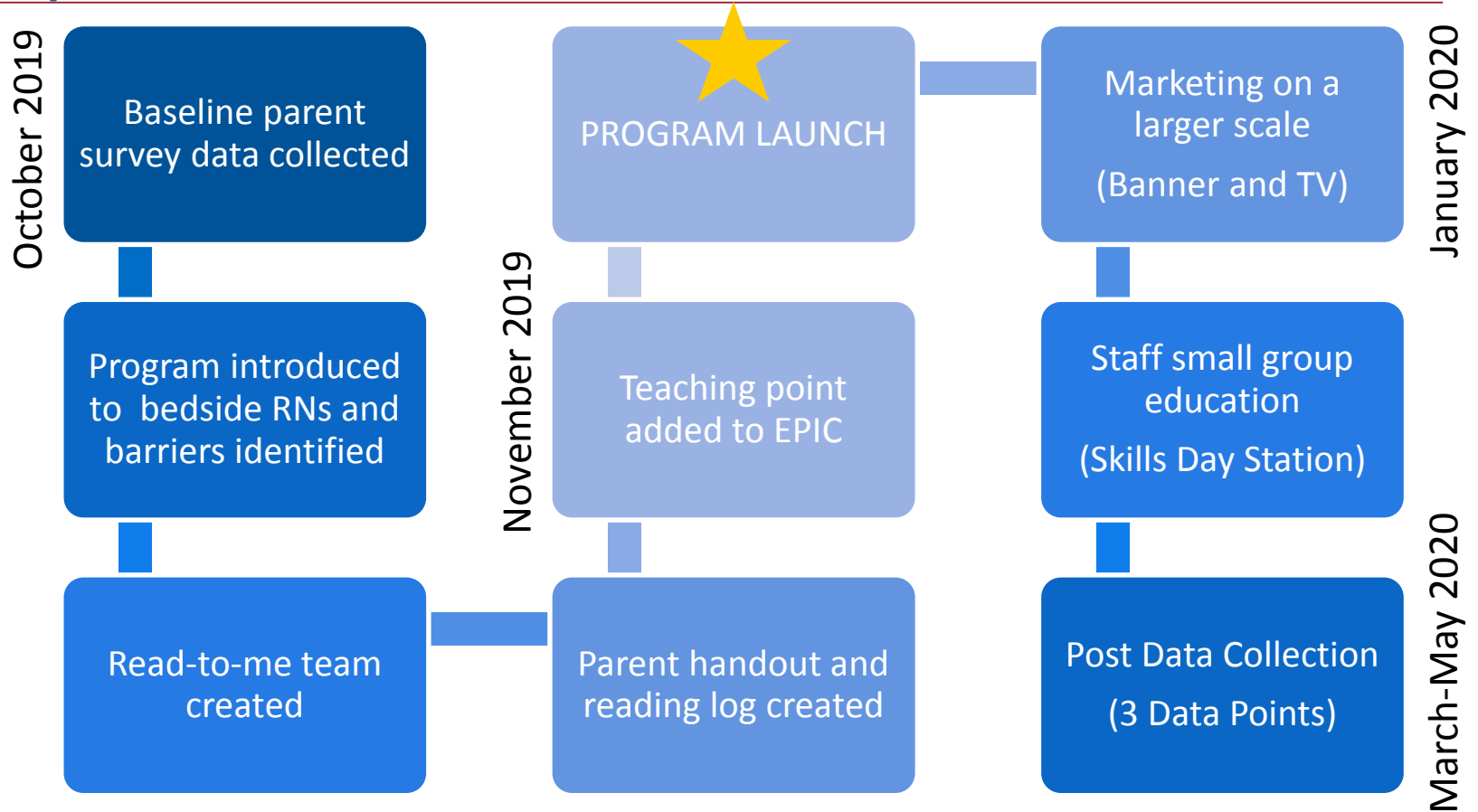
Clear Selections Active All

- Admission Plan of Care
  - All About Me Booklet
  - Read to Me Program
  - Visitation
  - Healthcare Team
  - NICView



Every day is a good day to help your baby with their development by reading books and bonding with

# Implementation dates





# EPIC Documentation

Education point added to admission plan of care

Description of teaching points added to guide bedside RN

Links to parent tools from EPIC

The screenshot displays the EPIC Education documentation interface. On the left, a sidebar lists various education points under the 'Admission Plan of Care' category. The 'Read to Me Program' is selected and checked. The main content area shows the details for this program, including a description and a teaching point for the 'Family' category. On the right, a 'Patient Handouts' section provides links to various resources related to the program.

**Education**

Assessment **Education**

Clear Selections **Active** All

- Admission Plan of Care
  - All About Me Booklet
  - Read to Me Program**
  - Visitation
  - Healthcare Team
  - NICView
  - Pain Management
  - Jaundice
  - Blood Transfusion/Direct Donor
  - General Update
  - California Newborn Screening Program

**Admission Plan of Care**

Title Points for Admission Plan of Care

**Read to Me Program** ⌵

Print Read to Me Handout and encourage parents or any visitors to read to baby when they visit. Tell parents that reading is a great bonding activity that can be continued once their baby is home. Research shows that babies who are read to often have better speech and language development.

<input checked="" type="checkbox"/> <b>Family</b>	Acceptance, Explanation, Verbalizes Understanding/Needs Reinforcement Braham, Tamara, RN at 4/28/2020 1907	<a href="#">More (1)</a>
---	--	--------------------------

**Patient Handouts**

- [Read to Me Program](#)
- [Book Log - English](#)
- [Book Log - Spanish](#)
- [Read to Me Program - English](#)
- [Read to Me Program - Spanish](#)

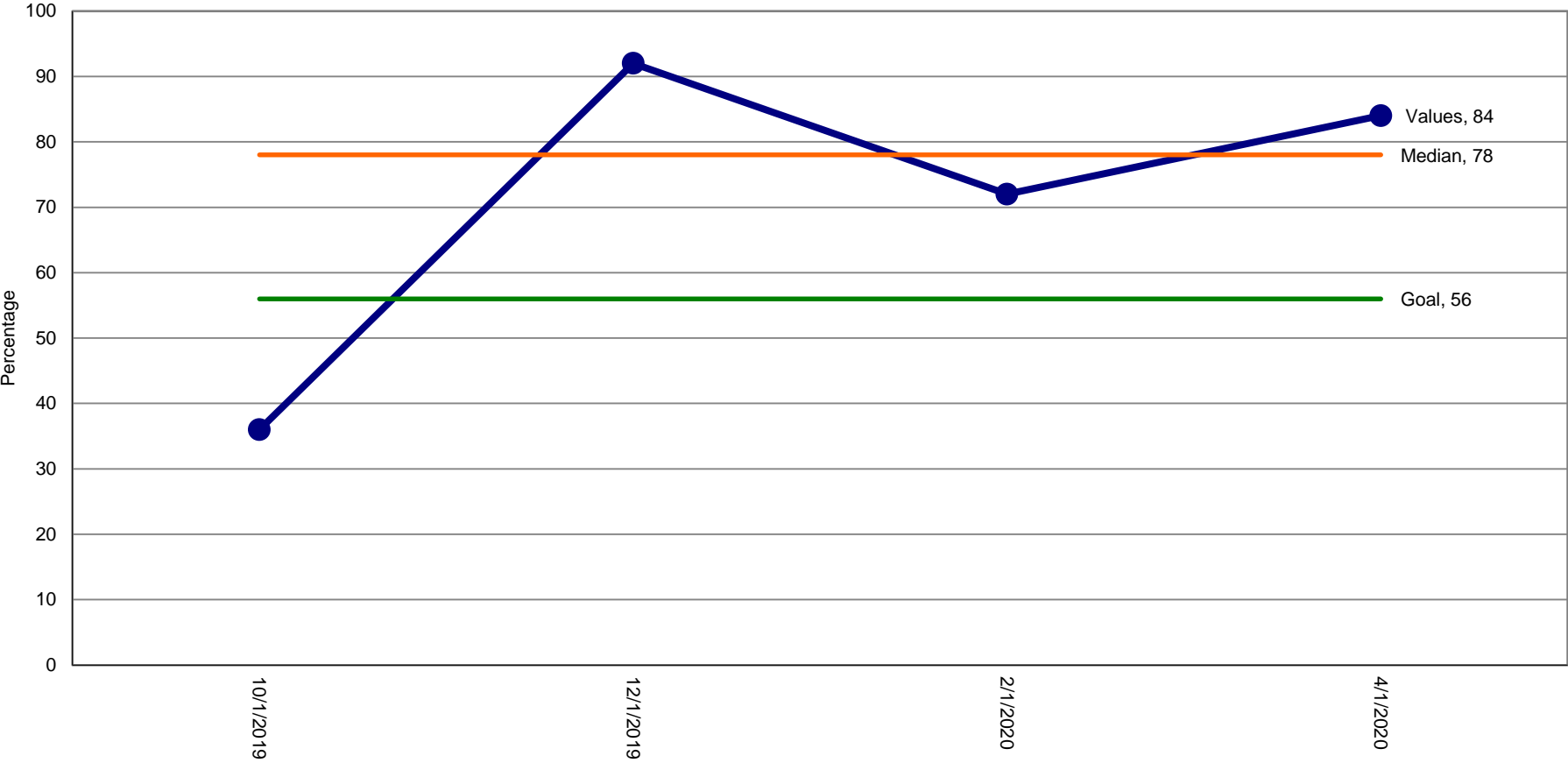
Comments (0) Hide Description

# Measureable Outcomes

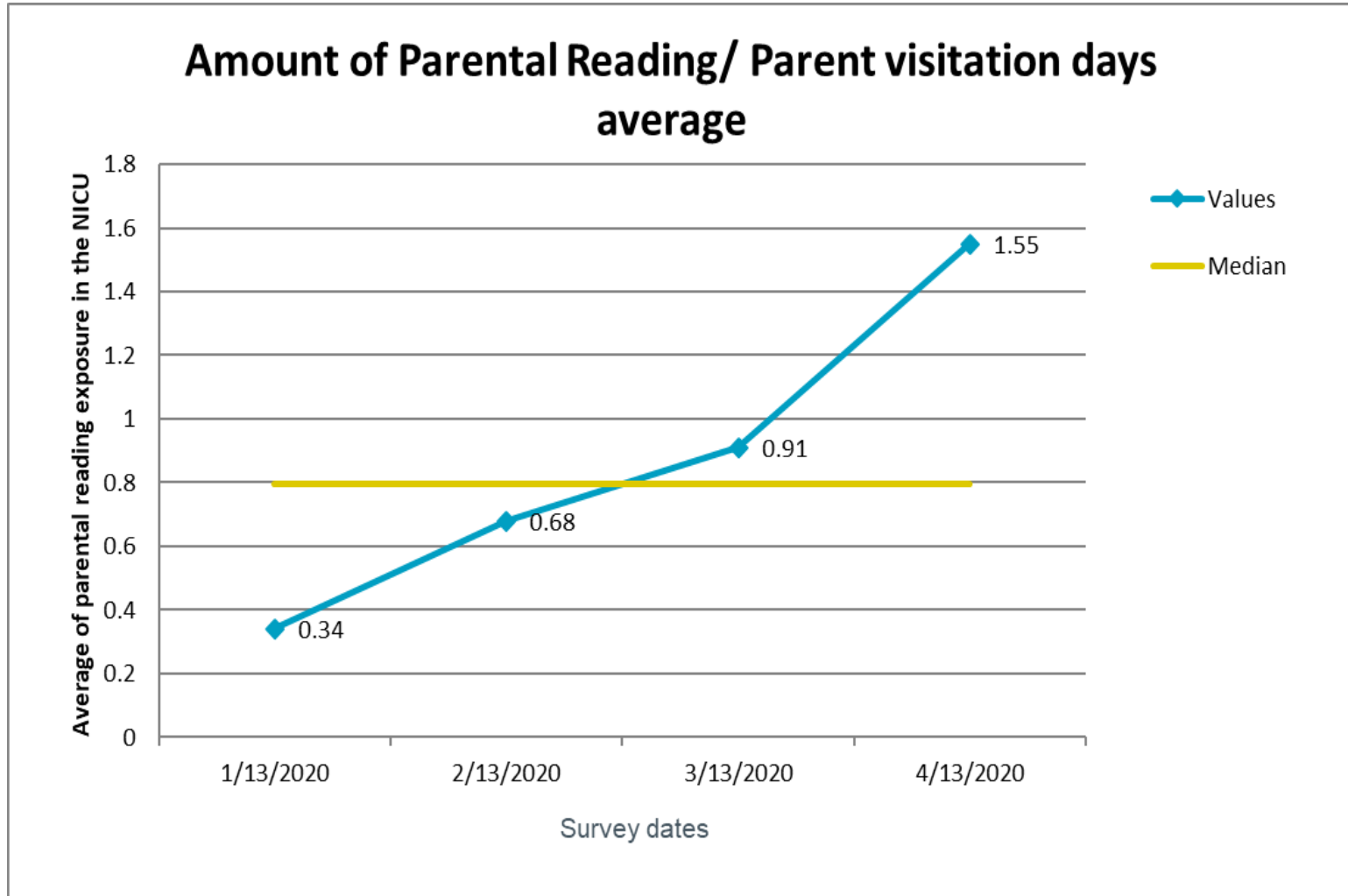
---

- Press Ganey Survey “NICU was Family Friendly”
  - 9/1/2018- 12/31/2018 mean= 97.2, n=9
  - 11/1/2019- 4/30/2019 mean= 91.7, n=12
  - 2/1/2020-4/30/2020 mean = 95, n=5
- Surveys from Parents in the NICU about reading program
  - Pre-implementation survey parent data
  - Post-implementation survey parent data (3 data points)
- Program Uptake Data
  - Measuring the average of amount of books read / parent visitation days per month

# Percentage of Parents Reading To their Baby



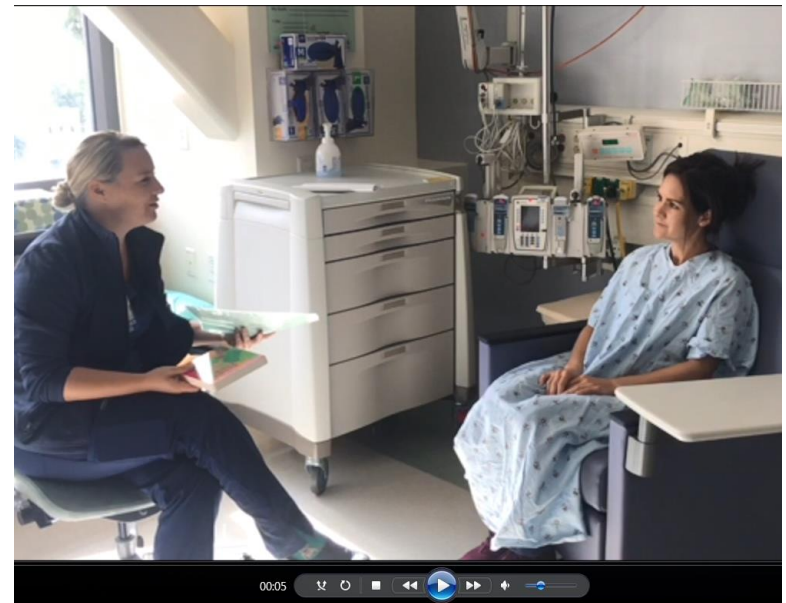
# Program Uptake



# Sustainability

---

- Read to Me program book log and parent education handout in NICU admission packet that gets stocked by HUSC
- Pathway to Discharge parent handout
- Add Read to Me Program to the list of items to be discussed at the first Parent Conference in the NICU
- Read to Me educational video shared at staff educational opportunities and new hire orientation
- Books donated by various organizations:
  - Hospital book drive, staff donations, Instagram page with link to amazon wish list
  - Previous Parents at NICU reunion carnival Q2 years

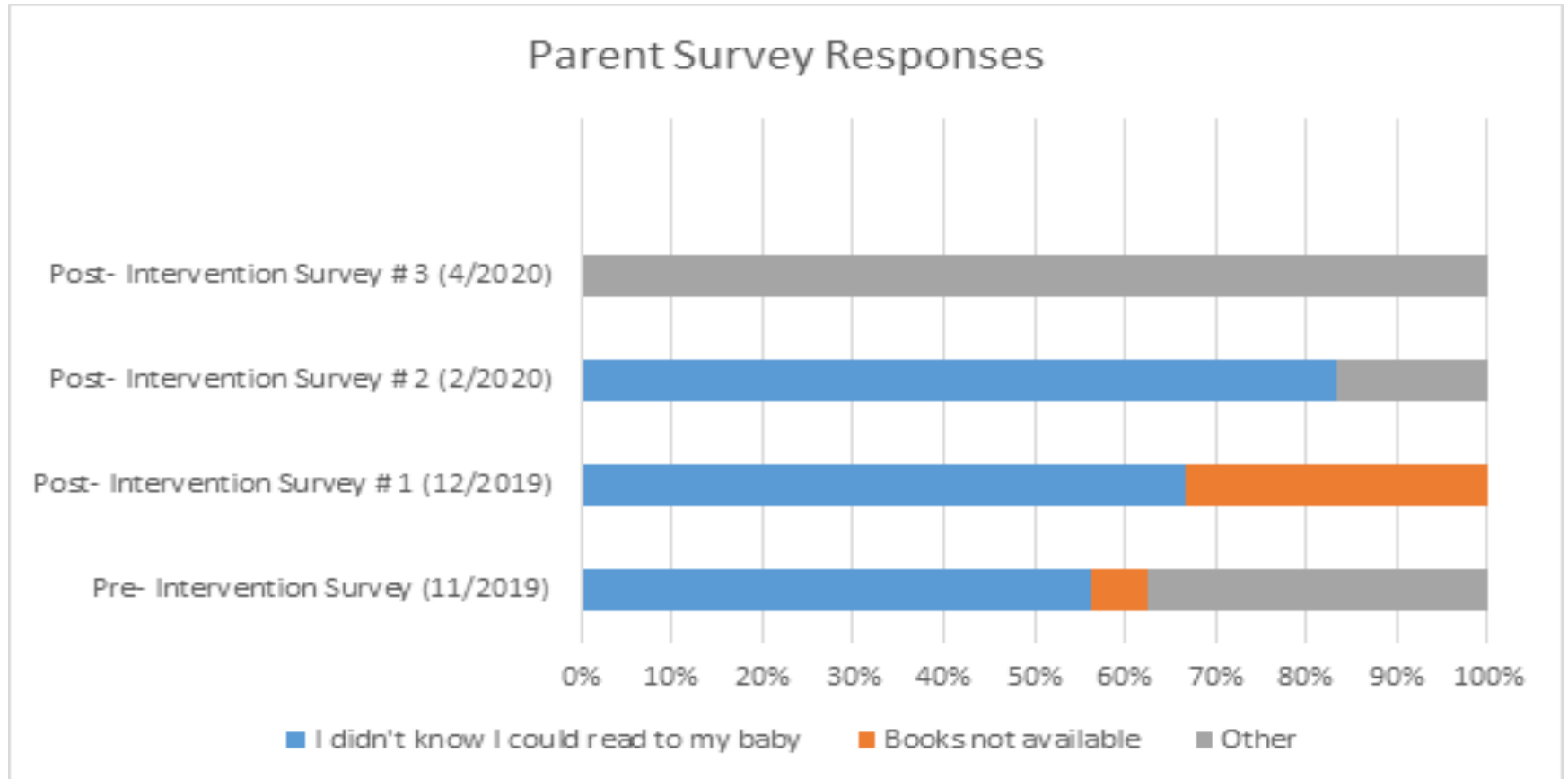


# Limitations

---

- Barriers identified by parents:
  - I didn't know I could read to my baby?
- Language
- High Acuity/ Low RN staffing
- COVID/ MRSA outbreaks
  - Limited visitation/ 2 visitors at the bedside (band holders only)

# Limitations continued



# References

---

Levesque, B. M., Tran, A., Levesque, E., Shrestha, H., Silva, R., Adams, M., . . . Ferguson, C. (2018). Implementation of a pilot program of Reach Out and Read® in the neonatal intensive care unit: A quality improvement initiative. *Journal of Perinatology*, 38(6), 759-766. doi:10.1038/s41372-018-0060-8

Zauche, L. H., Zauche, M. S., Williams, B. L., (2018). Determinants of preterm infants' language environment in the Neonatal Intensive Care Unit. *Pediatrics*.doi:[https://doi.org/10.1542/peds.142.1\\_Meetingabstract.248](https://doi.org/10.1542/peds.142.1_Meetingabstract.248)