

ABSTRACT

Background Preterm births are increasing in frequency and come with a number of health consequences. Studies have shown parent engagement positively impacts infants and their parents/caregivers. The goal of this study is to evaluate current parent/caregiver direct involvement and perception to subsequently implement changes with the goal of increasing family engagement, either in person or virtually.

Methods This study focuses on measuring baseline data to compare subsequent interventions to. Parent engagement was measured through parent-reported surveys as well as chart-abstracted measures. The study focused on infants at the University of Colorado Hospital level III NICU born at ≤ 34 weeks, targeting a stay of at least 14 days. Analysis of the baseline data was completed through REDCap and Microsoft Excel.

Results All three primary outcome measures as well as chart-abstracted outcome measures currently show high levels of family engagement. Other parent/caregiver-reported outcome measures show barriers exist to family engagement.

Conclusions The current data works to provide a baseline of family engagement in the NICU. However, the data is based on a limited sample size. Further enrollment to provide more baseline data may give a more complete picture of current engagement, especially in regard to parent-reported social/financial barriers, to which the effect of the potential change concepts can be compared.