

Neonatal Intensive Care Unit

The Neonatal Intensive Care Unit (NICU) at Randall Children's Hospital provides exceptional care for critically ill and premature infants.

With outcomes and survival rates among the best in the country, the NICU's highly trained staff cares for infants born up to 16 weeks early to 28 days old; they even care for babies weighing under a pound.

Designated as a Level IV NICU, Randall Children's Hospital provides the highest level NICU care available in the state. All care is evidence-based, designed and continually updated according to national and international best practices, and represents the leading edge of knowledge on how to best care for fragile newborns.

Everything about the NICU is focused on promoting the healing and development of tiny babies:

- The care environment minimizes light and noise to promote continual brain development and minimize stress. Our state-of-the-art facility, one of the largest in Oregon, features 31 single private rooms and seven private twin rooms, in an environment created using evidence-based design principles.
- All care is personalized and family-centered. There is no better medicine for a newborn than family.
- Services include a full range of surgical capabilities by pediatric subspecialists on



staff, including general surgery, cardiac surgery, neurosurgery, gastroenterology and orthopedic surgery, as well as support services like occupational and physical therapy, NICU registered dietitians and an on-site breastfeeding and feeding clinic.

- The NICU provides specialized treatment for babies who have difficulty breathing, including extracorporeal membrane oxygenation, or ECMO, along with a newer approach known as "gentle ventilation," which approximates normal infant breathing and reduces the chances of lung injury.
- Central heart monitors ensure that every staff member can see what's happening with every baby.
- Every nurse has a phone wirelessly connected to monitors, so they are notified of any changes when they are with another baby.

Your support saves lives

To learn more, please contact:

Kathy Lynch Hostetler
Executive Director
Randall Children's Hospital Foundation
(503) 276-9496 ● khostetler@lhf.org



The next level of Family-Integrated Care

Imagine being at the hospital for more than a month with your baby. During that time, you and your fragile infant are surrounded by a team of NICU doctors, nurses, respiratory therapists and many others. These amazing people teach you – largely by doing – to change diapers, feed and swaddle your baby.

When it's time to go home, your baby is stronger and healthy enough to leave the familiar surroundings in the NICU. For many parents, the transition home is an exhilarating, yet frightening experience. There is no nurse to check on you or your baby every few hours, offering their expert advice and healing touch.

Over the next year, our goal is to help families achieve even better outcomes, both while they are still in the NICU and as they transition home.

We plan to create a true **Family-Integrated Care** environment that encourages families to take responsibility early on for their infant's care.

Based on a model that originated in Stockholm, Sweden, Randall Children's Hospital will:

- Develop **10+ Family-Integrated Care** rooms to support families in a home-like setting. While the expert NICU staff is just a call away, families will assume responsibility for caring for their baby, just as they will when they leave the hospital. Studies have shown the more parents are involved with their newborn's care, the sooner babies are ready to thrive on their own.
- Expand the highly successful **family liaison** position from part-time to full-time. A former NICU parent with special training will work with families to provide education and resources during a challenging time.

“Family-Integrated Care is like landing on a pillow before you even knew you were falling.”

- A grateful family

- Create **two “transition” rooms** to evaluate a newborn's health and stability immediately following delivery. Some babies need a little extra care, but don't really need to be admitted to the NICU. Having these transition rooms will support their care and assessment, with the hope of preparing them for a normal discharge.
- Provide **support to families** experiencing the stress of caring for fragile newborns. Studies have shown that parents whose baby had a NICU stay are at high-risk for post-traumatic stress disorder (PTSD). We hope to hire a psychologist who can help parents make sense of their experience and support them through their transition home.
- Conduct a **NICU sound and environmental evaluation** to ensure newborns and their families receive care in the most protective environment.
- Expand the NICU's **research program** to evaluate new medical interventions and their effect on patient outcomes, with the goal of helping even more babies grow and flourish.

We are strengthened by our participation in the prestigious Vermont Oxford Network, a collaboration of health care professionals working together to change the landscape of neonatal care.

We need your help to succeed

Our goal is to raise \$1 million to expand NICU programs over the next three years. Please join us in giving these fragile babies and their families the best possible start to their future.

www.LegacyHealth.org/giving

