

WHAT MAKES **NICU** **NURSE** SPECIAL?



For appointments

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What makes a Neonatal Intensive Care Unit Nurse special?

They play a variety and more complicated roles which is not just feeding the babies or changing their diapers as many would think. The fact that they take care of delicate babies who are either born too soon (preemies), sick babies, or those who have some abnormalities makes them special nurses.

Nothing in the world can compare to the happiness brought by newborns to their excited parents but when something goes wrong during the mother's pregnancy, labor, or delivery, these precious newborns may require NICU admission. Circumstances like these might cause a lot of stress to the parents who are of course hoping for a healthy baby.

NICU nurses are trained to be sensitive to the needs of the babies they handle. These babies are completely dependent on their care. Unlike adults, they are unable to tell if they are in pain. NICU nurses are competent in in-patient assessment because they are keen in observing the cues exhibited by the babies. These cues may mean that the babies are hungry or in pain. Worse, some cues could mean that they are having difficulty breathing or deteriorating. Working in NICU requires having a gentle touch that suits the needs of the tiny ones. Hands that are controlled not to inflict further pain during procedures such as blood extractions, suctioning, bathing, etc.

In order to maintain their competence, NICU nurses have to undergo mandatory special training related to their fields such as Neonatal Resuscitation Program (NRP), Breast Feeding Health Initiative Course (BFHI), ventilator training and they need to be familiar with all of the equipment that is needed in the area. Competencies and return demonstrations should be passed as well. They are always involved in further learning to keep them updated with the newest trend and researches in nursing.



NICU Nurses are also a source of encouragement for parents who are anxious because of being separated from their babies. In the unit, they are strict enough to implement infection control measures whenever the parents visit but they are also gentle in a way that they encourage mothers to express breast milk, do kangaroo care and provide a soft touch to their child. When they see the worried parents, they would respond in a therapeutic disposition to calm them. A response that empathizes. They understand that when the parents are stressed out, they can be too inquisitive and demands an in-depth explanation about their child's condition.



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