



## NICU FITS: Neonatal Intensive Care Unit Fragile Infant Transition Summary ( For content review only )

The Neonatal Intensive Care Unit Fragile Infant Transition Summary™ (NICU FITS) is comprised of five multi-item scales that range from six to ten items in length. Response options range from four to five levels using conventional standards - "excellent" to "poor", "strongly agree" to "strongly disagree." The five scales measure maternal satisfaction with the NICU experience, support and encouragement received with the transition experience from NICU to home, self-confidence, coping, and anxiety. Two global items measure infant progress and development, and an overall rating of the infant's health and well-being. The NICU FITS also tracks the number of emergency room visits and hospital readmissions.

How would you rate the following?

- Overall care provided by the staff during your infant's stay in the NICU
- Advice you received concerning feeding, bathing, or giving medicine
- CPR training that you received before coming home
- Training you received to use the apnea monitor or other equipment
- The usefulness of any materials provided by the doctor or nurse that explain about caring for your infant at home
- The overall preparation you received from the hospital staff to care for your infant at home
- The help and support you received from the NICU in scheduling your infant's first office visit with the pediatrician
- The help and support you received in setting up clinic appointments, doctor visits or other services your infant requires
- The encouragement you received to phone the NICU with any questions
- Doctor or nurses response to any questions you had
- The ability of the doctors or nurses to understand what you mean when you describe problems or symptoms your infant is having
- The ease of connecting with support services in your community
- Your confidence in caring for your infant at home (feeding, bathing)
- Your comfort in using the apnea monitor or other equipment
- Your comfort in giving your infant any medicines
- Your confidence in recognizing problems and symptoms
- Your confidence in knowing whom to call if there is a problem
- Your confidence in knowing when to call if there is a problem
- Your confidence in knowing what to do if your infant is having trouble

In general, how would you rate the overall quality of your life?

How strongly do you AGREE or DISAGREE with each statement?

- I am fine. Everything is going great
- Adjusting to the new situation is more difficult than I thought it would be
- Things are settling down, but we still have a long way to go to get any problems under control and managed
- I don't feel as if others understand the stress I am experiencing
- I feel discouraged
- I feel as if I have received the support I need from family/friends
- I am able to accomplish the usual things in life
- I feel limited in going places or doing certain things

- I feel energetic
- I feel as if I need more information/support or other services to manage the situation and provide the best care for my infant

How much anxiety or worry do the following cause you?

- Your infant's feeding or eating habits
- Your infant's sleep habits
- Your infant's bowel habits
- Your infant's weight gain
- Your infant's ongoing medical needs
- Your infant's overall growth and development

In general, how would you rate the overall quality of your life?

Overall, is your infant progressing and developing as you expected?

Overall, how would you rate your infant's health and well-being?

How many EMERGENCY ROOM visits has your infant had since he/she came home from the NICU?

How many HOSPITAL READMISSIONS has your infant had since he/she came home from the NICU?