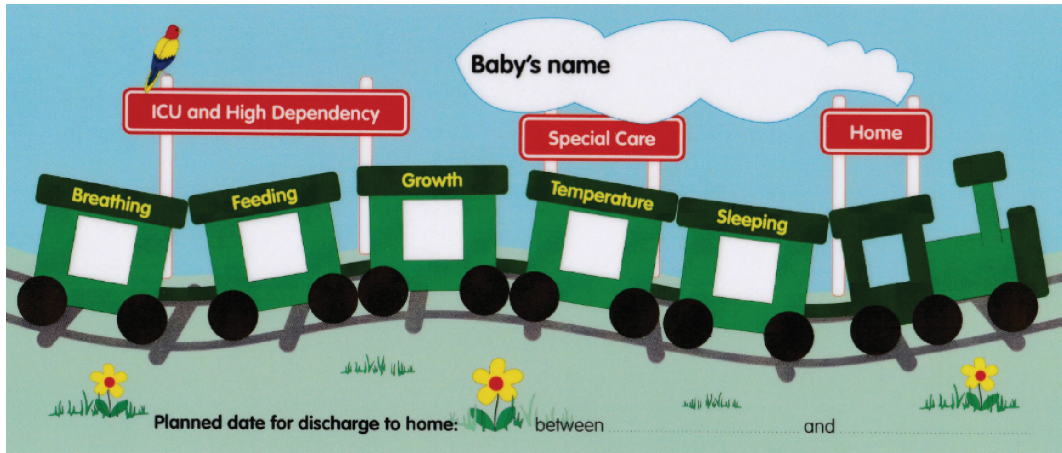


A. The 'Train-to-Home' graphic (©University of Bristol and the University of the West of England)

This was laminated and attached to the side of the incubator or to the wall adjacent to the incubator or cot position.

Nursing and medical staff were asked to fill in the details of the baby's name and the initially estimated range of likely dates for discharge (see *Appendix 2*) soon after the baby was admitted to the NNU.



B. The explanatory notes for the windows for nursing and medical staff.

The Neonatal Train-to-Home – Explanatory Notes for Nurses and Doctors

The picture of the train at the baby's bedside shows parents how their baby is doing in five areas: Breathing, Feeding, Growing, Temperature and Sleeping. Each are is shown as a coloured window on the train. As the baby's condition changes, you and the baby's parents can change the colour of the window. Please use the train to help explain to parents what is happening in each area.

Red means the baby needs to stay in the neonatal unit

Yellow means that the baby is stable and preparing for transfer to a smaller local hospital or to home

Green means that the baby is doing well and is ready for transfer to a smaller local hospital SCBU or to home

The following information is what has been given to the parents:

The colour of each window in your baby's train depends on your baby's condition and needs.

The plastic train will stay in the neonatal unit when you go home, so please feel free to take pictures of it whenever you want to.

The nurses and doctors have developed a list of the changes that need to happen for each colour to change, which they will share with you. (This list is shown on the following pages, but is not included in the explanatory notes given to the parents, as they may need your help to understand it.)

Each time you visit your baby talk to the nurse to check on your baby's progress, and you can then make sure the windows in the train are the right colours.

Every baby is different – for some babies the train windows change often, but other babies progress more slowly.

If your baby's condition is improving the windows change from red to yellow to green

If your baby is less well the windows may change back to yellow or red. This may worry you, but it is important that the train shows your baby's true condition.

The train is meant to be a general guide to your baby's condition. The nurses and doctors will give you specific information about your baby's condition and plan of care.

Please feel free to ask questions of the nurses and doctors at any time

C. Definitions of infant conditions for each window and colour.

Carriage	Red window (Requires care in neonatal unit)	Yellow window (Start making a plan for home)	Green window (Ready to go to local SCBU or Home)	
			Transfer to local SCBU	Discharge Home
Breathing <i>As*</i> and <i>Bs*</i> = short periods of stopping breathing (apnoea) and heart rate falling (bradycardia)	<u>Any of these:</u> <ul style="list-style-type: none"> On a Ventilator Breathing fast (more than 90 breaths per minute) CPAP and more than 30% oxygen <i>As*</i> and <i>Bs*</i> needing bagging in the past 24 hours IV caffeine 	<u>Any of these:</u> <ul style="list-style-type: none"> CPAP and less than 30% oxygen Less than 90 breaths per minute Off CPAP less than 4 days Low flow oxygen <i>As*</i> and <i>Bs*</i> needing stimulation or repositioning only 	<u>Any of these:</u> <ul style="list-style-type: none"> In air Off CPAP more than 4 days Stable in low flow oxygen Occasional <i>As*</i> and <i>Bs*</i> needing minimal stimulation Oral caffeine 	<u>All of these:</u> <ul style="list-style-type: none"> In air (no added oxygen) No <i>As*</i> and <i>Bs*</i> Off caffeine for at least 5 days Stable in low flow oxygen if going home on oxygen and parents have been trained in its use
Feeding	<u>Any of these:</u> <ul style="list-style-type: none"> No feeds by mouth or tube, or only very small feeds All or most of feeds intravenously Not yet coping with feeds (more than 50% of each feed not absorbed) 	<u>Any of these:</u> <ul style="list-style-type: none"> Coping with increasing feeds Less than half of feeds intravenously Occasional feeds not absorbed Changing from gastric tube 	<u>Any of these:</u> <ul style="list-style-type: none"> More than 80% of feeds by breast or bottle All feeds by breast, bottle or gastric tube 	<u>All of these:</u> <ul style="list-style-type: none"> Full feeds by breast or bottle If going home on tube feeds: stable on tube feeds and parents trained in tube feeding
Growth	<u>Any of these:</u> <ul style="list-style-type: none"> Losing weight Weight more than 10% below birthweight 	<u>Any of these:</u> <ul style="list-style-type: none"> Not yet gaining weight Gaining weight for less than 3 days 	<u>All of these:</u> <ul style="list-style-type: none"> Gaining weight for 3 days or more 	<u>All of these:</u> <ul style="list-style-type: none"> Gaining weight for 3 days or more

Carriage	Red window (Requires care in neonatal unit)	Yellow window (Start making a plan for home)	Green window (Ready to go to local SCBU or Home)	
Temperature	<u>Any of these:</u> <ul style="list-style-type: none"> • Unstable temperature • In "servo" incubator • Incubator temperature above 33°C 	<u>Any of these:</u> <ul style="list-style-type: none"> • Stable temperature • Incubator temperature below 33°C • Out of incubator for short periods 	Transfer to local SCBU	Discharge Home
Sleeping	<u>Any of these:</u> <ul style="list-style-type: none"> • Sleeping on the front to help breathing • Receiving medicine to make baby comfortable 	<u>Any of these:</u> <ul style="list-style-type: none"> • Not yet sleeping on the back all of the time • Awake periods are short 	<u>Any of these:</u> <ul style="list-style-type: none"> • Sleeping on the back all of the time • Awake for all breast or bottle feeds 	<u>All of these:</u> <ul style="list-style-type: none"> • Awake for all feeds • Sleeping on the back all of the time

D. The explanatory notes for parents

The Neonatal Train-to-Home – Information for parents

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