

Driver 1: Readiness Sensory Environment

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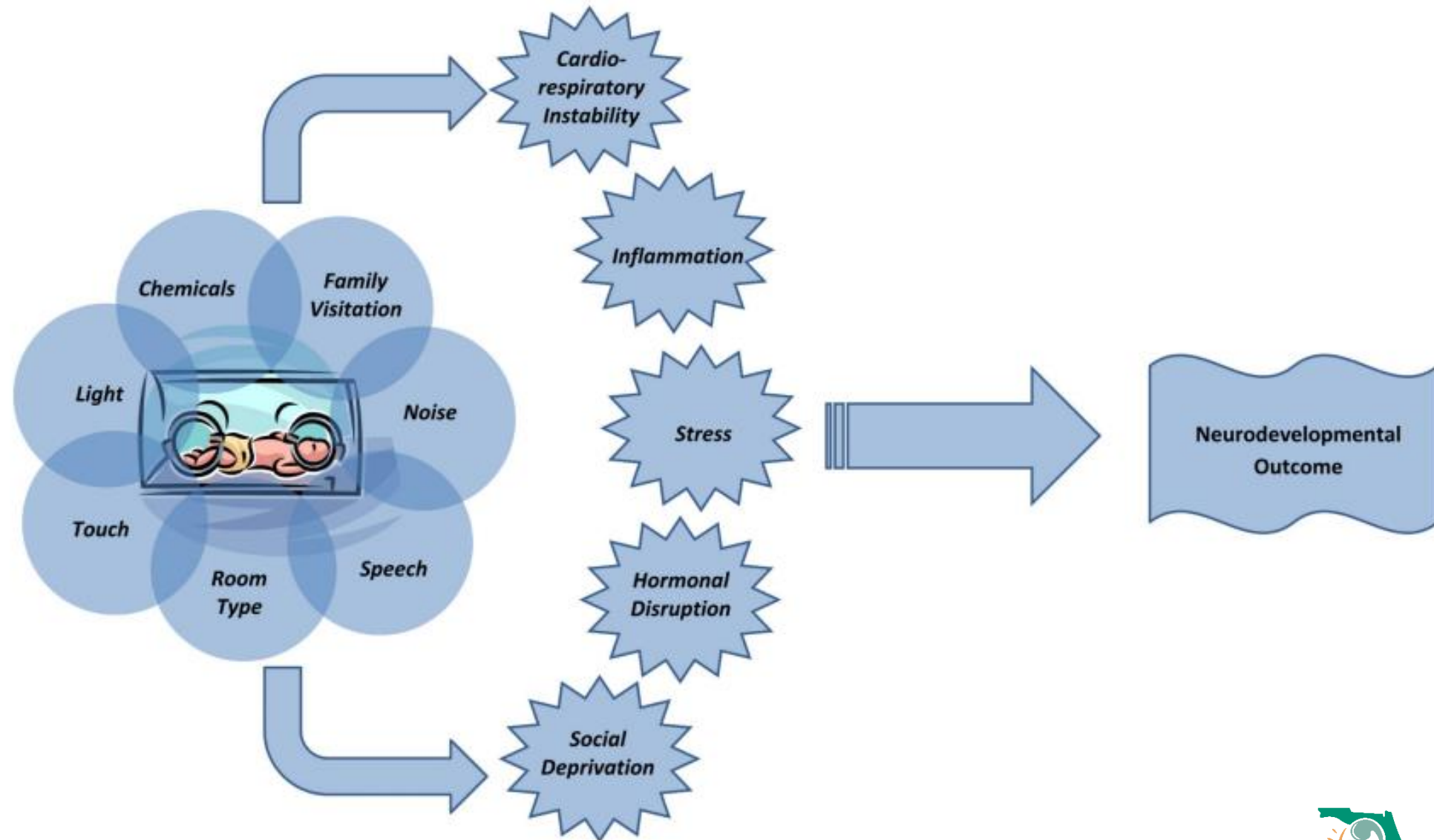
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Environmental Exposures Occur During Critical Neurodevelopment Periods



Primary Key Driver

Secondary Drivers

Readiness:
Sensory Environment



Modulate sound and provide positive auditory input in the NICU

Promote a developmentally appropriate light environment

Enhance early olfactory and oral sensory experiences

Optimize developmental positioning and transition to safe sleep

Primary Key Driver

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Potentially Better Practices

Reduce Environmental Noise:

Perform routine dB checks, aim for sustained noise reduction, and implement scheduled quiet/rest periods.

Language-Rich Environment:

Encourage parental voice (live or recorded) and implement a routine reading program.

Calming Sounds:

Recommend use of evidence-based calming sounds within safe environmental noise limits.

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Potentially Better Practices

Gestational Age Guidelines:

Develop dimming/light cycling protocols (e.g., >32 GA).

Preterm Infants (<28 weeks):

Keep lighting minimal and purposeful; after ~28 weeks PMA, introduce cycled light with smooth transitions.

Lighting Approach:

Use indirect lighting to ensure comfort and visibility without overstimulation.

Special Populations:

Create light guidelines for post-eye exams, procedures, Golden Hour, birthing room transitions, and ELBW care.

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Potentially Better Practices

Mouth Care with Breastmilk:

Use oral swabs and milk drops per guideline.

Skin-to-Skin Care:

Facilitate exposure to parental scent.

Scent Cloth Program:

Promote soothing smells to support parent–infant attachment.

Reduce Negative Sensory Input:

Implement policy favoring unscented products for premature infants.

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Potentially Better Practices

Midline Flexion & Containment:

Promote 360-degree containment to mimic in utero positioning while allowing appropriate movement.

Safe Sleep Education:

Incorporate safe sleep teaching into discharge planning.

Questions?
