

ANNEX B: Change Ideas for Nurses to Reduce Disparities in Outcomes for NICU Families with a Non-English Language of Preference (NELP)

- **OFFER EDUCATIONAL VIDEOS (#1):** Questions from families with a NELP may be answered through educational videos in their language of preference that could potentially break down medical jargon and be viewed multiple times to enhance comprehension . Please see a [curated list of videos](#) in Spanish that may benefit NICU families; this list is always growing and does not represent all available materials. Details of the videos on the playlist are found [here](#) and a printable flyer for families is available [here](#).
- **SEEK QUALIFIED BILINGUAL STAFF (QBS) (#2):** Qualified Bilingual Staff (QBS) are staff who have been appropriately assessed and who have been found to possess appropriate skills in a language other than English. They are different from certified healthcare interpreters as they can only use their language skills in direct conversations with patient families and cannot interpret for other providers on the team. QBS can provide language concordant care, which is tied to higher levels of patient/family satisfaction, and may reduce the time patient family interactions require . To incentivize and reward staff that bring this skill set, consider providing financial compensation to staff for this additional qualification. To learn more about QBS, [click here](#).
- **UTILIZE PHONE/VIDEO INTERPRETERS (#5):** Phone and video interpreters are not the gold standard of care since they cannot access patient chart information or provide continuity of care. However, they do provide a fast path to accurate communication as long as they are empowered to be communication partners and provided with critical patient information such as the context of the situation, location and communication goal.
- **BE COGNIZANT OF BODY LANGUAGE (#7):** Be cognizant of body language that might communicate to family members that they are a burden or that communicating with them is taking too much time.
- **ENSURE QUALITY (#8):** Lack of language access harms the patient and family but it also harms the staff who want to be part of the highest quality organization since the Joint Commission requires interpretation and translation services for accreditation. If providers are not able to communicate with patient families, levels of frustration rise which could lead to burnout or poor staff retention. There is also a link between failure to provide language access and liability for negligence or medical malpractice . Protect your patient families and protect yourself by ensuring interpretation is not optional.
- **INCLUDE INTERPRETERS IN FAMILY-CENTERED ROUNDS (#10):** Encourage in-person/phone/video interpreters to be used during family center rounds. This practice will aid staff in forming the habit of using interpreters in other interactions as well. Often with English-speaking families, a brief synopsis is shared with the families at the end of rounds that summarizes the infant's progress and goals for the day. This synopsis could be highlighted through an interpreter for families with a NELP if interpreting every sentence feels unattainable.
- **BRIEF/DEBRIEF (#12):** Conduct a one-minute pre meeting and debrief between the medical interpreter and health care team to provide space for the interpreter's input to be voiced as it might otherwise go unheard.⁸ Spending one minute framing the situation with patient background information may actually save time with the family. Ex: "We are in the NICU with an infant with suspected NEC, a potentially severe intestinal disease. We will be sharing the results of some tests with the baby's parents that don't look good. This may be difficult for them as they have had a child in the NICU previously who passed away from NEC." Remember, a remote interpreter is dropped into the conversation and has no context for the conversation. Debrief opportunities allow for interpreters to share insight around comprehension which empowers staff to tailor future family communication and training. Ex: "I don't think the parents understood the importance of the developmental care suggestions you explained. It might be helpful for a nurse or lactation consultant to share with them about the neurological benefits of skin to skin again today or tomorrow."
- **CONSIDER POWER DYNAMICS (#13):** Recognize the power dynamics of having to ask for an interpreter and direct staff to offer an interpreter more readily to family members . Empower families to ask for an interpreter whenever they need one without adding the burden on them.

- **UTILIZE TEACH BACK (#15):** Utilize teach back with the interpreter as many families may feel like a burden and/or be less likely to ask questions around comprehension, for example: “Just to make sure I’ve done a good job explaining the procedure, can you tell me what you understood about your baby’s care in your own words?”
- **SHIFT THE CULTURE (#18):** Shift the culture so that the interpreter is viewed as an important member of the team that should be well-informed and not a “burden.”¹² This might include inviting them to huddles, holiday parties, or even birthday celebrations.
- **PROVIDE NON-VERBAL TOUCHPOINTS (#26):** Offer non-verbal communication opportunities such as NICU manikins to practice skin to skin with tubes and lines or printed translated materials with diagrams to aid in comprehension.
- **BUILD COMMUNITY FOR FAMILIES WITH NELP (#29):** Hold meetings with former NICU parents who have a NELP and NICU staff to discuss the patient-family experience and care including what went well and what could be improved upon. More [information on Family Advisory Councils can be found here](#). Family Centered Care Committees include multidisciplinary team members (both staff and families) that plan interventions, develop data points to measure progress ([see FCC Pilot](#)), and better integrate families into NICU care.
- **SHIFT MINDSETS (#32):** Shift the mindset among staff to care for the entire family, not just the infant. This may look like reminding family members to eat lunch, refilling their water, holding the hand of a grieving parent, etc. Make mental health support for NICU families the norm due to the high risk of depression and anxiety faced by NICU parents .