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Babies' transition from NICU to home: Clarifying occupational therapists' role in the process

The objective of this project is to assess the effectiveness of the NICU Transition Contract in improving the transition of infants and their families' home from the Neonatal Intensive Care Unit (NICU). The information used to develop the transition contract was obtained from the first phase that involved gaining insight into the experiences of families bringing their babies home from the NICU after discharge. This phase of the project sought to gain feedback on the contract through interviewing parents and legal guardians of babies who were in the NICU and to use this feedback to further refine the contract. The next phase of the project involves developing a program to disseminate the information found in the document to families of NICU graduates. The framework of occupational therapy best prepares occupational therapists (OTs) to work with this population and be key facilitators in the transition process due to the profession's innate practice, vision, and theoretical foundations. This program will aim to meet the pillars outlined in the American Occupational Therapy Association's (AOTA) vision of 2025.