**Supplemental Appendix 1:**

**Final Course Survey Instrument for Efficacy Study of**

**“Caring for Babies and their Families: Providing Psychosocial Support in the NICU”**

**Educational Course**

Thank you for taking the time to complete this evaluation.

**DEMOGRAPHICS**

What is your Position Title? [Drop Down: Nurse, Charge Nurse, Attending MD/Resident/Fellow]

How many years have you served this NICU (Drop Down with #s)

How many years have you been in any NICU (including this one) (Drop Down with #s)

Are you primarily: Day Shift Night Shift Swing

Age: 20-39 40-59 60 year or older

**COURSE SURVEY, TO BE ADMINISTERED AT TIME PERIODS: PRE-, POST, AND 6-MONTH FOLLOW-UP**

Answer the following on a scale of 1-6.

1=strongly disagree, 2=disagree, 3=somewhat disagree, 4=somewhat agree, 5=agree, 6=strongly agree

1. **Emotional support of NICU parents** 
   * 1. I am **sensitive** to the range of emotions that NICU parents may feel and that the NICU can be a very traumatic experience for some parents.
     2. I know what **factors** create the increased risks for postpartum depression and posttraumatic stress disorder in NICU parents.
     3. I can recognize the signs and symptoms of **postpartum depression** and posttraumatic stress disorder in NICU parents.
     4. I have specific **examples** of how to handle certain situations with NICU parents.
     5. I have specific **strategies** of what I can do as a NICU staff person to lower NICU parents' risks for postpartum depression & posttraumatic stress disorder.
     6. I am unlikely to take NICU parents’ **anger** as being personally directed at me.
     7. I play an important **role** in making the NICU experience less **trauma**tic for parents.
     8. Providing emotional support of NICU parents is just as **important** as taking care of their baby.
     9. I am **confident** about my ability to do a psychosocial assessment of the parents of babies in my care.
2. **Family-Centered Developmental Care**
3. I have the **skills** necessary to involve parents in the developmental care of their NICU baby.
4. I know what it means to provide “**cultural**ly competent care.”
5. The support I give to parents at the **bedside** will carry over into an improved relationship with their baby.
6. It is part of my job to **empower** parents to become competent in the care of their baby and to become advocates for their baby.
7. **Discharge Planning and Follow-Up**
   * 1. I am confident in my ability to **prepare** parents for their baby’s discharge before the baby is scheduled to go home.
     2. I know the important roles that home **visitors** can play in providing follow-up support to NICU families.
     3. The skills I **teach** parents about baby care in the NICU will be useful to them once they get their baby home.
8. **Palliative and Bereavement Care**
   * 1. I am confident in my ability to provide **support** to parents whose baby is dying.
     2. I can talk with **ease** to a parent whose baby has just died.
     3. I am **confident** in actively supporting parents during the final moments with their baby.
     4. I know when it is **appropriate** to offer palliative care to a family.
9. **Peer-to-Peer Support**
   * 1. I know the **importance** of making peer-to-peer support available to NICU parents.
     2. My NICU staff has a **good** working relationship with our peer support program (if your NICU has one, if not select n/a).
     3. I make sure that parents get **referred** to a peer support program, either in our NICU, our community, or on the internet.
10. **Supporting Staff as They Support Families**
    * 1. I am able to **deal** well with stressful situations at work.
      2. I know how important taking **care** of my**self** is as a NICU staff person.
      3. I have specific **strategies** to lessen burnout among my colleagues in my NICU.
      4. I can manage **uncertainty** in situations at work.
      5. I am **proactive** in attending to my own self-care needs with relationship to work.
11. **Communication Skills**
    * 1. I am a good **listener**.
      2. I am able to effectively communicate "**bad** **news**" to families.
      3. I am able to communicate things so that NICU parents will **not** feel **judged** when Isay them.
      4. I know the impact that previous **trauma**s may have on NICU parents' behaviors.
      5. I know how to **comfort** distressed parents even when I am busy taking care of their sick child.

**Open-ended comments:** Please share, using your own words, your self-assessment of your interest in and ability to interact with NICU parents and families.

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**Additional immediate post-course questions:**

1. This course improved my knowledge about how to better provide emotional support to NICU parents and families. Why or why not?
2. Taking this course will change my practice. Why or why not?
3. I would recommend this course to other NICU colleagues. Why or why not?