



# Hold-A-Thon

For Newborns with  
Hypoxic Ischemic Encephalopathy



HOPE for HIE

## INSTITUTIONAL READINESS ASSESSMENT

### Instructions

This assessment helps your institution determine readiness to participate in a Polar Bear Care Hold-A-Thon event. Score each section and use results to identify areas needing development before launch.

### SECTION 1: Clinical Practice & Safety (35 Points)

#### Current Holding Practices During Therapeutic Hypothermia

- 5 Points** We routinely facilitate parent holding during cooling for stable patients
- 3 Points** We occasionally allow holding during cooling on a case-by-case basis
- 1 Point** We rarely or never facilitate holding during cooling
- 0 Points** Holding during cooling is currently prohibited by our protocol

#### Safety Protocols & Equipment

- 5 Points** We have written protocols for safe holding during therapeutic hypothermia
- 3 Points** We have informal guidelines but no written protocol
- 1 Point** We are developing protocols
- 0 Points** No protocols exist
  
- 5 Points** Staff are trained in safe positioning and monitoring during held cooling
- 3 Points** Some staff are trained; training is inconsistent
- 1 Point** Minimal training has occurred
- 0 Points** No specific training exists
  
- 5 Points** Our cooling equipment (caps/blankets) allows for safe holding with full monitoring access
- 3 Points** Equipment allows holding but with some monitoring limitations
- 1 Point** Equipment makes holding challenging
- 0 Points** Current equipment prohibits holding

# INSTITUTIONAL READINESS ASSESSMENT

(Continued)

## Medical Team Support

- 5 Points** Neonatologists/attending physicians actively support and encourage holding during cooling
- 3 Points** Physicians are neutral but willing to permit holding
- 1 Point** Physicians have concerns but are open to discussion
- 0 Points** Physicians oppose holding during cooling
  
- 5 Points** Nursing leadership champions holding during cooling
- 3 Points** Nursing staff are generally supportive
- 1 Point** Nursing staff have mixed opinions
- 0 Points** Nursing staff oppose the practice
  
- 5 Points** Respiratory therapy and other ancillary staff support holding during cooling
- 3 Points** Generally supportive with some concerns
- 1 Point** Significant concerns exist
- 0 Points** Opposition from ancillary services

**SECTION 1 SCORE:** \_\_\_\_\_ / 35

## SECTION 2: Family Support Infrastructure (25 Points)

### Parent Education & Preparation

- 5 Points** We have structured parent education about HIE, cooling, and holding opportunities
- 3 Points** Education is provided but inconsistently
- 1 Point** Minimal parent education exists
- 0 Points** No formal parent education program
  
- 5 Points** We offer emotional support services (social work, chaplaincy, peer support) for HIE families
- 3 Points** Support services available but not HIE-specific
- 1 Point** Limited support services
- 0 Points** Minimal support infrastructure

### Physical Environment

- 5 Points** Private rooms or adequate space for extended holding sessions
- 3 Points** Semi-private spaces available
- 1 Point** Limited privacy/space
- 0 Points** Open bay NICU with no privacy

# INSTITUTIONAL READINESS ASSESSMENT

(Continued)

- 5 Points** Comfortable seating (recliners, gliders) available for extended holding
- 3 Points** Some comfortable seating available
- 1 Point** Basic chairs only
- 0 Points** Inadequate seating for prolonged holding

  

- 5 Points** Parent amenities (nearby lodging, sleeping spaces, meals) readily accessible
- 3 Points** Some amenities available
- 1 Point** Limited amenities
- 0 Points** Minimal parent support facilities

**SECTION 2 SCORE:** \_\_\_\_\_ / 25

## SECTION 3: Event Logistics & Coordination (25 Points)

### Communication Infrastructure

- 5 Points** Active social media presence and ability to promote events
- 3 Points** Some social media presence
- 1 Point** Minimal online presence
- 0 Points** No social media capability

  

- 5 Points** Established relationships with parent advocacy groups (Hope for HIE, etc.)
- 3 Points** Some connections with advocacy organizations
- 1 Point** Minimal external partnerships
- 0 Points** No existing partnerships

  

- 5 Points** Marketing/communications department available to support event promotion
- 3 Points** Limited marketing support available
- 1 Point** Minimal communications support
- 0 Points** No institutional communications support

### Staffing & Resources

- 5 Points** Dedicated champion(s) identified to lead Hold-A-Thon planning
- 3 Points** Interested staff but no formal leadership identified
- 1 Point** Need to identify leadership
- 0 Points** No leadership identified

# INSTITUTIONAL READINESS ASSESSMENT

(Continued)

- 5 Points** Adequate nursing staff ratios to support extended holding sessions during event
- 3 Points** Staffing adequate with some adjustments
- 1 Point** Staffing concerns exist
- 0 Points** Insufficient staffing for event support

**SECTION 3 SCORE:** \_\_\_\_\_ / 25

## SECTION 4: Data Collection & Quality Improvement (15 Points)

### **Measurement Capability**

- 5 Points** We track holding frequency/duration during cooling as a quality metric
- 3 Points** We can collect this data but don't routinely track it
- 1 Point** Data collection would require new systems
- 0 Points** No capability to track holding metrics

  

- 5 Points** We have systems to collect parent satisfaction and experience data
- 3 Points** Limited parent feedback mechanisms exist
- 1 Point** Minimal feedback collection
- 0 Points** No parent feedback systems

  

- 5 Points** We participate in quality improvement initiatives and can share outcomes
- 3 Points** Some QI participation
- 1 Point** Limited QI infrastructure
- 0 Points** No QI framework

**SECTION 4 SCORE:** \_\_\_\_\_ / 15

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**TOTAL INSTITUTIONAL READINESS SCORE:** \_\_\_\_\_ / 100

# INSTITUTIONAL READINESS ASSESSMENT

(Continued)

## SCORING INTERPRETATION

### 85-100 Points: READY TO LEAD

Your institution is well-prepared to host a Hold-A-Thon and can serve as a model site. Consider:

- Hosting a flagship event
- Mentoring other institutions
- Contributing to best practice guidelines
- Sharing outcomes data with Newborn Brain Society

### 70-84 Points: READY WITH MINOR PREPARATION

Your institution has strong fundamentals. Focus on:

- Addressing gaps identified in lower-scoring sections
- Formalizing existing practices into written protocols
- Strengthening specific areas (staff training, parent education, etc.)
- Timeline: 1-3 months preparation recommended

### 50-69 Points: BUILDING READINESS

Significant preparation needed before hosting a Hold-A-Thon. Priorities:

- Develop clinical protocols for safe holding during cooling
- Build stakeholder buy-in (physicians, nursing leadership)
- Establish parent education materials
- Improve physical environment/equipment as needed
- Timeline: 3-6 months preparation recommended

### Below 50 Points: FOUNDATIONAL WORK NEEDED

Focus on establishing basic Polar Bear Care practices before planning a Hold-A-Thon:

- Review evidence for holding during therapeutic hypothermia
- Conduct multidisciplinary stakeholder meetings
- Pilot holding with select families to build experience
- Address equipment and protocol barriers
- Timeline: 6-12 months preparation recommended
- Consider partnering with an experienced institution

# INSTITUTIONAL READINESS ASSESSMENT

(Continued)

## ACTION PLANNING WORKSHEET

Based on your assessment, identify your top 3 priority areas for development:

**Priority 1:** \_\_\_\_\_

Action Steps: \_\_\_\_\_

Timeline: \_\_\_\_\_

Responsible Party: \_\_\_\_\_

**Priority 2:** \_\_\_\_\_

Action Steps: \_\_\_\_\_

Timeline: \_\_\_\_\_

Responsible Party: \_\_\_\_\_

**Priority 3:** \_\_\_\_\_

Action Steps: \_\_\_\_\_

Timeline: \_\_\_\_\_

Responsible Party: \_\_\_\_\_

**Assessment Completed By:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Institution:** \_\_\_\_\_

**Contact Information:** \_\_\_\_\_