

**PREFERRED: Poster**

**The INSELhealth Baby Handling App – proven and innovative**

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**Background**

Extended hospitalisation due to health issues for new-born children create a physical and psychosocial challenging situation for the entire family. Such a critical start e.g., due to prematurity, birth trauma, or an unclear diagnosis at the beginning of life, often leads to uncertainty.

**Objectives**

To mitigate such difficult circumstances, it is crucial for parents to receive clear, accurate information from qualified professionals. Stress factors can be strongly reduced by adopting a family-centred approach and enhancing parental self-efficacy. Physical therapy plays a vital role both in the treatment of infants and the guidance of parents in everyday handling of their child, empowering them to actively contribute to their child's healthy development. The free *INSELhealth Baby Handling App* serves as a valuable resource, offering essential support in this endeavour.

**Methods**

The app was thoughtfully developed in collaboration between the Institute of Physical Therapy, paediatric division, Inselspital, University Hospital Bern, and Skyscraper Software GmbH and implemented in 2018. The content was defined and created by experienced paediatric physical therapists. Elements from various paediatric concepts were integrated into texts, photos and videos. The app provides information and instructions in German, French and English. This allows caregivers to learn fundamental handling techniques, such as positioning and to stimulate repositioning, carrying options, diapering and dressing. It also provides information on the theoretical basics of sensorimotor development.

**Results**

The *INSELhealth Baby Handling App* is used and appreciated by parents, paediatric physical therapists, nursing professionals, and midwives. It significantly enhances the standardisation and harmonisation of care instructions across the disciplines. Experience with this app has shown, that both infants exhibiting sensorimotor abnormalities and their parents can profit from specialised physical therapy that includes tailored guidance for parents in addition to general principles. The app has been downloaded over 9100 times to date.

**Conclusion**

Involving parents actively in their child's daily care while hospitalised has proven highly beneficial. Effective guidance of parents on how to foster their child and gain confidence in their abilities, strengthens their self-assurance, the bonding and supports the child's development. The *INSELhealth Baby Handling App* is a practical and impactful resource for this purpose, accessible to anyone interested. This ensures that families not directly engaged with specialised physical therapy can also reap its benefits.