

Reference (include title, author, journal title, year of publication, volume and issue, pages)	Evidence level (I-VII)	Key findings, outcomes or recommendations
Chau, C., Ranger, M., Bichin, M., Park, M., Amaral, R., Chakravarty, M., Poskitt, K., Synnes, A., Miller, S., Grunau, R. Hippocampus, Amygdala, and Thalamus Volumes in Very preterm Children at 8 Years: Neonatal Pain and Genetic Variation. <i>Frontiers in Behavioural Neuroscience</i> , 13, 51-63. doi: 10.3389/fnbeh.2019.00051	IV	Exposure to early-life pain and stress may impact brain development both at the structural and functional level
Pineda, R., Bender, J., Hall, B., Shabosky, L., Annecca, A., Smith, J. (2018). Parent Participation in the Neonatal Intensive Care Unit: Predictors and Relationships to Neurobehaviour and Developmental Outcomes. <i>Early Human Development</i> , 117, 32-38. <a href="https://doi.org/10.1016/j.earlhumdev.2017.12.008">https://doi.org/10.1016/j.earlhumdev.2017.12.008</a>	IV	Parent presence and skin-to-skin is related to better developmental outcomes, which highlights the importance of engaging families in the NICU.
Padhi, T. R., Sareen, D., Pradhan, L., Jalali, S., Sutar, S., Das, T., Modi, R. R., & Behera, U. C. (2015). Evaluation of retinopathy of prematurity screening in reverse Kangaroo Mother Care: a pilot study. <i>Eye (London, England)</i> , 29(4), 505–508. <a href="https://doi.org/10.1038/eye.2014.340">https://doi.org/10.1038/eye.2014.340</a>	IV	ROP screening in skin-to-skin can be a baby friendly screening practice with respect to stress and pain to the infant
Moral-Pumarega, M. T., Tejada-Palacios, P., López-Maestro, M., Soriano-Ramos, M., Barceló-Mendiguchía, A., & Pallás-Alonso, C. R. (2019). Holding a baby in the Kangaroo mother care position is feasible for retinopathy of prematurity screening. <i>Acta paediatrica (Oslo, Norway : 1992)</i> , 108(10), 1918. <a href="https://doi.org/10.1111/apa.14897">https://doi.org/10.1111/apa.14897</a>	VII	ROP screening during KMC is a worthwhile and feasible approach that may significantly improve the well-being of both parents and infants
Griffiths, N., Spence, K., Loughran-Fowlds, A., Westrup, B. (2019). Needs and Stressors of Parents of Term and Near-term Infants in the NICU: A Systematic Review with best Practice Guidelines. <i>Early Human Development</i> , 139, <a href="https://doi.org/10.1016/j.earlhumdev.2019.104839">https://doi.org/10.1016/j.earlhumdev.2019.104839</a>	I	Highlights the need for family-centred and individualised care practices in the NICU

<p>Campbell-Yeo, M., Johnston, C., Benoit, B., Disher, T., Caddell, K., Vincer, M., Walker, C., Latimer, M., Streiner, D., Inglis, D. (2019). Sustained Efficacy of Kangaroo Care for Repeated Painful Procedures Over Neonatal Intensive Care Unit Hospitalization: A Single-blind Randomized Controlled Trial. <i>Pain</i>, 160, 2580-2588.  <a href="http://dx.doi.org/10.1097/j.pain.0000000000001646">http://dx.doi.org/10.1097/j.pain.0000000000001646</a></p>	<p>II</p>	<p>Maternal KC, as a pain-relieving intervention, remained efficacious over time and repeated painful procedures without evidence of any harm or neurological impact</p>
<p>Shattnawi, K., Al-Ali, N. (2019). The Effect of Short Duration Skin to Skin Contact on Premature Infants' Physiological and Behavioural Outcomes: A Quasi-Experimental Study. <i>Journal of Pediatric nursing</i>, 46, 24-28.  <a href="https://doi.org/10.1016/j.pedn.2019.02.005">https://doi.org/10.1016/j.pedn.2019.02.005</a></p>	<p>II</p>	<p>Infants that received skin-to-skin were less likely to cry in a continuous pattern and more likely to experience good sleep than infants in the control group.</p>
<p>Kleberg, A., Warren, I., Norman, E., Mörelius, E., Berg, A. C., Mat-Ali, E., Holm, K., Fielder, A., Nelson, N., &amp; Hellström-Westas, L. (2008). Lower stress responses after Newborn Individualized Developmental Care and Assessment Program care during eye screening examinations for retinopathy of prematurity: a randomized study. <i>Pediatrics</i>, 121(5), e1267–e1278. <a href="https://doi.org/10.1542/peds.2006-2510">https://doi.org/10.1542/peds.2006-2510</a></p>	<p>II</p>	<p>Use of an individualised support for painful procedures results in faster recovery, as measured by lower salivary cortisol 60 minutes after the examination</p>
<p>Corrigan, M.J., Keeler, J.R., Miller, H.D. <i>et al.</i> Music therapy and retinopathy of prematurity screening: using recorded maternal singing and heartbeat for post exam recovery. <i>J Perinatol</i> (2020).  <a href="https://doi.org/10.1038/s41372-020-0719-9">https://doi.org/10.1038/s41372-020-0719-9</a></p>	<p>II</p>	<p>Recorded maternal singing and heartbeat can support recovery post ROP exam.</p>
<p>Johnston C, Campbell-Yeo M, Disher T, Benoit B, Fernandes A, Streiner D, Inglis D, Zee R. (2017) Skin-to-skin care for procedural pain in neonates. <i>Cochrane Database of Systematic Reviews</i>, Issue 2. Art. No.: CD008435. DOI: 10.1002/14651858.CD008435.pub3.</p>	<p>I</p>	<p>Skin-to-skin appears to be effective, as measured by composite pain indicators and including both physiological and behavioural indicators, and safe for a single painful procedure.</p>