



**COPE (Creating Opportunities for Parent Empowerment)
NICU Program:**

***An Evidence-Based Cost Savings Program
For Preterms and Parents***

**Positive Outcomes for Parents who Receive COPE as Supported
Through Randomized Controlled Trials**

- Less stress in the NICU
- Stronger beliefs/confidence in their ability to care for their infants
- More developmentally sensitive interactions with their infants
- Less depression and anxiety symptoms
- Greater satisfaction with the NICU stay
- Higher readiness for their infant's discharge from the NICU

Positive Outcomes for Premature Infants

- 4 Day shorter length of NICU stay for preterms 26 to 34 weeks
- 8 Day shorter length of stay for preterms under 32 weeks

For more information, please contact COPE for HOPE, Inc at

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*In 2005, over 500,000 infants were born premature
at an increased rate of 12.5% of all births
(CDC, <http://www.cdc.gov/nchs/births.htm>).*

*Preterm birth exerts an emotional and
economic toll on parents, families, and society.*

*Based on cost estimates in 2005,
preterm births cost the US at least \$26.2 billion,
or \$51,600 for every infant born preterm
(www.marchofdimes.com/prematurity/21198.asp).*

The COPE NICU Parent Program was tested in a randomized controlled trial, a gold standard and one of the highest ranking levels of evidence when looking at the "pyramid of evidence".

Based on study findings and conservative cost estimates, a 4 day shortened length of NICU stay for preterm infants could result in significant savings of \$5,000 per infant and improved parent outcomes.

In the current climate of shifting to an evidence-based practice paradigm, institutions/organizations are being charged with critically appraising evidence-based programs to implement.

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