

Video Interaction Guidance: Information Sheet 1

Health Visiting
Patient Information Leaflet



What is VIG?

This is a method which uses video recordings of interactions between parents and infants/ children to focus on, and promote, positive interaction.

How can it help?

Positive relationships with children are based on good communication. Looking at what works well in the family can help you to understand each other and build stronger relationships.

What happens in VIG?

During the introductory appointment the VIG practitioner will meet with you to discuss what you would like to be different, what difficulties you are experiencing and whether VIG would be able to help. It is useful at this point to establish your aims and goals for the future.

Appointment 1: This appointment can be in your home or an agreed place i.e. clinic room to make a 10-minute video of you with your child/children. Sometimes families choose to feed their baby, play a game together, read a book or have a chat about something pleasant. It doesn't matter what you choose, as long as there are moments when you are communicating together.

Before the next meeting, the practitioner will 'edit' the film to show you the best moments (either film clips or stills).

Appointment 2: You can choose where to meet the practitioner again to watch the short film clips or stills together. This may be at your home address/ in a clinical setting/ secure virtual platform agreed within the Trust such as Microsoft Teams.

This session will usually last for around an hour. (This will be recorded if permission gained from you to support the VIG practitioner accreditation/staff development. If the VIG practitioner is at trainee level and permission not gained, then the family will need to be transferred to an accredited practitioner). This session will usually last for around an hour.

At this meeting we will look at the film clips together (parent/child if age appropriate and VIG practitioner) and identify the helpful patterns of communication. Discussions will focus on what you are doing that is contributing towards the achievement of your goals, celebrate success and then make further goals for change.

How many VIG sessions will I have?

The 'videoing visit' and the 'feedback visit' form one cycle. A family can take part in as many cycles as seems needed, or they wish to receive, but usually this is approximately 3 cycles.

How does VIG work?

Lots of research is going on to evaluate VIG. The research findings are really positive – so we know that VIG works! The main elements of VIG are 1) reviewing 'micro moments' (small sections) of video clips of successful/positive interactions between parents and children, 2) talking about these moments in more detail and exploring what made them possible and 3) building on these moments and creating more successful/positive interactions.

What do people say about VIG?

"It helped build up my confidence in myself"

"The film helped me to see we were attuned"

"It was hard at first seeing myself on screen, but it really helped"

Information

For information please contact: Tracy Greenwood – specialist health visitor perinatal and infant mental health VIG trainee practitioner on Tel: (mob) 07824 561192

Please look at the AVIGuk website where there is further information: <https://www.videointeractionguidance.net/>

Video Interaction Guidance – Information Sheet 2

Participant' Rights In Relation To Video Recording

**In asking for your consent to video record the work with you/
your family, I agree to:**

1. Explain the purpose for which the video recording will be used and by whom. That the recording will not form part of the health record, it is a temporary tool to help as part of a therapeutic intervention. A written entry will be added to the electronic EMIS health records following permission from the participants and will include a brief summary of each contact and agreed action plan as required.
2. Ensure that the quality of care being offered is in no way affected by your refusal to have the meeting(s) video recorded.
3. Stop the recording at any time during the session if requested to do so by you/your family.
4. Guarantee that the recording will be kept safe at all times. This means that during the intervention process, the recording will be stored in a secure file location at the Trust and that only staff who are involved with

your intervention and/or overseeing my training as a practitioner, will view the recording.

5. Ensure that no copies of the recording are made without your written consent.
6. Erase the recording within 2 months of the end of your involvement with Video Interaction Guidance, or sooner if requested to do so by you.
7. If you provide permission to use the video for the purpose of the practitioners VIG accreditation/training or presentation all materials will be erased within 2 months of the practitioner gaining accreditation.
8. You are able to withdraw your consent at any time to your participation in the VIG intervention or for the recording and/or use of videos for training by contacting your practitioner. A discussion will be held and all materials requested will be destroyed.

Other sources of information:



Health Visitor:

Telephone Number:



Hospital switchboard

Telephone: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**
or by email: bfwh.patientrelations@nhs.net

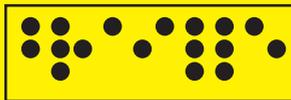


You can also write to us at: Patient Relations Department, Blackpool Teaching Hospitals NHS Foundation Trust, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR



Further information is available on our website: www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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