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Education Program for Parents to Enhance Parental Skills in the Care of Preterm Babies

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Introduction

Parent education is very important in pre-discharge planning. Parents of preterm babies have stress and anxiety due to worries about future care of their babies after home. An organized education program can help to equip them with knowledge and skills to care their preterm babies confidently after discharge.

Objectives

The aim of the program is to enhance quality of care by providing family centered service and achieve special needs of parent for their empowerment of preterm baby care. A well-structured program has been designed for parents of preterm babies. It consists of a series of educational activities to provide knowledge, train essential skills and build up confidence for the parents to cope with different challenges in parenting preterm babies. Parent satisfaction toward the program is evaluated by questionnaires administered after each activity.

Methodology

There are different themes for the evening class. These include basic cardio-pulmonary resuscitation (CPR), baby massage, feeding medication, baby bathing, breast feeding and parents sharing. The classes are run regularly by nurses, lactation consultants, physiotherapists, CPR instructors and buddy parents. The target participants are parents of preterm babies. For CPR class, parents of high risk babies (birth weight ≤ 1.5 kg or birth gestation ≤ 32 weeks) are given priority. The classes are conducted using various modalities: lecture, interactive discussions and sharing, hand-on workshops, learning materials and DVDs. A questionnaire is given after each class to evaluate parents' satisfaction and collect feedback from the classes.

Result

The study period started from May 2016 and continue now. Feedback from May 2016 to Dec. 2017 questionnaire indicated that 95% of participants were highly satisfied with the classes, 99% interested to join further education program, 95% expressed that the class met their expectation. Furthermore, 50% participants indicated that they were willing to share their experience to new parents in further education program and join

to volunteers in the preterm sharing class. To conclude, the program is well received by participants and addressed the need for caring preterm babies by their parents.