



Service Priorities and Programmes Electronic Presentations

Convention ID: 578

Submitting author: Ms Sui Chi CHEUNG

Post title: Advanced Practice Nurse, Princess Margaret Hospital, KWC

Engaging Parents through Implementation of Kangaroo Care in Neonatal Intensive Care Unit

Cheung SC(1), Chan SY(1), Ip PS(1), Young B(1), Liu HL(1), Lee SYM(1), Ho YWE(1), Kwong KYT(1)

(1) Department of Paediatrics and Adolescent Medicine, Princess Margaret Hospital

Keywords:

Kangaroo Care

Parents empowerment

NICU

Introduction

Parents with their newborn admitted for neonatal intensive care are often anxious, and lack of confidence to care for their infant. The benefits of direct skin to skin contact, Kangaroo care (KC), a simple and cost effective way in promoting infant's physiological stability, breastfeeding and parent-infant bonding are well evidenced. To foster the culture of family centered care and to engage parents to take up their parenting role, a program was launched to promote KC in our neonatal intensive care unit (NICU).

Objectives

- To enhance nurses' knowledge and skills in KC - To increase nurses' participation in promoting KC - To enhance parents' confidence and parent-infant bonding

Methodology

Since October 2014, a quality improvement program for promoting KC was initiated. An educational package on KC practice in our NICU was developed and a series of educational talk and workshop on KC were conducted for nurses. A user-friendly information leaflet on KC was designed for parents. A cue card was used to facilitate communication. All parents were invited for KC service on voluntary based. Staff surveys on nurses' level of knowledge, participation and attitude towards KC were done before and three months after the implementation. Evaluation of parents' feedback on KC was also conducted through a structured questionnaire.

Result

Fifty five nurses (96.49%) had received training on KC. Response rates of pre and post staff survey were 96.85% and 100% respectively. Nurses showed positive attitudes towards KC and commented the KC practice feasible. The number of nurses who had provided support and assistance to KC parents was increased from 20.97% to 83.58%. From October to December 2014, twelve pairs of parents joined the KC program and 103 KC sessions in total were conducted. The average gestational age of KC infants was 27.4 weeks with birth weight ranging from 687gm to 1,900gm. Their

average post-conceptual age at start of KC was 34.1 weeks. The KC service was well received by parents. They all agreed that KC was beneficial to their infants and enjoyed the experience. They also expressed increase in confidence in taking care of their infants. As a result, KC service was structuralized and has become the standard practice in our NICU.