



Service Priorities and Programmes Electronic Presentations

Convention ID: 716

Submitting author: Ms Shin Lin Phoebe SO

Post title: Advanced Practice Nurse, Kwong Wah Hospital

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

So SL(1), Choi SP(1), Mak MK(1), Yu WL(1), Ng KK(1), Lam YY(1), Fung KYB(2), Yu HY(1)

(1)Department of Paediatrics, Kwong Wah Hospital, (2)Physiotherapy Department, Kwong Wah Hospital

Keywords:

Education Program
Enhance parental skill
Preterm Babies

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 this program is to enhance quality of care by providing family centered service and achieve special needs of parents for their empowerment of premature 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 classes. These include basic cardio-pulmonary resuscitation (CPR), baby massage, feeding medication, baby bathing, breast feeding, expressed-breast-milk (EBM) and fathers' sharing. The classes are run regularly by nurses, lactation consultants, physiotherapists, CPR instructors and parents with experience of caring preterm babies. The target participants are parents of preterm babies born at Kwong Wah Hospital. For CPR classes, parents of high risk babies (Birth Weight \leq 1.5kg or birth gestation \leq 32 weeks) are given priority. The classes are conducted using various modalities: lectures, interactive discussions and sharing, hands-on workshops, learning materials and DVDs. A questionnaire is given after each class to evaluate parents' satisfaction and collect their feedback.

Result

56 parents participated (48 families) in the 8 classes during study period from May

2016 to December 2016. Feedback from questionnaires indicated that 95% of participants were highly satisfied or satisfied with the classes, 95% were interested to join further education program in future, 93% expressed that the classes met their expectation. Furthermore, 50% of participants indicated that they were willing to share their experience to new parents in future education program. To conclude, the program was well received by participants and addressed the parents' need in caring preterm babies.