



Service Priorities and Programmes Electronic Presentations

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Empowering parents of newborn premature babies during hospital critical stage through peer support

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Introduction

Parents of newborn premature babies may feel so worry and anxiety on the survival rate of babies, the baby's future physical and developmental problems. A lot of unforeseeable situations increase their emotional and psychological burden. Mothers also feel so guilty and stressful from self-blame. From holistic and spiritual care approach, social worker of Community & Patient Resource Department, doctor and nurse of Neo-natal Intensive Care Unit (NICU) organized the peer sharing program since July 2015 to support and empower the parents of newborn premature babies during hospital critical stage. The aim of the program is to alleviate the parent's worries and to create a modelling effect that let parents have more confidence in caring their babies through peer support.

Objectives

1. To empower parents from a sense of helpless to hopefulness through emotional support and learning to think positively
2. To provide an experience sharing especially parents' knowledge on caring preemies and to encourage their mutual support
3. To share the information of practical resource such as where to buy premature baby clothes and preemie disposable diapers

Methodology

All targeted parents (baby born before 32 weeks) were selected and invited to attend the regular peer sharing session when baby's still in hospitalization stage. The parents have three levels of participation.

Level one: to attend the monthly peer sharing session in NICU ward during visiting hours

Level two: to join the reunion gathering to ensure their confidence of rearing premature babies

Level three: to encourage the enthusiastic parents to participate the peer training workshop for psychological preparation and skill equip for being a peer mentor

Result

From Nov 2015 to Jan 2017, seven peer sharing sessions were held with 25 parents of newborn premature babies' attendance. 25 feedback forms were collected with very positive feedback.

1. 100% parents strongly agree or agree that the sharing content meet their need on the critical stage
2. 100% parents strongly agree or agree that the peer sharing achieved the aim of emotional support
3. 100% parents strongly agree or agree that the program venue at NICU was fit for their participation
4. 100% parents strongly agree or agree that the program time at 3pm was fit for their participation

Conclusion:

For the parents of newborn premature babies, our clinical team provided a special medical attention and care to the babies, while the team and PRC provide psychosocial support to parents. According to the positive feedback, we learned that peer mentor act as an irreplaceable role to soothe the parents' worries and anxieties and to empower the parents through sharing of their unique experience.