



Increasing Parenting Activities by Parents of Very Preterm Neonates in the NICU

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Background/Introduction

- Disruption to the normative transition to parenthood
- Addressing limited parental participation in infant care during hospitalization
 - Participation includes feeding, kangaroo care, baths, diaper changes, etc
- Benefits?
 - Increase bonding
 - Improve parental mental health
 - Better outcomes of infant neurodevelopment



Aim Statement

To increase the number of days parents of very preterm infants (≤ 32 weeks of gestation) perform parenting activities in the NICU in the first two weeks of life by 50% within 1 year.

Improved Strategies Employed

- Fishbone & Key Driver Diagram

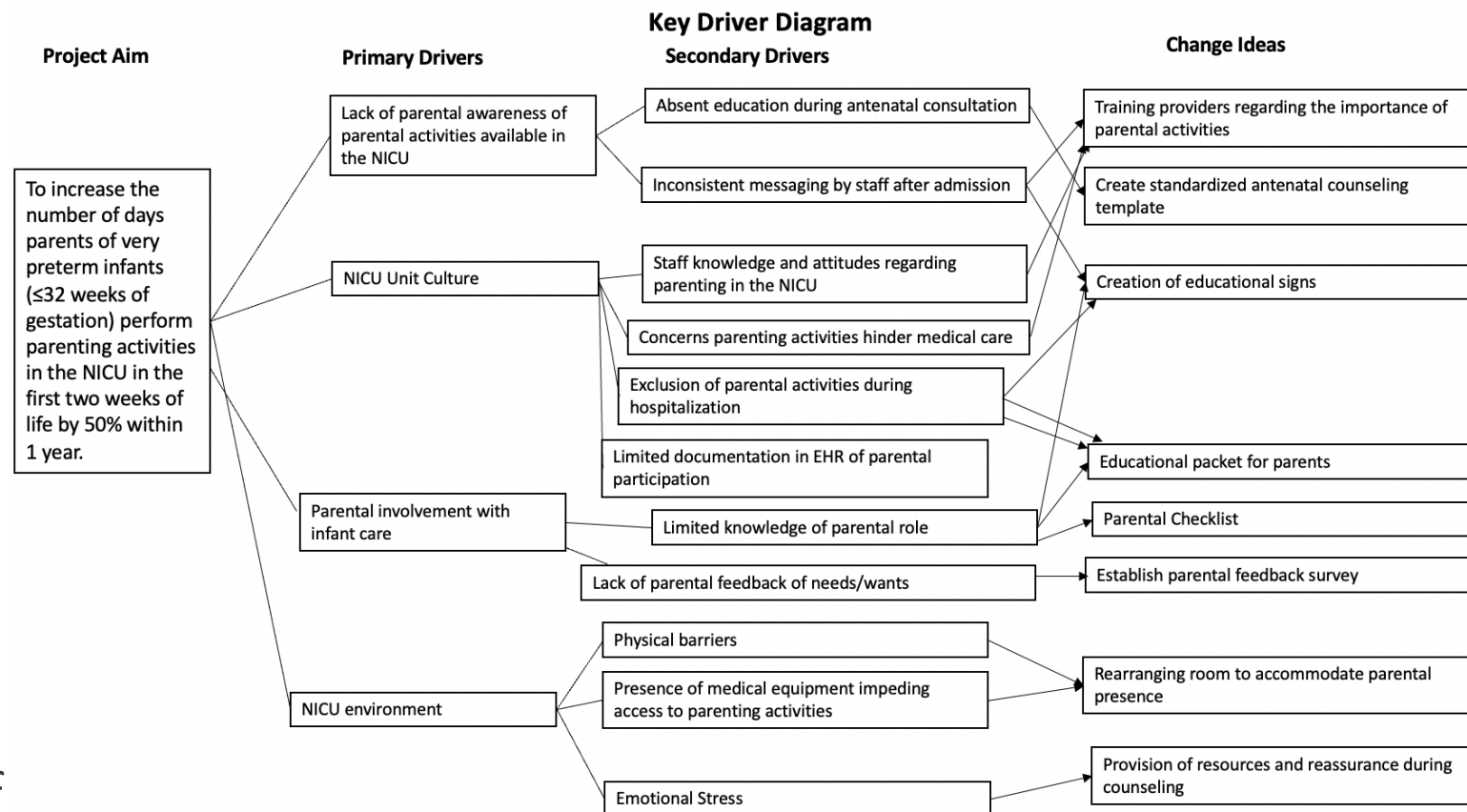
- Plan-Do-Study Act (PDSA) cycles

- Baseline

- Time Frame: June 2023 to April 2024

- Key Stakeholders: Medical providers, parents, nurses, child-life, OB/LD staff

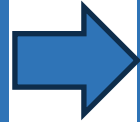
- Only inborn, each cohort of eight patients



Plan-Do-Study Act (PDSA) Cycles

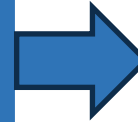
Baseline

Retrospective review



PDSA 1

Baseline Survey
Diary distribution
Secondary Survey

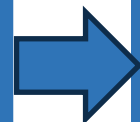


PDSA 2

Educating providers and nursing staff
Changing template of consult

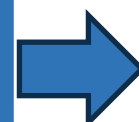
PDSA 3

Integrated discussion in family meetings



PDSA 4

Introduced infographic QR code



Sustainability

Continued consults, parent conference, & infographic

.neoactivities

Informed family during their infant's hospitalization they can be involved with parenting activities such as **parentactivities** during their infants hospitalization in the NICU. Sympathized with family that the NICU environment can be stressful and offered hospital support such as lactation specialist, family counselor, and/or chaplain.

- changing diapers
- talking
- reading
- singing
- feeding
- providing breastmilk
- kangaroo care
- holding

How to Parent in the NICU?



How to Parent in the NICU?

Benefits:

- Increase bonding
- Improve parental mental health
- Better outcomes of infant neurodevelopment

** Ask your bedside nurse for assistance with these activities*



Giving Baths



Reading, Talking, and Singing



Feeding and/or Providing Breastmilk



Kangaroo Care/ Skin-to-Skin/ Holding/ Touching

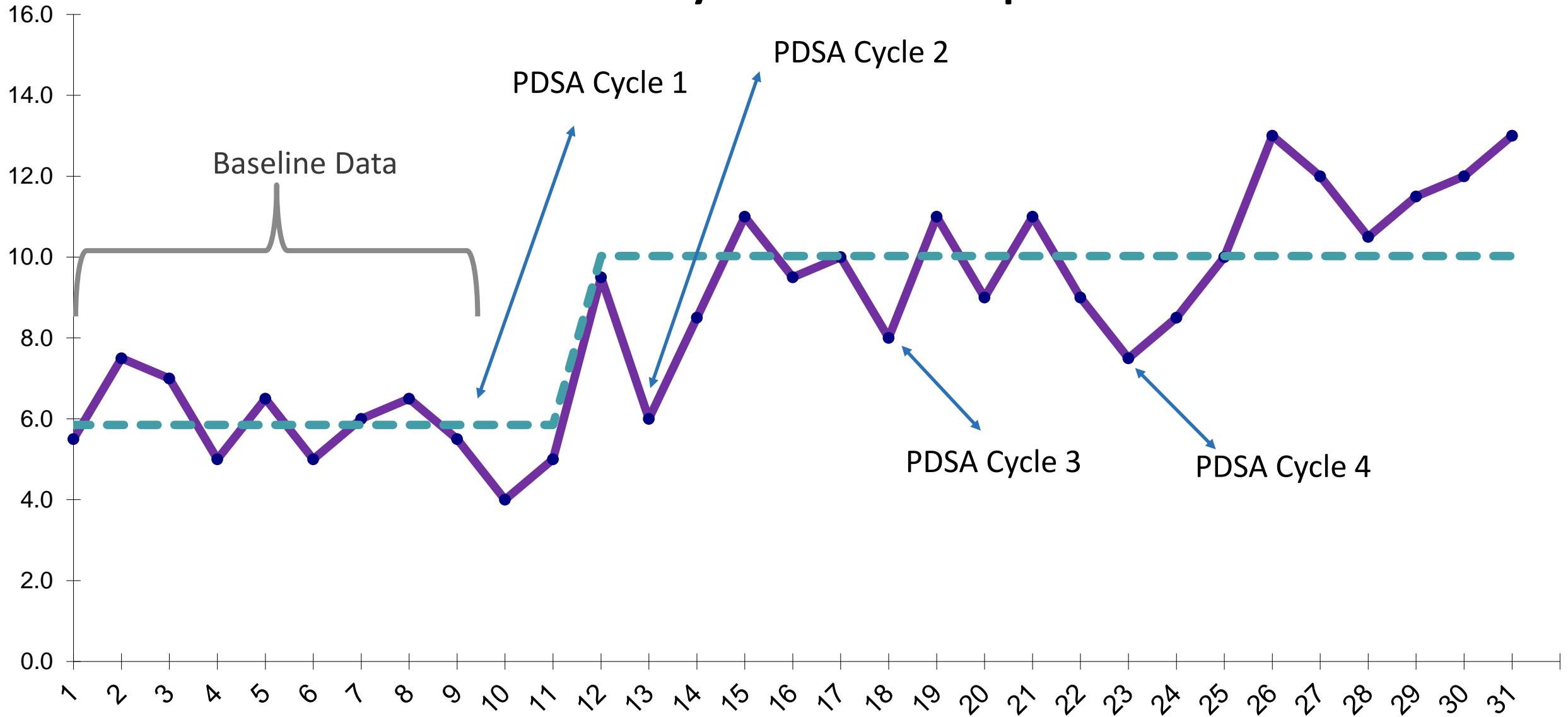


Diaper Changes

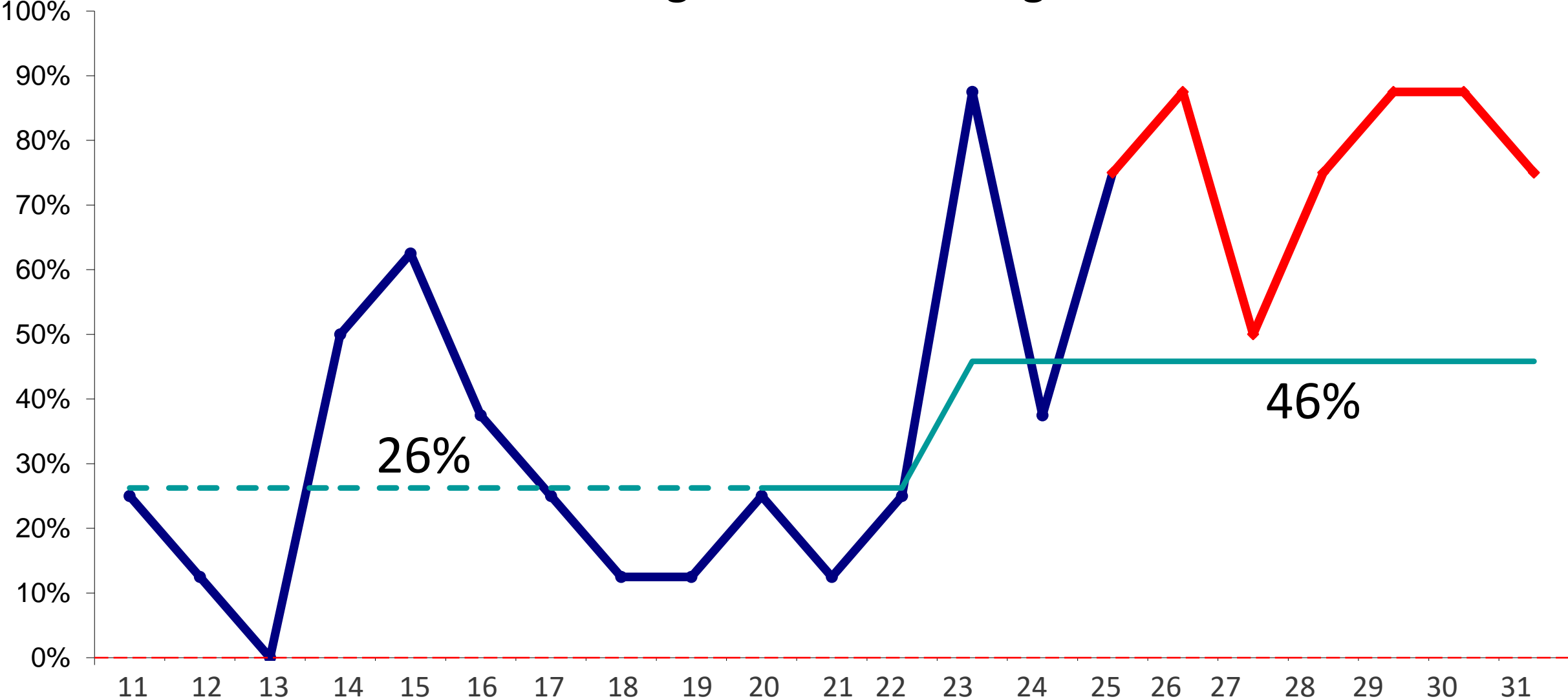
Outcomes

- **Outcome measure:** median number of days parents participated in NICU activities in the first two weeks of life.
- **Process measures:**
 - percentage of antenatal counseling sessions that included parenting information
 - percentage of parents that reported knowing about parenting activities.
- **Balancing measure:** median length of time spent on antenatal counseling.

Median Number of Days Parent Participated in Activities



Parents with Knowledge about Parenting Activities



Challenges Encountered in QI Process

- Barriers encountered included resistance to change by staff, challenges in documentation, and parental hesitancy/discomfort.
- Incorporating interventions across disciplines and units as well as the use of a smart phrase and QR code helped achieve our aim.

Lessons Learned

- A multidisciplinary approach to our project was instrumental in achieving our aim and incorporating interventions into the daily NICU workflow will help sustain noted changes.
- Education, process and cultural changes, and communication allowed for sustainability
- Next steps:
 - Parent-led family support system
 - Shared experiences/stories

Questions?

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