

BACKGROUND

- Parents are often mourning a “normal” delivery and/or baby and may experience guilt, anxiety and sadness
- Peer-to-peer support groups in NICU demonstrated positive impact
- Stressors start before birth
- Isolation of women in high-risk pregnancy units

OBJECTIVE

- To describe the **creation and development** of a **prenatal education and support group** for parents whose baby will be admitted in the NICU

METHODS

2 STEPS

Mixed methods (with open-ended questions)

1/ Needs assessment

- In 2018
- Parents who participated in NICU-workshops
- Topics wished to discuss prenatally

2/ Feasibility pilot study

- In 2020 (COVID period)
- Project only started online
- A WEEKLY 1-HOUR WORKSHOP
- Perspectives of prospective mothers who were hospitalized on the high-risk pregnancy unit
- On educational support groups
- In person, then online (COVID), then hybrid

RESULTS

NEEDS ASSESSMENT

- * 27/45 NICU parents participated
- * Several prenatal SUPPORT THEMES identified:
 - * **parental role,**
 - * normalizing their **experience/emotions,**
 - * **adapting** to their new reality, control, guilt and trust.
- * EDUCATIONAL THEMES described:
 - * information about the NICU,
 - * what the baby would look like,
 - * technology around the baby and
 - * common neonatal interventions,
 - * parents' role in the team.

Guide et Vidéo de bienvenue en Néonatalogie
Accessibles en ligne



<https://vimeo.com/449839052/d88643480b>

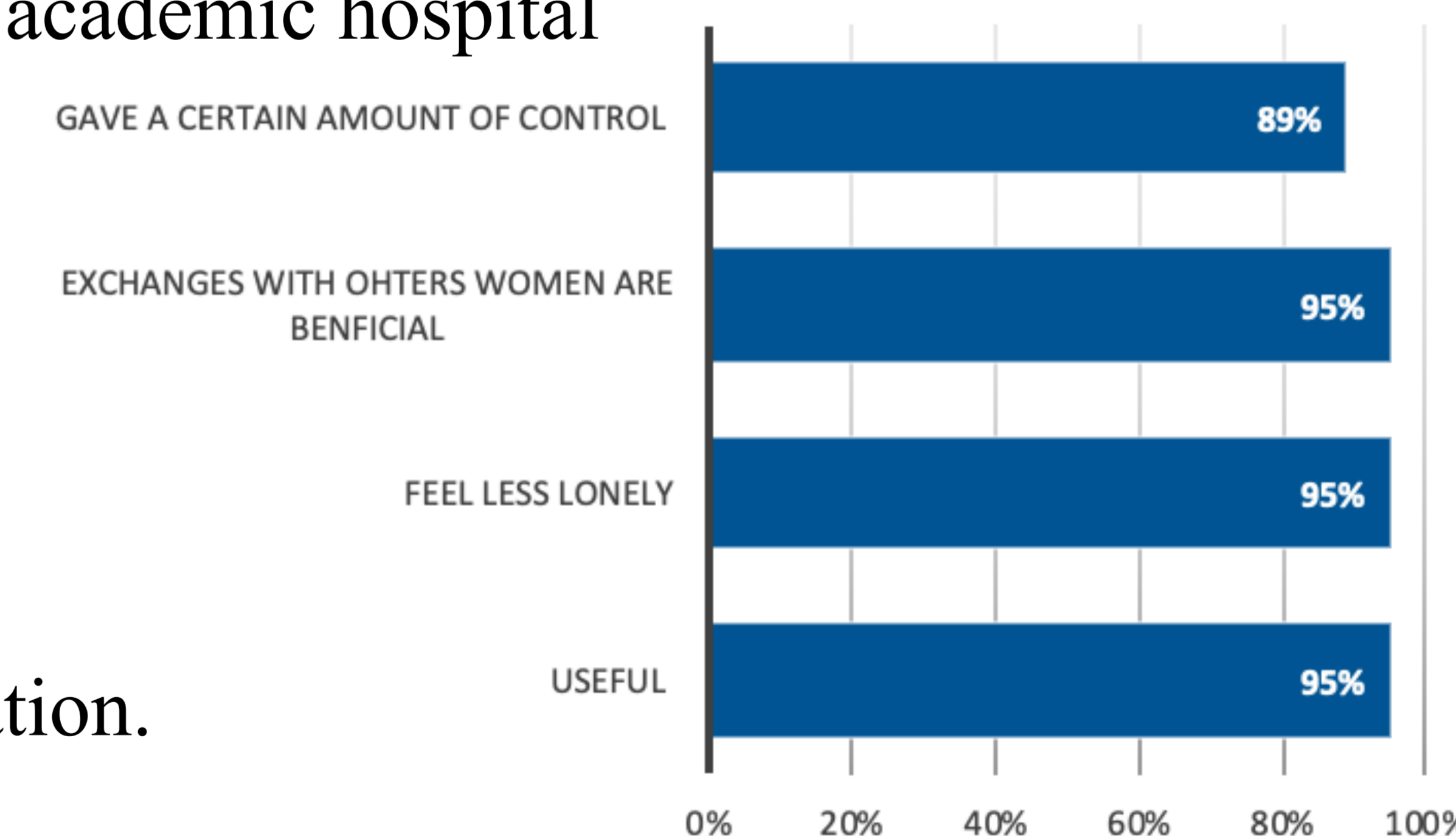
OMBRELLES - NÉONATOLOGIE



- * POWER POINT PRESENTATION AND CHECKLIST DEVELOPED

PILOT STUDY

- ❖ 19 mothers hospitalized on a high-risk pregnancy unit in a large academic hospital
 - average 32 years old,
 - average pregnancy 29.3 weeks
- ❖ Survey:
 - 95% agreed or strongly agreed that the workshop was useful,
 - 95% that the workshop made them feel less lonely
 - 95% that exchanges with other women were beneficial
 - 89% that gave them a certain amount of control on their situation.



- ❖ Example of quotes

“I want to congratulate your team, this workshop is an excellent idea to make feel pregnant women feel better and not alone!”.

CONCLUSION

- ➔ Prenatal educational workshops provide a unique and useful means to support future NICU-parents.
- ➔ Future investigations will explore whether these meetings will improve clinical outcomes.