

Skin to Skin - Parent Led transfer

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INTRODUCTION

Skin-to-skin (STS or kangaroo care) is the practice of holding an infant, naked (except for a nappy and hat), in an upright position against the bare parents' chest. World Health Organization recommends skin to skin as routine care for all preterm or low birth weight infants. Awareness and appropriate execution of skin-to-skin contact is crucial for healthcare professionals and parents.

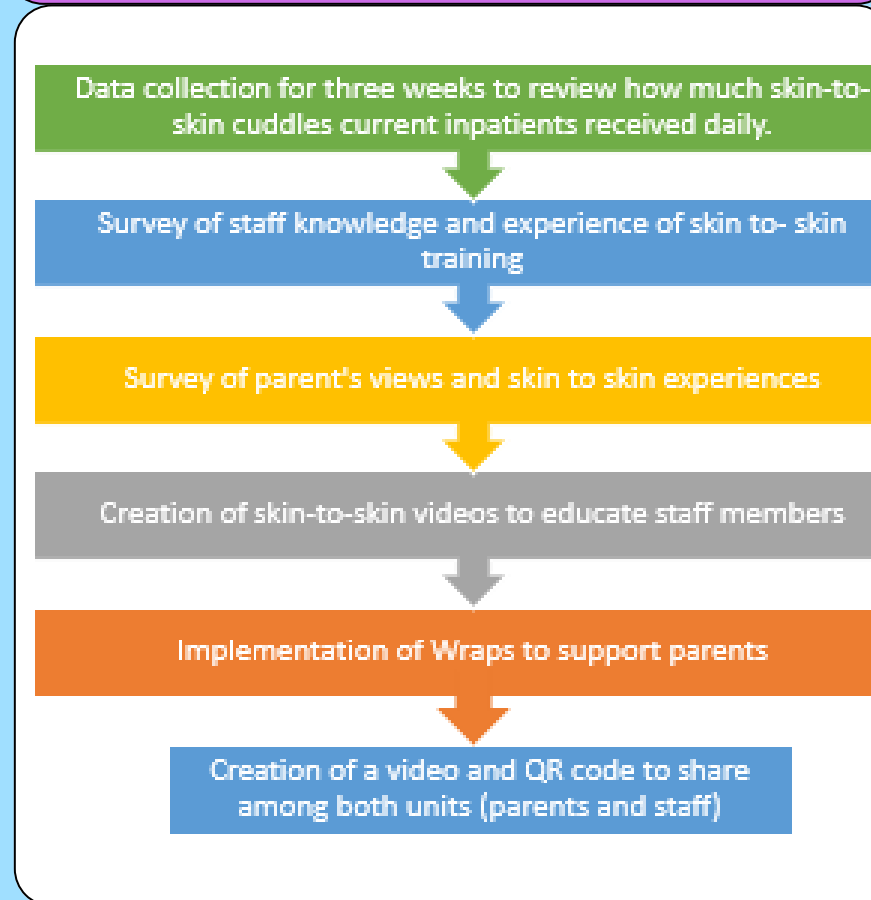
AIM OF QUALITY IMPROVEMENT PROJECT

- Assess enablers and barriers of skin to skin contact
- Collect cot side data to identify current practice on the unit
- Promote and increase number of parent led transfers for skin to skin

References

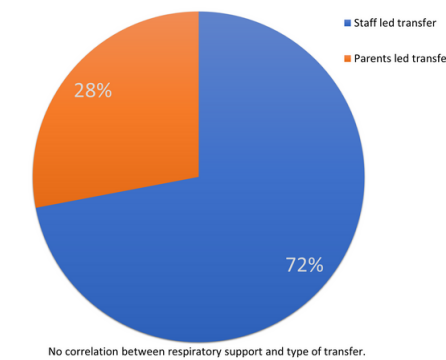
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METHODS

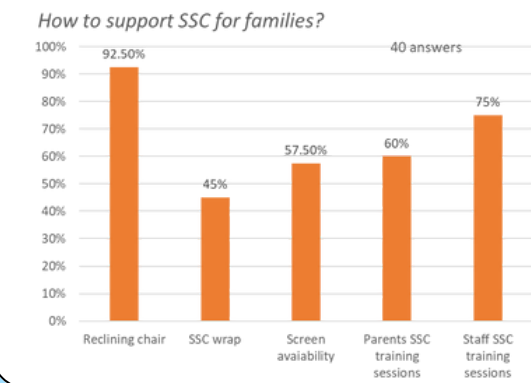


ANALYSIS

Current Unit Practice



Staff Questionnaire highlights



Parent's feedback

Questions highlights

- How did you and your baby feel during skin to skin?
"Great, amazing, relaxed, connected, content, cozy, warm."
- Were you ever told not to hold your baby?
"Yes, when Baby wasn't well enough"
"No, but I did not ask as I was not confident and nurse looked busy/not confident"

Here we love Kangaroo care
Learn about parent led skin-to-skin transfer here:



CLINICAL HINTS

- Wraps used as common tool
- Educational videos on parent led transfer for staff members and parents
- QR code creation and distribution
- Chairs and screens sourced for the unit

PATIENTS BENEFITS

- Confident staff members will increase STS practice
- Parents empowerment in safe STS transfers with minimal support
- Building an early life-long bond between parents and baby