Skin - To- Skin Contact after Cesarean Delivery

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SKIN-TO-SKIN CONTACT AFTER CESAREAN DELIVERY

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Background & Significance

- Current cesarean section rate in the United States is approximately 33% (Brady, Bulpitt & Chiarelli, 2014)
- LVHN current cesarean section rate is 34%
- Average time between cesarean section delivery and first skin-to-skin contact at LVHN in September, 2014 through January, 2015 is approximately 82 minutes (according to a review of 10 charts)
- Implementation of Baby Friendly Health Initiative at LVHN which includes immediate skin-to-skin contact
- Patient satisfaction linked to hospital reimbursement
Purpose

Develop a pilot study intended to decrease the time to skin-to-skin contact after cesarean deliveries on the Labor and Delivery Unit at Lehigh Valley Hospital-Cedar Crest.
PICO QUESTION

- In women who deliver via cesarean section, how does minimal delay in mother-baby interactions/skin-to-skin compared to newborn being transferred from OR post delivery to MBU affect newborns vitals, breastfeeding rates, patient satisfaction and maternal pain.

- **P** – Women who deliver via cesarean section and their full-term newborns

- **I** - Minimal delay in mother-baby interaction/skin-to-skin contact post-delivery in the operating room, newborn remains with support person in OR or Recovery Room

- **C** – Newborns transferred from OR to MBU following delivery to the newborn nursery for assessment and treatments

- **O** – Improved newborn outcomes (respiratory, temperature, blood glucose level), increased rates of breastfeeding, patient satisfaction, decreased maternal pain and anxiety
TRIGGER According to the IOWA Model

- Problem and Knowledge focused triggers

<table>
<thead>
<tr>
<th>Identification of clinical problem (problem trigger)</th>
<th>National agencies or organizational standards &amp; guidelines (knowledge trigger)</th>
<th>Philosophies of care (knowledge trigger)</th>
</tr>
</thead>
</table>
| Delay in 1st skin-to-skin contact between infant and mom/support person after cesarean delivery | AWOHNN recommends that stable babies remain in the surgical suite with the mother | Baby Friendly Initiative encourages skin-to-skin
Improved newborn outcomes 
Increased rates of breastfeeding |
Significance of trigger and problem

- The current practice at LVHN is for the infant to be brought to the newborn nursery following cesarean delivery and to remain there until the mother is in the PACU/Recovery Room.

- Currently, time between delivery and first skin-to-skin contact averages more than 60 minutes.
EVIDENCE

- Search engines: CINAHL, Ovid, GoogleScholar
- Key words: Cesarean section, skin-to-skin, gentle cesarean, baby friendly, family-centered care
- Importance of skin-to-skin after delivery, benefits for both mother, partner and infant, patient satisfaction
EVIDENCE

Babies are most responsive to skin-to-skin contact in the first few hours after birth (VanDevanter, Gennaro, Budin, Calalang-Javiera, & Nguyen, 2014).

Despite the numerous benefits to immediate skin-to-skin contact, women giving birth via cesarean section have less opportunity to have this contact in the immediate postpartum timeframe (Moran-Peters, Zauderer, Goldman, Baierlein, & Smith, 2014).

Immediate skin-to-skin contact helps with newborn adaptation to the extrauterine environment (Moran-Peters et al., 2014).
EVIDENCE

- Spatial, visual and auditory separation of mother and infant often occurs after cesarean delivery, which is inconsistent with family centered care (Nolan & Lawrence, 2009).

- Infants separated from mothers immediately following delivery cry more (therefore increasing respiratory and heart rates) than infants not separated (Nolan & Lawrence, 2009).

- Early skin-to-skin contact decreases risk of jaundice, reduces the stress of birth, and encourages bonding between mother and infant (Stevens, Schmied, Burns & Dahlen, 2014).
<table>
<thead>
<tr>
<th>Barriers</th>
<th>Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>RN staffing</td>
<td>Dedicated baby nurse (as recommended by AAP, ACOG, &amp; AWHONN) for all cesarean deliveries who remains with newborn and support person in the OR and Recovery Room</td>
</tr>
<tr>
<td>RN education on early skin-to-skin contact</td>
<td>RN education hours</td>
</tr>
<tr>
<td>Parent education about early skin-to-skin contact</td>
<td>Antepartum education as part of doctor visits and/or hospital tour</td>
</tr>
<tr>
<td>Infant safety in Operating Room (pain and sedation medications used for mothers) and Recovery Room</td>
<td>Reduction of sedation of mothers immediately following surgery, dedicated baby nurse, education</td>
</tr>
<tr>
<td>Accommodating newborn needs in the Recovery Room</td>
<td>Adding radiant warmer beds to the Recovery Room, creation of dedicated couplet care space</td>
</tr>
</tbody>
</table>
Current Practice at LVHN

- After delivery, newborn is briefly introduced to the mother. Newborn and support person go to newborn nursery while mother remains in OR for remainder of surgery.
- Mother is transferred to PACU at conclusion of surgery. Newborn and support person, accompanied by MBU nurse, return to PACU
- Mom and newborn often have a lengthy separation between delivery time and the return to PACU
PROJECT PLANS

- Evaluate current practice at LVHN on the Labor and Delivery unit for maternal/infant separation following cesarean delivery
- Assess current patient satisfaction with time to skin-to-skin contact after cesarean delivery
- Determine current time interval between delivery time and skin-to-skin contact in cesarean deliveries.
- Develop strategies with nursing staff (MBU, NICU and L&D), physicians, & anesthesia personnel to minimize time interval to skin-to-skin after cesarean deliveries.
- Develop and implement pilot study for decreasing time to skin-to-skin in cesarean deliveries
IMPLEMENTATION

1. Process Indicators
   - Documentation of skin-to-skin after cesarean delivery
   - Presence of baby nurse
   - Infant remains in OR with mother/support person

2. Outcomes
   - Patient satisfaction – survey on MBU
   - Newborn assessment data, including blood glucose levels, temperature, crying
   - Time to skin-to-skin interval decreased

3. Baseline Data
   - Average time skin-to-skin after cesarean delivery is approximately 82 minutes
IMPLEMENTATION

4. Design (EBP) Guideline(s)/Process

- **Phase I**
  - Survey current patients for baseline data including type of delivery, time to skin-to-skin, pt satisfaction
  - Gather data on infant assessment post cesarean section
  - Document time to skin-to-skin after cesarean delivery

- **Phase II**
  - Educate all staff of the benefits of immediate skin-to-skin after cesarean section
  - Preparation and education of parents during the antepartum period about benefits of skin-to-skin and what to expect during a cesarean section
  - Address staffing needs to accommodate Baby RN
  - Redesign OR to accommodate infant and support person remaining in OR
  - Redesign PACU to accommodate infant and support person

- **Phase III**
  - Stable infant remains in OR with assigned baby RN and support person. Baby RN aids in implementation of skin-to-skin contact with mother or support person
  - Mother and infant transferred to PACU/recovery room together
  - Documentation of time of initial skin-to-skin
  - Follow up survey of patient satisfaction, newborn assessment data, breastfeeding rates for cesarean deliveries
IMPLEMENTATION

5. Implemented EBP on Pilot Units
   ▪ Implementation of pilot on L&D unit for all scheduled, non-complicated, full-term cesarean deliveries

6. Evaluation (Post data) of Process & Outcomes
   ▪ Survey postpartum cesarean delivery patients
   ▪ Evaluate documented skin-to-skin time for a reduction in overall time

7. Modifications to the Practice Guideline
   ▪ Stable infants remain in OR with support person and mother during a cesarean section

8. Network Implementation
   ▪ Only pertains to L&D, MBU and NICU
Expected Outcomes

- Decreased time intervals for skin-to-skin contact with cesarean deliveries
- Increase length of skin-to-skin contact
  - Regulation of infant temperature
  - Regulation of infant blood glucose
  - Decrease maternal stress and pain
  - Earlier initiation of breastfeeding
- Higher breastfeeding rates
- Increased patient satisfaction
Practice Change

- Addition of an RN for infant in OR during cesarean sections.
- Infant to remain with mother and support person in the OR after delivery.
- Infant and mother transferred together to the PACU/RR at the end of the surgery.
Implications for LVHN

- Increased patient satisfaction with cesarean deliveries
- Increased optimal outcomes for infants after delivery
- Increased staffing needs on the L&D/MBU units
- Optimize hospital reimbursement based on patient satisfaction
Strategic Dissemination of Results

- TLC learning
- Antepartum education for parents
References


References


Make It Happen

- Questions/Comments