

Overcoming Nursing Barriers to Utilizing Kangaroo Care in the NICU

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Background/Triggers

- Low rates of Kangaroo Care in NICU
 - Only 30% of infants performed kangaroo care in the month of July.
 - Only 8% of nurses completely agreed that kangaroo care was being performed enough on the unit per pre-survey results.
- Inadequate standardization of criteria for kangaroo care initiation.
 - Pre-survey comments from nurses noted that there was a need for "clear guidelines" for kangaroo care.
- Need to increase nurse knowledge of benefits of kangaroo care and criteria for initiation to increase rates of kangaroo care
 - Only 62% of nurses agreed that they felt completely comfortable initiating skin to skin care per pre-survey
 - Only 8% of nurses completely agreed that parents were aware of the option and benefits of kangaroo care per pre-survey

Purpose & PICO Question

- Purpose:
 - Increase utilization of kangaroo care in the NICU by educating nurses on the benefits as well as the criteria via bedside checklist for successful skin to skin care.
- PICO Question: In NICU nurses, does providing education on kangaroo care increase the frequency of kangaroo care done in the NICU?
 - P: NICU nurses
 - I: Education on kangaroo care and bedside checklist
 - C: current level of education and no bedside checklist
 - O: Increased frequency of kangaroo care

Evidence

- Kangaroo Care (aka skin to skin care) improves maternal-child bonding (Charpak, et al., 2017)
- Skin to skin care is a successful pain intervention in newborns and found to reduce assessed pain scores (Campbell, et al., 2011)
- Barriers to implementation include inadequate staffing, lack of space, lack of knowledge regarding criteria, concern over infant stability, lack of paternal presence and/or lack of parental knowledge/interest (Benoit, et al., 2016; Vittner et al., 2016)
- Increased education of benefits of skin to skin care amongst nursing staff leads to higher rates of implementation (Cooper, et al., 2014)

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Implementation & Methods

- Handed out pre-implementation survey to unit nurses to measure nursing barriers and knowledge regarding kangaroo care
- Created a checklist for kangaroo care criteria to keep at each bedside
- Provided an in-service education as well as online education module to unit nurses on new checklist and benefits of kangaroo care

Outcomes

- Prior to implementation, a month chart audit showed approximately 30% of neonates performed kangaroo care at least once
- Week 1: kangaroo care rates up to 19% in chart audits after implementing education and bedside checklist
 - Week 2: kangaroo care rates up to 29% in chart audits for second week after implementation
 - Weeks 3 and 4: kangaroo care rates up to 39% in chart audits for third and fourth weeks after implementation

Conclusion

- From the data, we can conclude that the amount of kangaroo care occurring in the unit is increasing the longer the bedside checklists are in place. After week 3, rates increased approximately 9% from pre-implementation rates.
- Our unit acuity was very high in the initial weeks after implementation, which led to many patients not meeting the checklist criteria to do kangaroo care, which could account for the initial low rates of kangaroo care post-implementation.

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