

# Enhancing Bonding of Mother and Infant

Krista D. Thomas RN, BSN

*Lehigh Valley Health Network*, [Krista\\_D.Thomas@lvhn.org](mailto:Krista_D.Thomas@lvhn.org)

Jennifer King RNC, BSN

*Lehigh Valley Health Network*, [jennifer.king@lvhn.org](mailto:jennifer.king@lvhn.org)

Follow this and additional works at: <https://scholarlyworks.lvhn.org/patient-care-services-nursing>



Part of the [Nursing Commons](#)

---

## Published In/Presented At

King, J. (October 29, 2013). *Enhancing Bonding of Mother and Infant*. Presented at: Research Day 2013, Lehigh Valley Health Network, Allentown, PA.

This Presentation is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact [LibraryServices@lvhn.org](mailto:LibraryServices@lvhn.org).

## Enhancing Bonding of Mother and Infant

Krista Thomas RN, BSN  
Jennifer King, RNC, BSN  
Patient Care Specialist, Mother-Baby Unit

A PASSION FOR BETTER MEDICINE.™

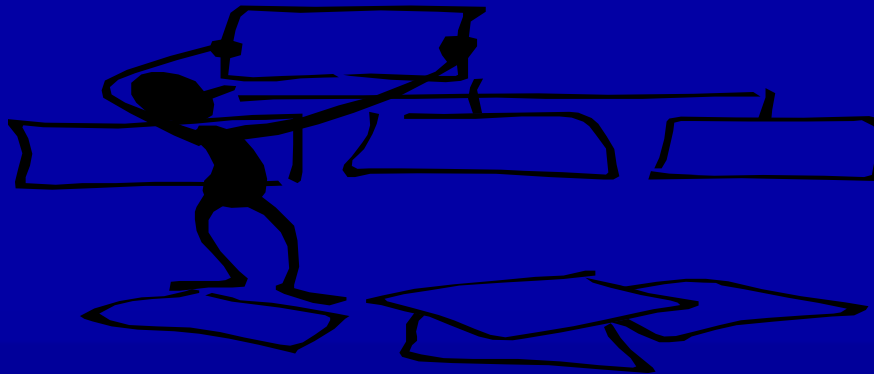


# In the Beginning.....

- Why?

Improved patient care through the translation of evidence into practice

Evidence- based interventions may need to replace traditional care



A PASSION FOR BETTER MEDICINE.™



# Desired Outcome

- Increase mother/baby attachment by continuous “rooming-in”
- Support mother’s confidence in caring for her baby

# Culture of Change

- Translation
- Of
- Evidence
- Into
- Practice



A PASSION FOR BETTER MEDICINE.™



# EVIDENCE

- 2005- Mothers may feel that bonding is not important to hospital staff who have negative attitudes towards rooming-in
- 2010- Rooming-in leads to better attachment between mother and infant, emotional stability, protection from infection, and increased breastfeeding rate
- 2007- Rooming-in is one of five hospital practices supportive of breastfeeding, that increased breastfeeding duration rates.

# Baby- Friendly Hospital Initiative

- Aimed at improving the care of pregnant women, mothers and newborns at health facilities that provide maternity services , for protecting, promoting and supporting breastfeeding
- “Rooming-in” is one of its 10 principles

# PICO Question

In newborns of first-time mothers (vaginal deliveries), does rooming-in (non-separation) with mother, compared to staying in the nursery, have a positive effect on mother/baby attachment, as evidenced by positive patient and staff perceptions and a decreased number of babies in the nursery?



# TEAM

- Leadership
  - Senior Vice-President of Nursing Administrator
  - Unit Director
- Staff RN “champion”  
guided by unit’s nurse educator



# Barriers

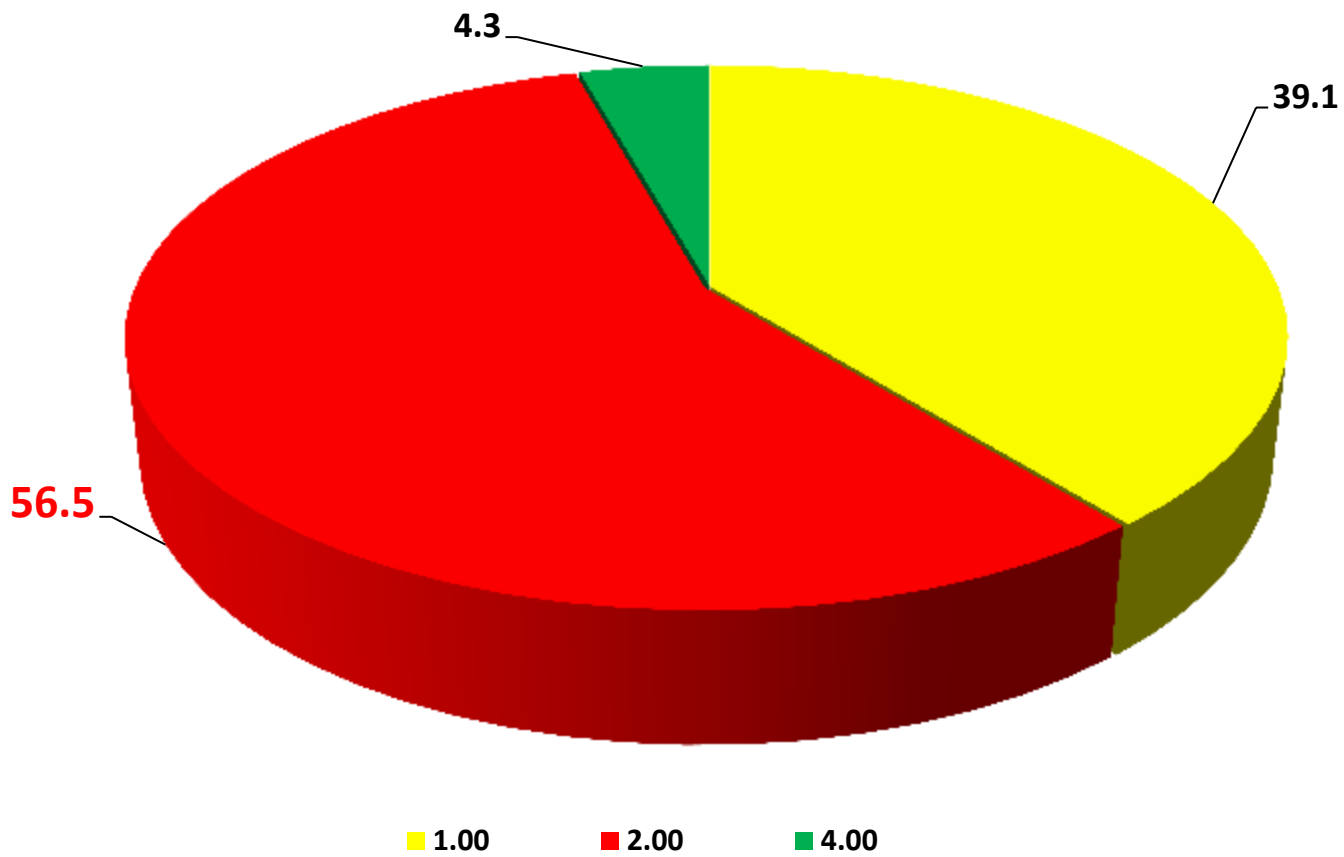
- Nurse Attitudes
- “Culture Change”
- Maternal perception of exhaustion
- Prenatal education
- Lack of physician input



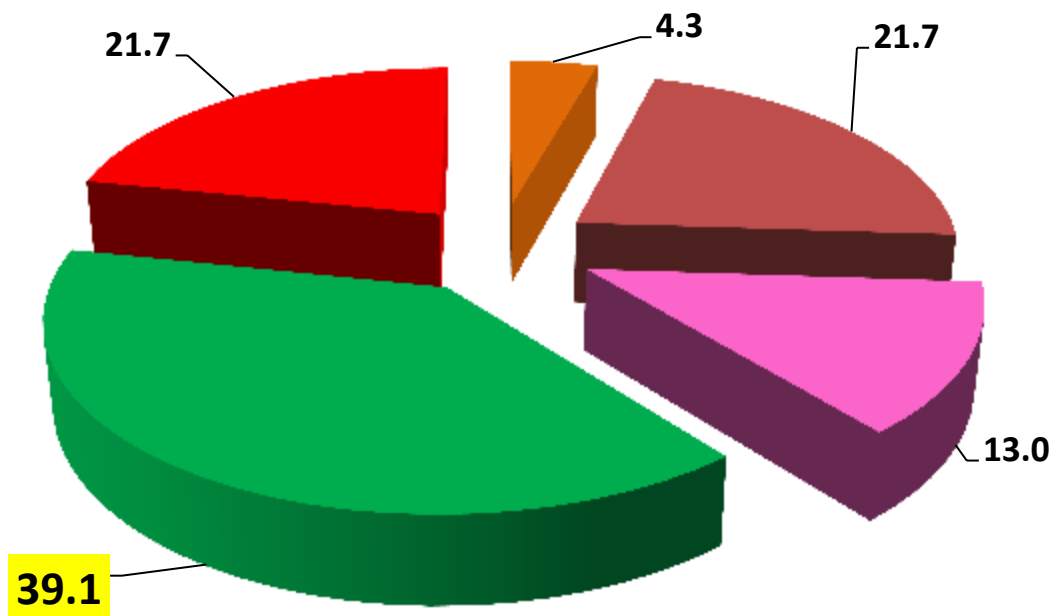
# Strategies to Overcome Barriers

- Form group of “nurse champions” to promote rooming-in
- Education of staff and patients
- Prenatal reinforcement on the importance of non-separation

### NUMBER OF INFANTS PER NURSE IN NURSERY FROM 2300-0700

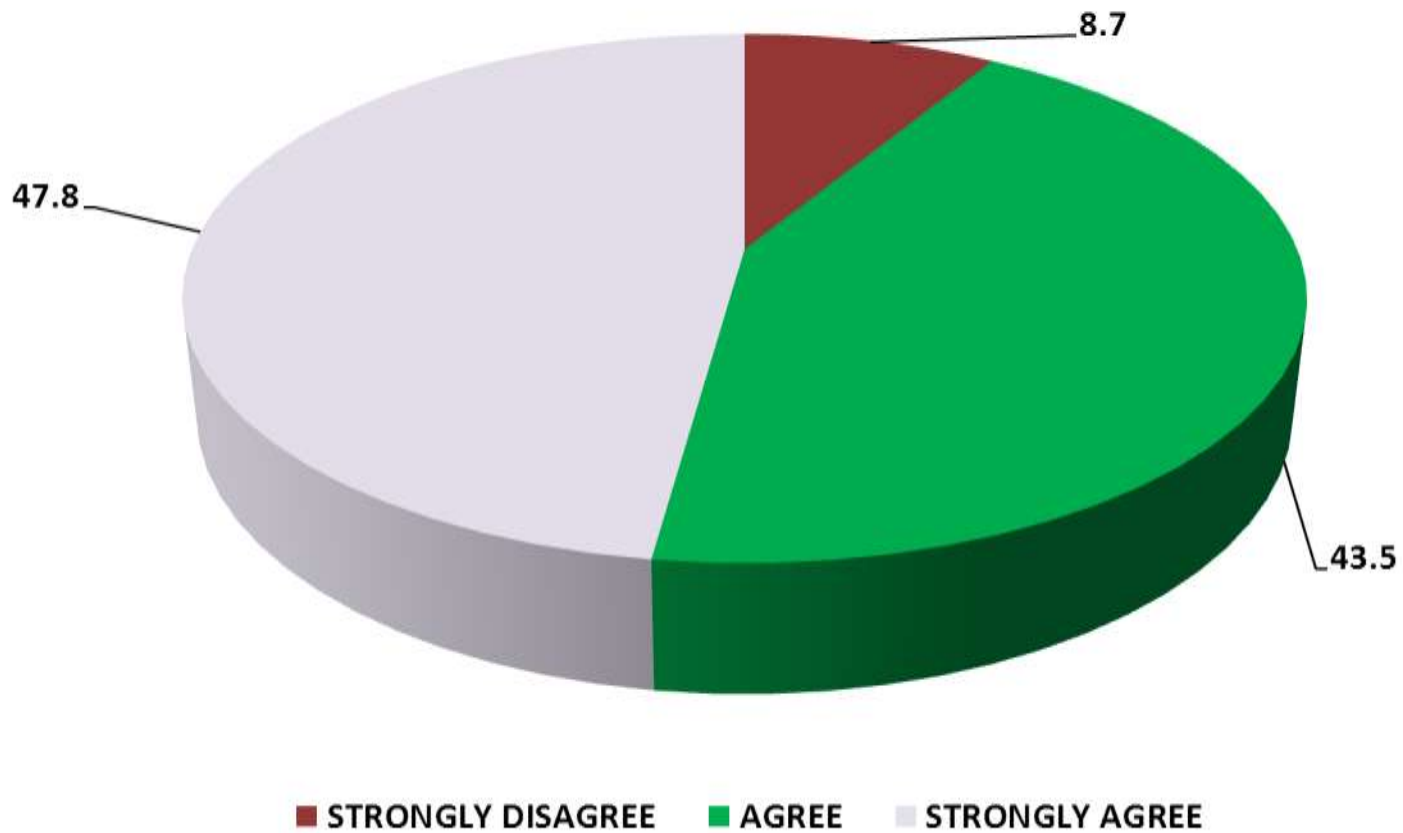


### PERCEIVED CHANGE IN WORKLOAD



■ SIGNIFICANT DECREASE ■ MODERATE DECREASE ■ MINIMAL DECREASE ■ NO EFFECT ■ MODERATE INCREASE

### PERCEPTION of VOLUME OF BABIES in NURSERY at NIGHT



# REASONS (ranked)

	<b>Mother "tired"</b>	<b>Mother Sick</b>	<b>Mother Overwhelmed</b>	<b>Staff Preference</b>	<b>Infant Care</b>
<b>1</b>	<b>78%</b>	<b>13%</b>	<b>8.7%</b>		
<b>2</b>	<b>4.5%</b>	<b>34.8%</b>	<b>30.4%</b>	<b>13%</b>	
<b>3</b>	<b>4.3%</b>	<b>34.8%</b>	<b>21.7%</b>	<b>30.4%</b>	
<b>4</b>				<b>4.3%</b>	<b>73.9%</b>
<b>5</b>	<b>13%</b>	<b>13%</b>	<b>21.7%</b>	<b>30.4%</b>	<b>4.3%</b>

# Where do we go from here?

- Prenatal Education
- Staff and Physician Education
- “Champions for the cause”







I Want  
to Be

With my  
Mom!

