

Implementing Couplet Caring in a Maternal Newborn Unit

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Background

- Keeping mothers and babies together is one step to improve exclusive breastfeeding rates
- Couplet caring is not fully supported by the healthcare team as evidenced by separation of mother and babies

Purpose

- Increase time mothers and newborns spend together during their hospital stay

Methods

- Tertiary care hospital providing high risk maternal-newborn care, 42 bed Mother-Infant Center with 3,200 births annually
- Garnered administrative support
- Formed team of 11 direct care nurses
- Created data collection tool
- Identified goals and barriers
- Developed educational and marketing materials
- Educated physicians, nurses, midwives, nursing assistants, and patients and families
- Data collection April 2016- April 2017

Measures

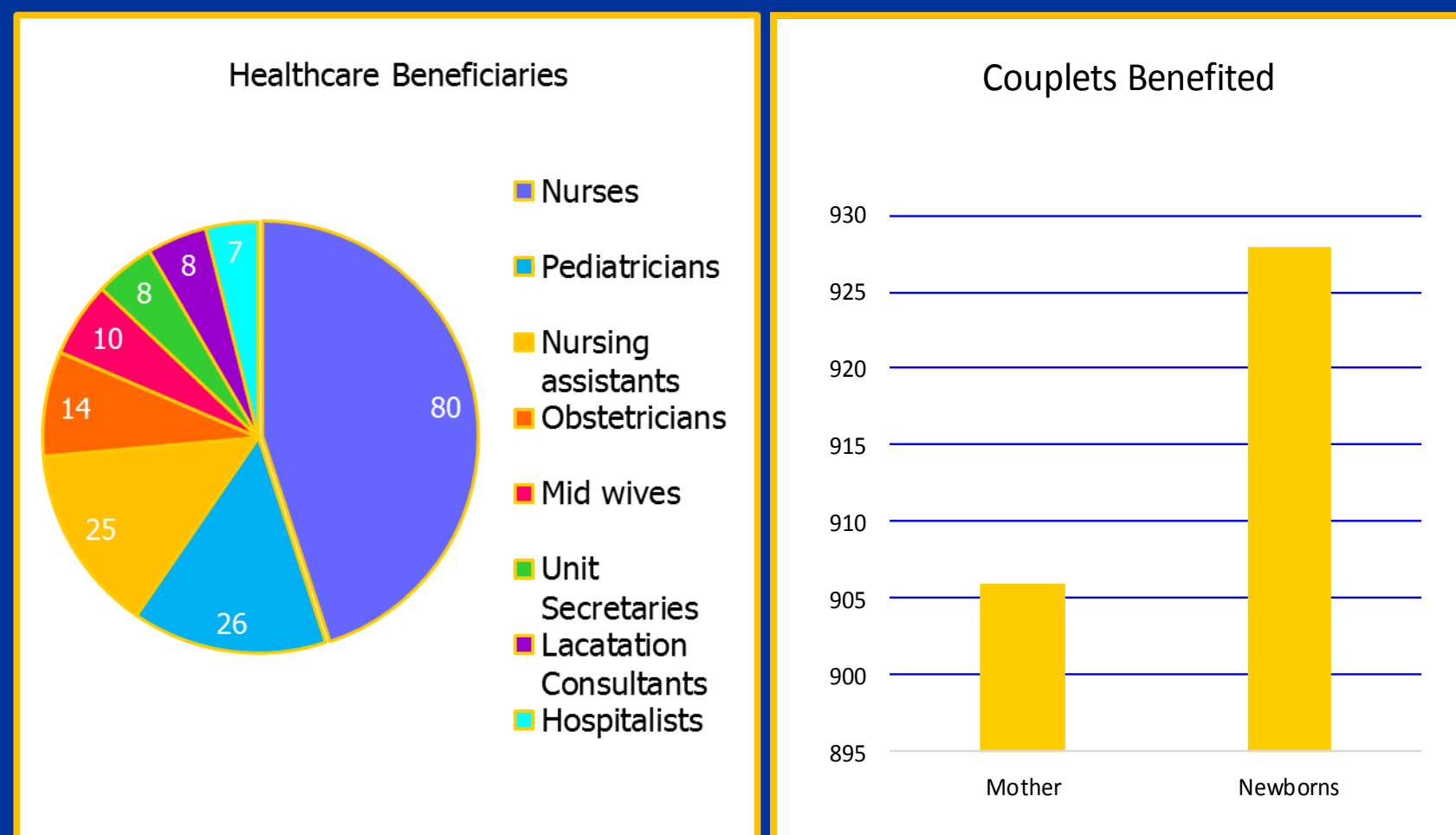
- Pre / Post intervention design used
- Monitored number of newborns spending time in nursery rather than mother's room

Project Outcomes

- Staff were engaged and led the change
- Most newborns spent more time with their mothers during their hospital stay

Data

	Pre	Post
Newborns staying with mother in room	80%	82%
In nursery for nonmedical reason	16%	10%
Average Daily Census	18	18



Unanticipated Outcomes

- Unit became quieter
- Less steps taken by nursing in 12 hour shift-minimum 0.8 mile/shift
- Reallocate nursery to Continuing Care Nursery to handle increased NICU volume

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2016 Before interventions



2017 After interventions

Discussion

The immediate post-implementation findings suggest that couplet caring has begun to take hold in the Maternal-Newborn Unit. Continued modeling of behavior as a standard of nursing practice and continued tracking will ensure the sustainability of this work and move the unit close to meeting the Joint Commission Perinatal Care standards.

Next Steps

- Project sustainability through peer review and staff accountability
- Quarterly data collection

Leadership Journey

Model the Way

- Acted in positive, upbeat and energetic manner when talking about couplet caring
- Listened and incorporated team ideas in processes

Inspire a Shared Vision

- Increased awareness of bonding
- Collaborated with all personnel to assist in maintaining the mother-baby bond

Challenge the Process

- Investigated the history of newborns taken to nursery
- Redefined appropriate reasons for newborn to be in nursery

Enabling Others to Act

- Fostered collaboration with staff and team
- Shared knowledge of best practices

Encourage the Heart

- Recognized team members involvement and impact with small gifts of appreciation
- Verbal acknowledgement of progress

Interdisciplinary team members:

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