

Becoming a family under unfamiliar circumstances – support and obstacles in skin-to-skin contact



Mats Eriksson
Zeny Carvalho Lamy
Maria Tingvall
Aline Almeida Bastos
Laisa Rodrigues Barros
Agneta Anderzén-Carlsson



Skin-to-skin (SSC) contact is beneficial for...

- infant physiology
- decreased mortality and morbidity
- breast feeding
- maternal – infant bonding and attachment
- infant development
- pain alleviation

(World Health Organization. Department of Reproductive Health and Research, 2003)



Many have studied the parents' views of SSC

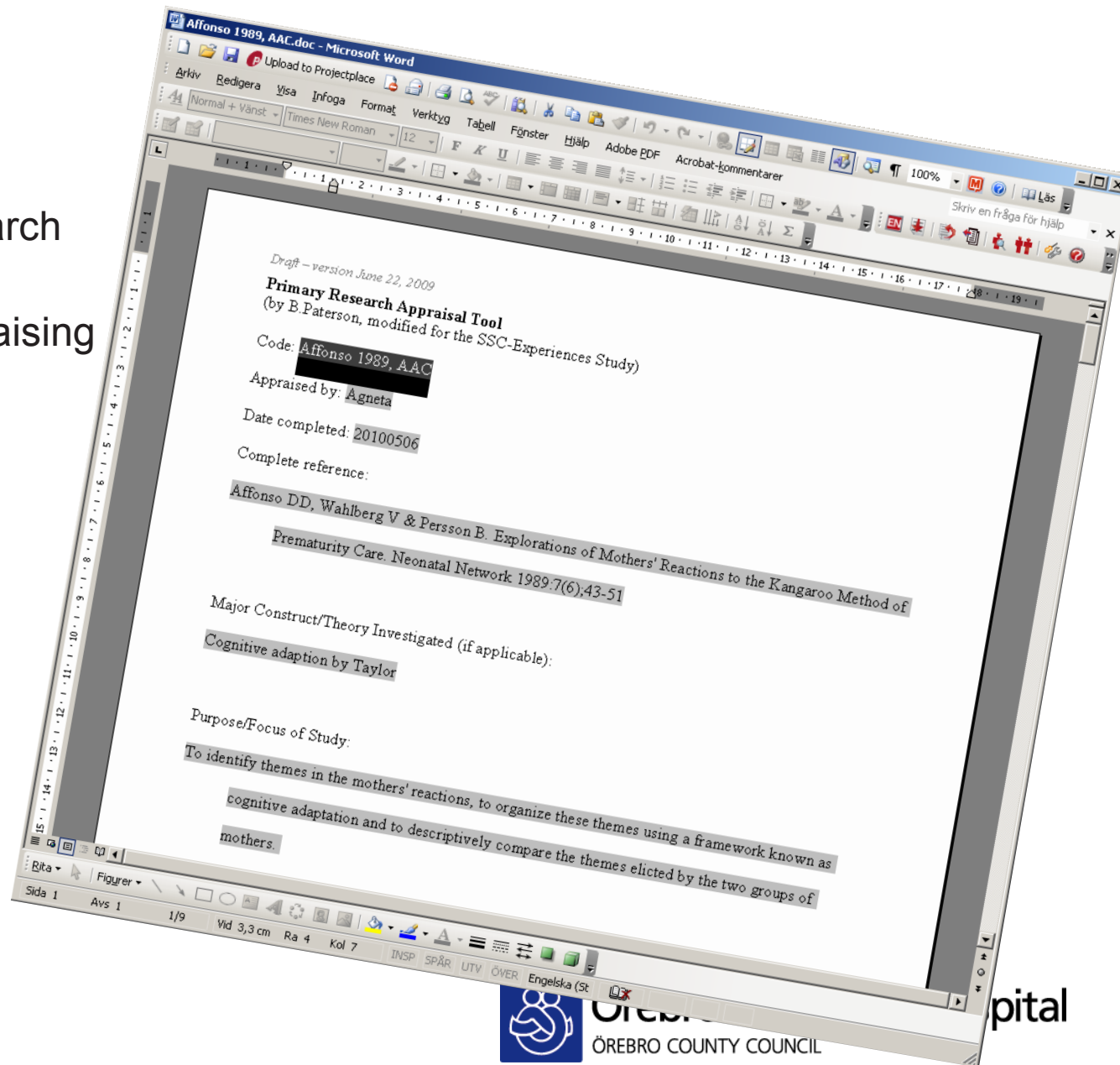
- Titles and abstracts show a very positive picture of the parents' experiences
- Very seldom any problems are highlighted



Meta-study

1. formulating a research question
2. selecting and appraising primary research
3. meta-data analysis
4. meta-method
5. meta-theory
6. meta-synthesis
7. disseminating the findings

Paterson et al. 2001



Research question:

- “How do parents of newborn infants experience performing skin-to-skin care?”
- Inclusion: original qualitative research
- No restriction to gestational age or hospital setting
- Search words:

Kangaroo

Kangaroo
Care

Mother

Infant care

Parents

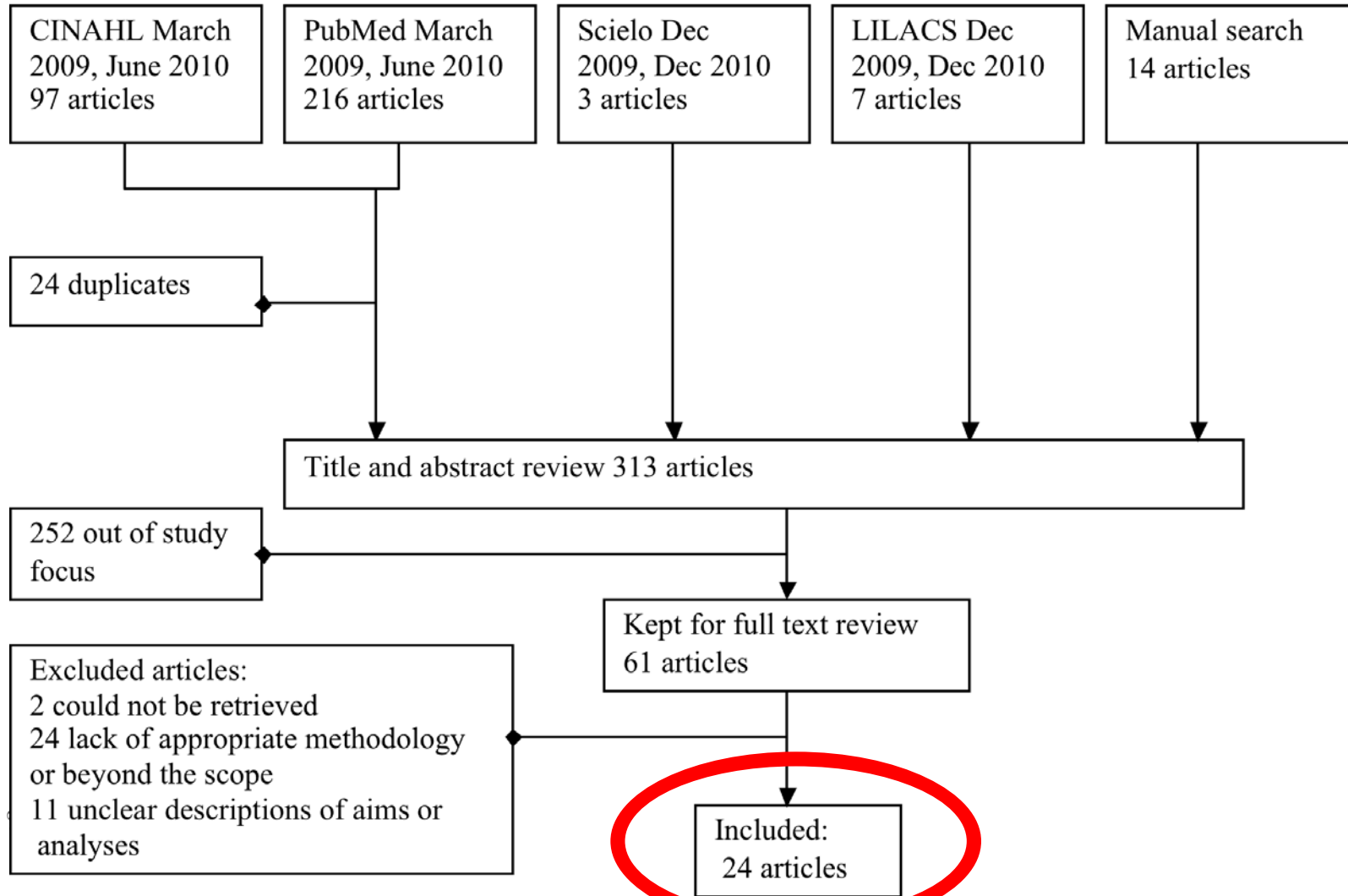
Father

Skin-to-skin

Parental attitudes

Parental behaviour

Search: variations of **KMC/SSC** and **parents**



1/3 of relevant papers were in Portuguese language



Analysis with nVivo 8.0



Findings Related to Meta-Theory and Meta-Method

- 24 papers published 1989-2011
- 7 countries (Brazil, England, Japan, Sweden, South Africa, Uganda, USA)
- 303 mothers, 15 fathers
- 11 NICU, 8 KMC-units, 1 delivery unit, 3 un-specified
- Different frame-work, perspective or theory
- Different methods for data collection and analysis
- Most researchers were nurses

- Universal pattern

Content analysis showed two themes:

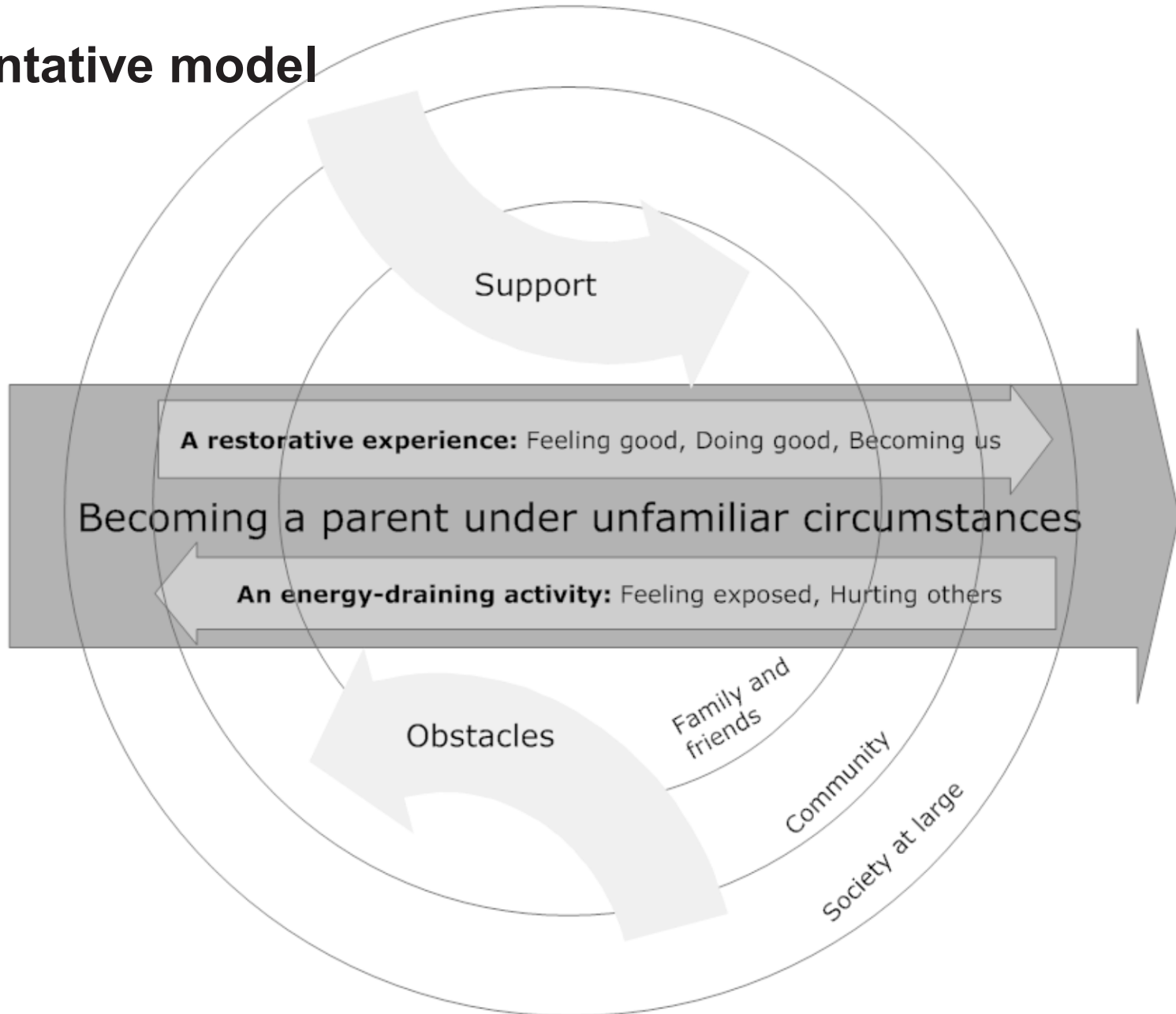
A restorative experience

- Feeling good
- Doing good
- Becoming us

An energy-draining activity

- Feeling exposed
- Hurting others

A tentative model

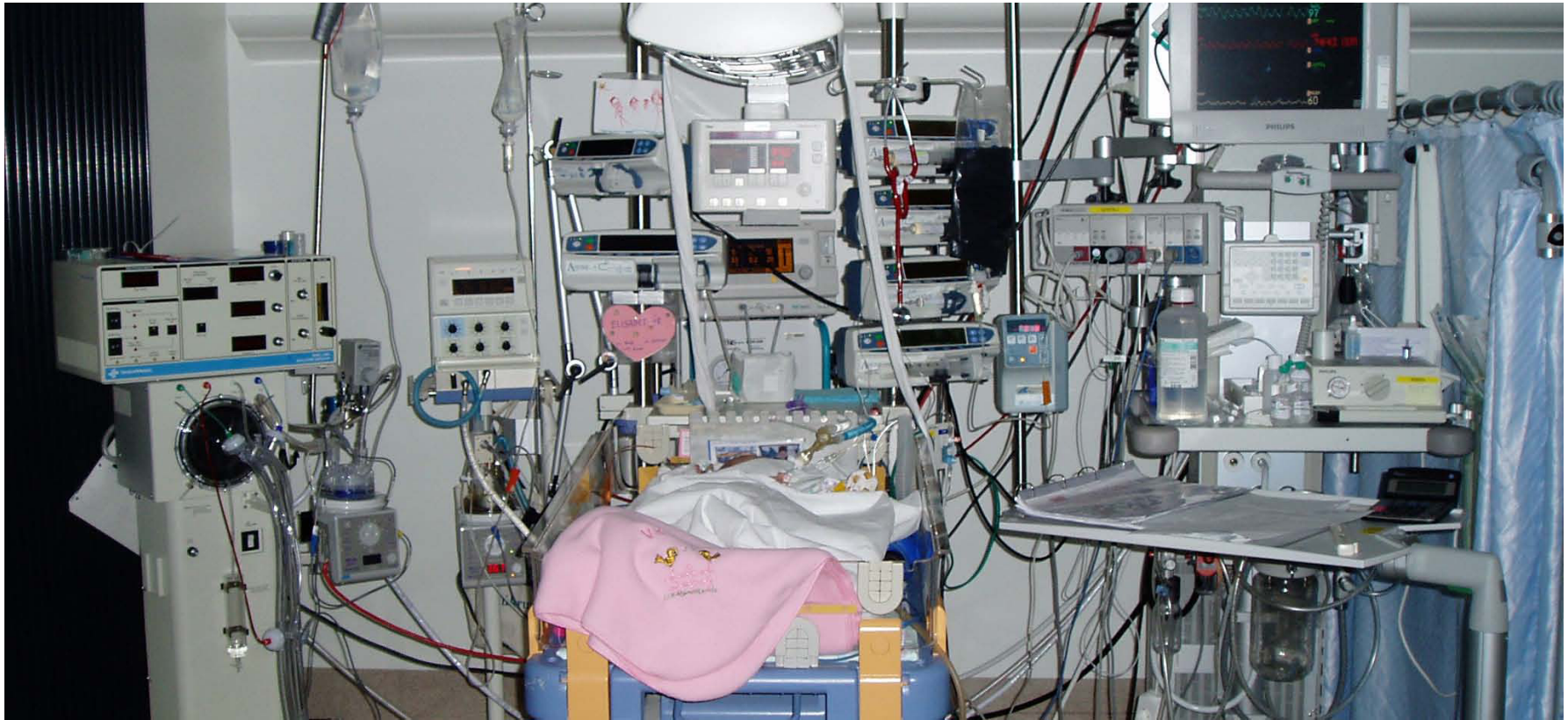


Obstacles

- Environment as an obstacle
- Physical and emotional burden
- Incongruence between wishes and demands
- Uncertainty about the purpose of and own skill in providing SSC
- Fear of hurting
- Feeling insufficient towards the family

TTTTTTTTT, TT TTTTTTTT:

The physical environment of the neonatal unit should provide space and privacy for families and reduce noise and “technology-stress” levels



Staff should encourage and support parents to provide skin-to-skin care, without inflicting pressure or feelings of guilt



Fathers need extra support to be confident in providing SSC



Courtesy: kangaroomothercare.com

The needs of the whole family, including siblings at home, should be taken into account



www.picturesofthepianet.com

Thank you for your attention!

