

Discharge Care Plan for Mothers Having Preterm Infant Admitted in Neonatal Intensive Care Unit

A Thesis

*Submitted for Partial Fulfillment of Master Degree
in Pediatric Nursing*

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LIST OF ABBREVIATIONS

<i>Abb.</i>	<i>Meaning</i>
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AAP	American Academy of Pediatric
AOP	Apnea of Prematurity
BPD	BronchoPulmonaryDsyplasia
BVs	Blood Vessels
CLD	Choronic Lung Disease
CNS	Central Nervous System
CPAP	Continous Positive Airway Pressure.
CP	Cerebral Palsy
ETT	Endo Tracheal Tube
GIT	Gastro IntestinalTract
HCP	Health Care Provider
HMD	Hyaline Membrane Disease
HRN	High Risk Neonate
ICH	Intra Cranial Haemorrhage
ICN	Intensive Care Nursery

List of Abbreviations 

ICP	Intra Cranial Pressure
IVF	IntraVenousFluid
IVH	IntraVentricular Heamorrhage
LBW	Low Birth Weight
NEC	Necrotizing Enterocolitis
NICU	Neonatal Intensive Care Unit
NGT	Naso Gastric Tube
NSAID	Non Steroidal Anti Inflammatory Drug
PDA	Patent Ductus Arterious
PGE2	ProstaGlandine E2
PO2	Partial Pressue of Oxygen
RDS	Respiratory Distress Syndrome
ROP	Retinopathy of Prematurity
SaO2	Oxygen Saturation
SIDS	Sudden Infant Death Syndrome
UDGT	Uridine Diphosphogluconurate Glucuronosyl Transferase
WBCs	White Blood Cells
WHO	World Health Organization

Abstract

This study aimed to assess discharge care plan for mothers having preterm Infant admitted at Neonatal Intensive Care Unit. **Settings:** The study was conducted in the Neonatal Intensive Care Unit at Obstetric & Gynecological & Children Hospitals affiliated to Ain Shams University Hospitals. **Subjects:** A purposive sample composed of 100 mothers having preterm infants admitted in the previously mentioned settings.

Tools of data collection: (1) Interview questionnaire sheet, to assess mother's knowledge regarding care of preterm infant after hospital discharge

, (2) observational checklists to assess the mother involvement practices related to care of preterm infant immediately before hospital discharge. **Results:** The study showed that more than half of mothers had incorrect knowledge about preterm infant, while nearly two thirds of mothers had incorrect knowledge about routine care for their preterm infant. **Conclusion:** The study concluded that more than half of studied mothers had unsatisfactory knowledge about care of preterm infants after hospital discharge .

Recommendations: The study recommended that Neonatal Intensive Care Unit implement strategies to educate mothers about discharge care plan for preterm infant.

Keywords: Preterm Infant, Neonatal Intensive Care Unit, Discharge Care plan.



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Introduction

Birth is considered preterm when it occur before the 37th week of pregnancy. A normal pregnancy last about 40 weeks. Those final weeks in the womb are crucial for healthy weight gain and for the full development of various vital organs, including the brain and lung. This is why preterm infants may have more medical problems and may require a longer hospital stay (*World Health Organization [WHO],2012*).

Preterm infants and their families experience unfamiliar, highly technical and often overwhelming journey through the Neonatal Intensive Care Unit (NICU). As the time to go home, parents may question their ability to care for their preterm infant without the support of NICU staff and technology. The comprehensive, well-planned discharge of a medically stable preterm infant help ensure a positive transition to home and safe, effective care after discharge. Supporting and involving parents in the discharge process give them confidence in caring for their preterm infant at home (*Whyte, 2013*).

Discharge planning for preterm infant require a systematic and interprofessional multidisciplinary

approach. Parents have an active role in discharge planning and require support both before and after discharge. Health Care Provider (HCP) is responsible for enhancing parental understanding of their preterm infant's medical issues and decrease parental stress , anxiety, and facilitate safe transition to home (*Helder, 2012*).

Nurses teach mothers to provide advanced care, prepare mothers to assume taking total active role, responsibility for care after the preterm infant leave the NICU. Nurses minimize psychological and physical distress experienced by mothers. This involve listening to the mothers and simply being present during stressful or emotional experiences , help mothers by suggesting ways to support their preterm infants in the hospital and home care setting as considered from the discharge plan (*Baumgart et al., 2015*).

Significance of study:

There are 136.000 babies are born preterm each year in Egypt and around 81.000 preterm babies die each year. Preterm birth account for the highest mortality rate among infants in the first year of life (*Liu et al., 2012*). Although mothers assume full responsibility for their preterm care following discharge, many do not feel fully prepared for

this role when they take their baby home especially if mother is primipara. Mothers having many concerns and insecurities regarding the care of their preterm. Mothers should be prepared to their preterm care in home setting. So It was important to carry out this study to shed light on importance of mother involvement in discharge plan of their preterm infants admitted to NICU.

Aim of the Study

This study aimed to assess discharge care plan for mothers having preterm infant admitted in NICU.

Research questions:

- ◆ What is mothers' knowledge about preterm care after hospital discharge?
- ◆ Is there relation between mothers' age and mother's knowledge & practice about preterm care?