



Keeping Women and Their Infants Together During the Recovery Phase Following Caesarean Section

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Problem

Mothers and infants who are separated following cesarean section birth are at higher risk for:

- *Decreased breastfeeding initiation and duration
- *Missing early post-birth familial experiences
- *Diminished psychosocial support
- *Post-partum depression



Inspiring a Shared Vision: Envision the Future

Primary goal was to develop and implement a program that ensures families remain together post-caesarean section. A secondary aim was to evaluate the effectiveness of the recovery room experience for families.

Objectives:

- Improve the recovery experience of mothers post-caesarean section through eliminating separation of mother and infant following birth
- Identify the significance of women remaining with their infants during the recovery phase following caesarean sections.
- Explore the impact of infant-mother post-caesarean section staying together has on maternal and family satisfaction.
- Normalize the birth experience

Present Practice	Future Practice
Cesarean sections performed in OR	Cesarean sections performed on OB unit
Post-cesarean section recovery in general PACU	Post-cesarean section recovery in OB PACU
Mother-baby split up during post-cesarean section recovery	Mother-baby remain together during post-cesarean section recovery

Inspiring a Shared Vision: Enlist Others

- Identify key stakeholders
- Develop team
- Discussion with OR and PAU to implement project:
 - Logistical changes needed
 - Staff changes needed



Team Members

Executive Director
Perinatal Nursing Services
Department of Anesthesia
Department of Pediatrics

Director, Acute Care
Peri-operative Nursing Services
Department of Obstetrics

Challenging the Process

- *Learning curve challenging for staff
- *Identification of location for recovery room
- *Keeping information consistent for patients (all staff providing same instructions).
- *Developing policies that support goals-Family Centered Care



Enable Others to Act

- *Met with consultants to identify recovery room training needs of OB nurses
- *Training program created to assist OB nurses develop their recovery room competencies.
- *Training program implementation projected July 2009

Encourage the Heart

"Because of the maternity recovery room, I was able to nurse my baby only 42 minutes after his birth (caesarean) rather than joining him over 2 hours later when he was being bottle fed because of my gestational diabetes. Having the chance to nurse first and be involved with decisions all through was very important to me"

--Quote from Mother with a c-section who recovered on 3-North



"I've had 2 previous C-sections @ LMH, this last experience was by far the very best. I was with my baby and husband the whole time. The opportunity to breastfeeding my baby and not be separated was very significant to my birthing experience this time around. The mental and emotional benefits, just knowing I had access to my baby, made me feel more happy and satisfied with the whole experience. Great Improvement!!

--Quote from Mother who had a c-section and recovered on 3-North

