Skin to Skin Bonding: Maternal Infant Nursing is FUN! 
Implementation of the Golden Hour

Background
In fast-paced Labor and Delivery and Mother Baby Units, the goal for patient care is nursing care that is perceived to be:
- Compassionate
- Family centered
- Provides a unique and memorable birth experience

Evidence shows that allowing a mother and her healthy, full-term infant a period of uninterrupted skin to skin bonding within the first hour of life helps the infant transition from fetal to extrauterine life with:
- More stable temperature
- Improved glucose control
- Effortless respiratory transition
- Enhanced early interaction between mother and child
- Improved breastfeeding rates

Purpose
The purpose of this quality improvement project was to achieve the target measure of:
- Skin to skin for a minimum of one hour
- Increase bonding time between the mother/baby dyad
- Promote Family Unit Nursing (FUN)
- Promote the Golden Hour
- Improve breastfeeding scores

Implementation
- Identified desired outcome
- Obtained support from leadership and administration that change is necessary
- Transitional Workforce Team was utilized as the catalyst for the change
- Assembled and reviewed evidence at the Transitional Workforce Meeting
- Piloted the change
- Full implementation utilizing the pilot evaluation and feedback from staff in Labor and Delivery and Mother-Baby Units

Outcomes
Through collaboration between Labor and Delivery and Mother/Baby Units, successful implementation of skin to skin and The Golden Hour was achieved.

Conclusions
- Skin to skin in the first hour improved as shown by random chart audit.
- Exclusive breastfeeding numbers improved.
- Patient experience scores increased.

References