Discharge Readiness for Families With a Premature Infant Living in Appalachia

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Problem Statement

✧ Premature infants are discharged to home with unresolved medical complications.
✧ Parents manage medical equipment, multiple appointments, and have difficulty coping.
✧ Families living in rural and underserved areas are challenged with access to care.
✧ There is a paucity of research highlighting discharge readiness and transition to home for families with a premature infant living in Appalachia.
Review of the Literature

- Discharge Readiness
- High Risk Infants
- Measurement of Discharge Readiness
- Role Adaptation
- Mental Health
Living in Appalachia

✧ Rural
✧ Health Disparities
✧ Access to Care

Subregions in Appalachia (arc.gov, 2009)
The purpose of this study was to explore the perceptions of parents who have a premature infant and live in Appalachia, regarding discharge readiness from the NICU, and access to care.
Theory

Kenner Transition Model

PARENTAL TRANSITION FROM NICU TO HOME INCLUDES:

- Stress and Coping
- Parent–Child Role Development
- Informational Needs
- Social Interaction
- Grief
Research Process

✧ **Method** - Qualitative
  ✧ Interpretive Phenomenology

✧ **Participants**
  ✧ Inclusion & Exclusion

✧ **Setting**

✧ **Data Collection**

✧ **Data Analysis & Trustworthiness**
Research Question

✧ What is the lived experience of families with a premature infant living in Appalachia and their perception of discharge readiness and transition to home?
✧ Guiding Questions
Findings

✧ Overarching Theme
  ✧ Adaptation to a New Family, Finding Normalcy

✧ Themes
  ✧ Riding out the Storm
  ✧ Righting the Ship
  ✧ Finding Solid Ground
Riding out the Storm
Subthemes

✧ Having the carpet pulled out
✧ Things I lost
✧ Feel like an outsider
✧ Sink or swim
Righting the Ship
Subthemes

✧ Quest for knowledge – begging for more
✧ Caring for me
✧ Customized learning
Finding Solid Ground
Subthemes

✿ Getting to know baby
✿ Becoming the expert
✿ Ongoing emotions
✿ Adjusted parental role
Adapting to New Family Roles, Finding Normalcy

- **Riding Out the Storm**
  - *Having the carpet pulled out from under me*
  - *Things I lost*
  - *Feel like an outsider*
  - *Sink or swim*

- **Righting the Ship**
  - *Facilitate Preparedness*
  - *Quest for Knowledge*
  - *Caring for Me*
  - *Customized Learning*

- **Finding Solid Ground**
  - *Getting to know baby*
  - *Becoming expert*
  - *Ongoing Emotions*
  - *Adjusted Parental Role*

**Bridge to Home**

- **Barriers & Challenges**
  - Loss - Financial, Time, Privacy, Normalcy
  - Inconsistencies - Communication, Rules & Policies, Access

- **Adapting to a new family, Finding Normalcy**

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Implications

✧ Theory
  ✧ Adaptation & Transition

✧ Research
  ✧ Discharge readiness
  ✧ Parent’s needs after discharge
  ✧ Differences between mothers and fathers
Implications (cont.)

✧ Practice
  ✧ Family centered care
  ✧ Education for nurses
  ✧ Collaborative discharge plan

✧ Policy
  ✧ Funds for community telehealth
  ✧ Policies to train first responders
  ✧ Policies to support mental health providers
Questions