Implementing Couplet Caring in a Maternal Newborn Unit

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• Keeping mothers and babies together is one step to improve exclusive breastfeeding rates
• Couplet caring is not fully supported by the healthcare team as evidenced by separation of mother and babies

Purpose
• Increase time mothers and newborns spend together during their hospital stay

Methods
• Tertiary care hospital providing high risk maternal-newborn care, 42 bed Mother-Infant Center with 3,200 births annually
• Gained administrative support
• Formed team of 11 direct care nurses
• Created data collection tool
• Identified goals and barriers
• Developed educational and marketing materials
• Educated physicians, nurses, midwives, nursing assistants, and patients and families
• Data collection April 2016- April 2017

Unanticipated Outcomes
• Unit became quieter
• Less steps taken by nursing in 12 hour shift minimum 0.8 mile/shift
• Reallocate nursery to Continuing Care Nursery to handle increased NICU volume

Data

<table>
<thead>
<tr>
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<th>Pre</th>
<th>Post</th>
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<tbody>
<tr>
<td>Newborns staying with mother in room</td>
<td>80%</td>
<td>82%</td>
</tr>
<tr>
<td>In nursery for nonmedical reason</td>
<td>16%</td>
<td>10%</td>
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<tr>
<td>Average Daily Census</td>
<td>18</td>
<td>18</td>
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Leadership Journey
• Model the Way
  • Acted in positive, upbeat and energetic manner when talking about couplet caring
  • Listened and incorporated team ideas in processes

• Inspire a Shared Vision
  • Increased awareness of bonding
  • Collaborated with all personnel to assist in maintaining the mother-baby bond

• Challenge the Process
  • Investigated the history of newborns taken to nursery
  • Redefined appropriate reasons for newborn to be in nursery

• Enable Others to Act
  • Fostered collaboration with staff and team
  • Shared knowledge of best practices

• Encourage the Heart
  • Recognized team members involvement and impact with small gifts of appreciation
  • Verbal acknowledgement of progress

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Next Steps
• Project sustainability through peer review and staff accountability
• Quarterly data collection

Pre     Post

Newborns staying with mother in room 80% 82%
In nursery for nonmedical reason 16% 10%
Average Daily Census 18 18

Discussion
The immediate post-implementation findings suggest that couplet caring has begun to take hold in the Maternal-Newborn Unit. Continued modeling of behavior as a standard of nursing practice and continued tracking will ensure the sustainability of this work and move the unit close to meeting the Joint Commission Perinatal Care standards.