Do You ROO? A Quality Improvement and Practice Change Project to Implement Kangaroo Care in the Postpartum Period

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Practice Problem
- Kangaroo Care not utilized during the inpatient postpartum period
- Kangaroo Care is standard at birth and in the Neonatal Intensive Care Unit
- Education, documentation of KC not standard during postpartum period
- Kangaroo Care may increase mother’s self-efficacy in care of newborn
- Maternal lack of self-efficacy creates strain on nurse and on self
- Lack of KC, separation of couplet may affect couplet’s ability to bond
- Poor positioning, possibly related to lack of knowledge, increases risk of Sudden Unexpected Postnatal Collapse (SUPC)

Project Description
- Develop documentation piece with nursing informatics with goal of implementing prior to annual nursing competencies
- Utilized standardized KC education provided by Ohio Department of Health for annual nursing competencies
- Near-daily monitoring of KC documentation
- Frequent reminders to document use of KC
- Continual contact with nursing informatics for data reporting, improvement of documentation based on feedback from bedside nursing staff

Results

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<th>Week</th>
<th>Total number of Newborns</th>
<th>Average KC Minutes per Newborn</th>
<th>Total Number of KC min</th>
<th>Newborns with KC</th>
<th>Newborns with no KC</th>
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Conclusions
- Statistically and clinically significant increase in use of KC
- Process of change required in-depth interdisciplinary support
- Nurses identified barriers to using Kangaroo care, some personal and some safety-related
- Perceived nursing workload may affect implementation
- Education of nurses not enough to implement change- must continually monitor change process, reinforce reasoning behind need for change process
- Change itself takes time- changing current practice may take longer than expected

References

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Nursing and Healthcare Implications
- Identification of stakeholders and internal processes necessary for success
- Well-planned change can still experience unexpected barriers
- Nurses perception of process important as lack thereof can derail implementation
- Increasing documentation requirements increases time nurses spend on documentation
- Adjustments to staffing matrices may assist with increasing documentation requirements
- More research needed on use of KC during the postpartum period