Assessment of implementation of developmental care and its barriers in neonatal intensive care units in teaching hospital of Tehran university of medical sciences 2012

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Abstract
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Background & Objective: Implementation of developmental care in the neonatal intensive care unit causes physiologic stability and energy conservation of neonates and reduces infant and family stress; reduces the duration of hospitalization and treatment costs. Since nurses face some barriers to the implementation of developmental care and considering the benefits of developmental care, therefore the present study aimed to investigate the implementation of developmental care and its barriers in neonatal intensive care units in teaching hospitals affiliated to Tehran University of Medical Sciences.

Methods & Materials: In this cross-sectional study, 138 nurses were selected to the study through a convenience sampling method. Data collection instrument was a questionnaire which examined the barriers and implementation of development care. Data were analyzed using descriptive statistical indexes, independent t-test, Pearson correlation coefficient and regression in the SPSS v.20.

Results: The mean rates of implementation developmental care in the neonatal intensive care units was 66/53%. Routine and daily care was the most implemented (79/46%) aspect of developmental in this study while assessment and management of pain and stress was the lowest (59/16%) aspect of implementation of developmental care. The main barriers of aspects of developmental care was not having enough time to care and inappropriate NICU environment of space and the equipment. Institutional barriers to the mismatch between number of patients nurses (92/75%), and fatigue and high workload (92/03% respectively).

Conclusion: This study showed that the implementation of developmental care aspects in the neonatal intensive care unit is low and nurses often due to high workload and patient to nurse ratio mismatch faced with a lack of time and could not provide quality care to infants, including developmental care.