The effects of premature infant's parent empowerment program in NICU, on their involvement, stress and beliefs

Dissertation for Master Degree of Pediatric Nursing

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Abstract

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BACKGROUND AND OBJECTIVE: The birth of a premature infant requiring admission to a Neonatal Intensive Care Unit (NICU) can represent a considerable source of stress for parents. Nurses are persons, which can prevent of these problems whit family centered cares. Our goal was to study the effects of premature infant's parent empowerment program in NICU, as a family centered intervention, on their involvement, stress and beliefs.

METHODS AND PARTICIPANTS: A quasi-experimental, posttest-only design with a comparison group was conducted with 76 families with preterm infants from 2010 to 2011 in NICUs and high risk neonate units in two Hospitals of Tehran University of Medical Science. All mothers and fathers were above 18 years of age and whose infants born at the study sites, below 48 weeks of gestational age. Parents in experiment group received information and behavioral activities about the appearance and behavioral characteristics of preterm infants and how best to parent them via verbal face to face education, audio taped in CD or Bluetooth and written materials.

RESULTS: Mothers in the empowerment program group were more involved in their infants’ care (M: 28.8873.32) compared with control mothers (M: 25.6473.56) (p=0.11), and fathers in the empowerment program group were more involved in their infants’ care (M: 22.673.33) compared with control fathers (M: 9.5872.96) (p=0.11). Mothers in the empowerment program group reported significantly less stress in the NICU (M: 71.18727.54) compared with control mothers (M: 81.14729.9) (p=0.11), and fathers in the empowerment program group reported significantly less stress in the NICU (M: 63.74729.93) compared with control fathers (M: 77.6727.4) (p=0.11).

Mothers in the empowerment program group reported significantly higher beliefs about their parent role and what behaviors and characteristics to expect of their infants during hospitalization (M: 34.3876.1) compared with control mothers (M: 23.3475.2) (p=0.11), as well as, fathers in the empowerment program group reported significantly higher beliefs (M: 3575.45) compared with control fathers (M: 28.375.77) (p=0.11).

CONCLUSIONS: Probably, parent empowerment program can involve parents in their infants’ care and reduce parenting stress among both mothers and fathers of preterm infants and improves their beliefs about parental role and what behaviors and characteristics to expect of their infants in NICU.

MeSH KEYWORDS: Parents; Infants, Premature; Intensive Care Units, Neonatal; Family Nursing

Non MeSH KEYWORD: Parent Empowerment Program