

**Nursing Care for Premature Babies: Quality Improvement**

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## **Nursing Care for Premature Babies: Quality Improvement**

*Quality improvement* is a concept that enhances the outcome of the aspect that needs an overview to upgrade. In healthcare, it is a factor that is consistently shifting to maintain the best and most up-to-date improvements. The quality improvement consists of knowledge, skills, and attitude. According to Quality and Safety Education for Nurses QSEN (2020), knowledge is essential since it analyzes the measurement and variations in the quality of care. QSEN (2020) realizes how healthcare professional students also play a role in the outcome of adequate care. Skills play a role as healthcare workers have clinicians and labs to study to prepare for the real world and seek improvement. The last category discussed within the competency is attitude. QSEN (2020) mentions how attitude is fundamental to the value of care and outcome. It can toggle the variation of the effect of how valuable and how the mood of co-workers affects teamwork. In the article by Kourouma et al. (2021), the study discusses implementing the kangaroo mother care system (KMC) for preterm newborn babies. The implementation seeks to understand the barriers that prevent its full potential and how to facilitate efficient kangaroo mother care (Kourouma et al., 2021). It impacts the nursing practice as it helps reveal the negative and positive aspects of improving the quality of care for newborn babies. It helps nursing practice discover different care areas and how implementing KMC is crucial for premature newborns. The care areas focus on skin-to-skin contact, educating staff and mothers, and support from caregivers (Kourouma et al., 2021). The significance of KMC implementation is to educate the mothers about the importance of this care that premature babies need. Overall, KMC can lead to early discharge due to newborns gaining their health back.

### **Article Summary**

Newborn babies are fragile, and when they happen to be premature or low birth weight babies, they require more close contact care. Kangaroo mother care ensures the baby gets skin-to-skin contact and proper breastfeeding (Kourouma et al., 2021). New mothers and family members may not know how to carry a child correctly! This study focuses on educating the patients on how to care for their babies in these times of need. It highlights how crucial it is to be there for them. Many facilitators and barriers can play a role, and the study goes in-depth and discusses the problems some mothers face. Kangaroo mother nurses focus on fighting the barriers and spreading awareness of this type of nursing practice to their facilities and patients.

### **Introduction**

Premature newborn babies are fragile and need careful attention and close monitoring. Implementing kangaroo mother care ensures the baby receives one-on-one contact with either a healthcare professional or their mother. The primary purpose is to give an overview and explain how KMC upgrades benefit the newborn and mother. It discusses the negatives and positives of implementing KMC and how it is a low-tech and cost-effective communication (Kourouma et al., 2021). The downfall is from lack of human resources, lack of supply, and father resistance. On the other hand, the positive is gaining knowledge, training, and support in the nursing practice. It will impact not only the baby's health but the mother's attitude to steer away from anxiety and depression in hopes that it will positively impact the healthcare facility.

### **Overview**

The research article relates its impact on nursing by discussing how KMC facilitates care for premature babies. KMC participates in a hospital setting after giving birth since its primary

focus is on premature babies and ensuring proper care. Nurses and health care professionals do their best to get education on helping premature babies meet their basic needs as skin-to-skin contact. Healthcare professionals receive continuing education related to premature babies and help mothers on how to nurture their newborns. Enhancements following the QSEN (2020) guidelines with meeting the task of knowledge, skills, and attitude require a set plan. This study focused on improving personal time by focusing on skin-to-skin contact and education on breastfeeding (Kourouma et al., 2021). It reaches the nurses to be taught the proper care for KMC. The nurses receive continuing education and educate the mothers and family members about KMC. The attitudes in this situation are sensitive since the babies are premature and need extra care.

### **Quality Improvement**

During the pre-stages, the committee must ensure enough research is done through the committee to get approval. Included in the pre-stages is to have the financial assets to get the supplies needed. Also, proper education among nurse educators ensures that the staff is well trained and prepared for implementing changes. The intra-stage focuses on appropriate documentation and analyzing data. Teamwork is essential and proper leadership within the nurse educator lends a helping hand if needed. The post-stage is checking the effectiveness of the implementation and checkups discussing outcomes. Accurate observations if there are any upgrades required to ensure quality improvement. Scouting for up-to-date data or if more financial assets are required to continue this improvement. Financially this institution discusses how it was a low-cost-effective intervention (Kourouma et al., 2021). Patient satisfaction would vary between the patient's cultures; some disagreed as they frowned upon the idea of holding

their baby across the chest, which can be a form of indecency (Kourouma et al., 2021). Although, patients who did approve were glad to have this experience. First-time mothers need education on the importance of skin-to-skin contact with their newborn babies and tips on breastfeeding properly (Kourouma et al., 2021). KMC gave them confidence and encouraged them to breastfeed and learn the benefits of skin-to-skin contact. Nurses' satisfaction is well-received as they get training and continuing education on how to teach parents about the importance of KMC and demonstration of it. Nurses who are mothers themselves found it more touching as they were able to relate to the mothers with newborns. It would impact the patient's safety as they gained trust in the facility. The parents can observe how the health care professionals are taking their time to communicate thoroughly with parents about their child. It would put the patient at ease and make them feel safe and at peace. It increases nurses' safety as this would form and grow into their continuing education and proper training on new implementations. Overall, KMC is crucial for premature babies, and having adequate support to teach mothers is vital in healthcare.

### **Application to Nursing**

Kangaroo mother care applies to nursing in a multitude of different ways. It implies to the reader how KMC affects the nursing practice. KMC implementation summarized the importance of volunteer staff motivation, intensifying education and counseling of mothers and families, the recruitment of a psychologist, and the involvement of all stakeholders (Kourouma et al., 2021). It teaches women to be able to use this after discharge from the hospital. It applies to the concern of new mothers caring for premature and low birth weight babies.

### **Practice**

The recommended nursing practice for KMC is to give mothers and family members proper education and training on how to hold and care for their premature babies. KMC has care practices focusing on skin-to-skin contact and breastfeeding (Kourouma et al., 2021). These implementations are to help the baby back to its health. Kourouma et al. (2021) discuss how KMC is a proven intervention in improving the survival and health of high-risk newborns in low and middle-income countries. It is crucial for mothers and family members to understand the implementation and importance of this practice for the baby's needs to have the proper care needed.

### **Education**

The methods for education in nursing practices can vary; the participants were interviewed and received continuous education. Healthcare workers who work at the KMC unit receive KMC training and a short module on breastfeeding management and counseling (Kourouma et al., 2021). The current guidelines are that the healthcare professionals receive continuous education to ensure they catch up on any updates in the policy or administration. The guidelines determine the implications that facilitate KMC and barriers in the way. Education is essential in improving nurses' knowledge and skills in facilitating KMC. Training included interviews with comprehension questions to collect data as well as videos and interactions with family members newborns and the importance of receiving continuous education. A study in Zambia showed that mothers accept KMC after proper education and good communication by healthcare staff (Kourouma et al., 2021). The study proves how implementing education guidelines with the healthcare professional team can have positive outcomes.

### **Research**

Kangaroo mother care has multiple barriers as to what affected the results. The lack of food, space, and human resources, increased workload, and lack of evidence from other countries' barriers (Kourouma et al., 2021). Due to the barriers, this study would benefit from focusing on how to minimize the barriers as a priority. It would help to take a deeper look into this study and include more resources! More barriers in this study include a lack of awareness and observing other cultural beliefs. It would help bring a thorough perspective by bringing a psychologist and culturally diverse patients to a larger group in this study. The results for KMC implied the need to have volunteer staff motivation, intensifying education and counseling of mothers and families, recruitment of a psychologist, and the involvement of stakeholders (Kourouma et al., 2021). The collection of results identifies weak spots as their priorities to maximize the best care for babies needing KMC.

### **Conclusion**

Overall, kangaroo mother care is an effective care method for a premature and low birth weight baby—the QSEN (2020) competency focus on knowledge, skills, and attitude. Specifically, for quality improvement, healthcare workers must be knowledgeable in the quality of care and outcomes in clinical practices (QSEN,2020). Healthcare professionals must complete a set of skills and practice them over and over to succeed, whether in a clinical setting or lab. Attitude plays a vital role in quality improvement as it affects the clients' satisfaction and sets the tone for the other people surrounding the healthcare professional. The impact kangaroo mother care has on nursing practice allows nurses to grow and expand their knowledge in the nursing practice. It can assure mothers they give their premature or low-weight birth babies the proper care they need with the education provided by the nurses. It signifies the importance of educating

mothers and family members on how to care for their children and providing skin-to-skin contact.

## References

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