

Coping in the Neonatal Intensive Care Unit (NICU):

Literature Review

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Coping in the Neonatal Intensive Care Unit (NICU)

Premature labor results in the start of the neonatal intensive care unit (NICU) journey. It adds stress and different emotions for the mother and father that can be difficult to handle (Hagen et al., 2016). Caring for a new baby is a challenge but caring for a premature baby can come with setbacks. It is important for the parents to stay rested and eat well during and after the neonatal intensive care unit (NICU) stay so that they can provide the best care and support for their baby, themselves, and each other (Mayo Clinic, 2017). This literature review will use various qualitative research articles to determine how parents coped during their time in the neonatal intensive care unit (NICU).

Differences and similarities between mothers and fathers of premature children: a qualitative study of parents' coping experiences in a neonatal intensive care unit

The researchers intend to describe and explore the coping experiences of parents with a baby admitted to a neonatal intensive care unit (NICU). Coping was found to be more straightforward when parents' opinions were heard (Hagen et al., 2016). They advised that nurses in the NICU should consider the previous experiences of the parents during care and when planning for discharge (Hagen et al., 2016). The social work team plays a vital role throughout the hospitalization and discharge planning (Mayo Clinic, 2017).

Key Points (note that the key points is flush to the far left)

This author addressed two questions throughout this article: which factors affect parents' coping experiencing the neonatal intensive care unit (NICU) and which similarities and differences can be identified between fathers and mothers coping experiences. According to the

results from the interviews with the different sets of parents, the fathers seemed to feel more detached than the mothers (Hagen et al., 2016). The fathers wanted to appear strong and supportive for the mother of their child. Whereas, the mothers pointed their focus less on their recovery and more towards their new baby (Hagen et al., 2016). Outside distractions also played a role in their coping experiences. Parents questioned whether or not they would be able to provide for their family and be present in their other kids' life while having a baby in the neonatal intensive care unit (NICU) (Hagen et al., 2016).

Assumptions

The key concept we need to understand from this article is that mothers and fathers cope differently. Each gender focuses on different aspects of the neonatal intensive care unit (NICU). According to the journal, there were eight fathers and eight mothers that took part in this qualitative research (Hagen et al., 2016).

Deficit/Conclusion

Mostly, this article informs members of the healthcare team providing care to the baby that they need to understand that these parents may have prior experiences with the neonatal intensive care unit (NICU) and might find it difficult to cope if their past experience was unpleasant (Hagen et al., 2016). During this study, it was discovered that when health care personnel listened to the parents opinions and desires, for their baby, it had a positive impact on their coping (Hagen et al., 2016). If this finding is supported, then members of the care team should provide individualized care, compassion, and support to the parents of these tiny humans. Nurses

are not only caring for the baby but also the parents who are embarking on a very stressful journey.

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Key Points

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Assumptions

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Deficit/Conclusion

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Conclusion

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References

Hagen, I. H., Iversen, V. C., & Svindseth, M. F. (2016). Differences and similarities between mothers and fathers of premature children: A qualitative study of parents' coping experiences in a neonatal intensive care unit. *BMC Pediatrics*, 16(1).

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