Supporting Fathers in a Neonatal ICU

Aim Statement:
By January 2020 all fathers will undertake kangaroo father care within 72 hours of their preterm babies birth

Background:
Kangaroo Care benefits preterm infants. Fathers wish to be involved in family centred care. Fathers experience different barriers, a father friendly approach is needed

Team members:
- **Sponsors**: Dr Rieger (HOD) and Jan White (Stream manager)
- **Project Team**
  - Monique Manzanera (Social Work)
  - Alanna Byrne (clinical psychologist NICU)
  - Caroline Hardmann/ Mel Bollen (Physios NICU)
  - Bonnie Fonti/ Jill Martin (RN’s from NICU Newborn family support team)
  - Sara Brown (Neonatal Nurse Practitioner)
  - Dr Krystal Carmen- Neonatal Fellow
  - Rebecca Riley/ Kirsten Bennie (Clinical Nurse Educators)
  - Heather Taylor (Lactation nurse- NICU)
  - Shelly Reid- Research RN NICU
  - Quality Advisor: Ben Short (SLHD quality advisor)
  - Consumer involvement: David L (Previous NICU father)

Driver Diagram Template

**The Problem:** Supporting fathers in a Neonatal ICU

**Primary Drivers**
- Clinical Environment
  - Process Measure: Increase presence of fathers in wall posters and unit advertising
- Education for staff
  - Process Measure: 90% of staff participating in teaching session
- Provision of Information
  - Process Measure: Written information in family resources
- Increase clinical support
  - Process Measure: Partnership/ fathers needed

**Secondary Drivers**
- Lack of space / privacy for dads
- No specific fathers room
- Majority of posters have mothers
- Uncertainty how to involve fathers
- Benefits of Kangaroo Care
- Focus on mothers + breast feeding only
- Written information is mum focused
- No specific written info for dads
- Dads want a task list
- Dads can’t reach out

**Change Ideas**
- Increase number of picture screens
- Seek out father’s room
- New fundraising material: involving fathers
- Identification of award champion
- Documentation in daily chart of fathers kangaroo care
- Inservice teaching
- Online teaching module
- Website to be father friendly
- Wait booked to include action on fathers
- Task list to be generated
- Antenatal care to highlight mothers role

**Priority Change Ideas**
- Impact: High
- Implementation: Easy
- Impact: High
- Implementation: Hard
- Impact: Low
- Implementation: Easy
- Impact: Low
- Implementation: Hard
- Impact: Low
- Implementation: Easy
- Impact: Low
- Implementation: Easy

**Driver Diagram Template**

**Overall Outcome of Project:**
- Although we briefly reached our stretch goal, we were unable to sustain the initial momentum....
- However,
- Fathers need support
- The importance and profile of fathers as part of family centred care has been increased
- Kangaroo Care is only one way that fathers participate in care

**Literature review:**

**Results**

**Outcome measures**

**Results (continued)**
- All babies received breast milk
- 70% of nursing staff received some education on supporting fathers
- Fathers included in family resources and ward advertising

**Discussion**
- Fathers (partners) are important in the family centred care model
- Educating staff and modifying the environment are easy interventions
- Providing support to fathers requires a multi-disciplinary team

**Plans to sustain change**
1. Standardisation
   - Fathers are included w/i the environment
   - Fathers night to continue monthly
   - Parents resources all include fathers
2. Training
   - Frequent education sessions for staff
   - 6 monthly program for families
3. Measurement
   - 3 monthly review of data & feedback

**Plans to spread/share change**
SLHD/ NSW health Quality Award PSANZ 2021