The Association of a Single Family Room NICU Environment on Parental Stress

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Objective

After attending this presentation, participants will be able to associate how different NICU environments can impact parental stress.
I have nothing to disclose
<table>
<thead>
<tr>
<th>Inclusion Criteria</th>
<th>Exclusion Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>All infants admitted longer than 48 hours</td>
<td>Terminal Diagnosis</td>
</tr>
<tr>
<td></td>
<td>Acuity level 5 (medically unstable)</td>
</tr>
<tr>
<td></td>
<td>Infant in child protective services</td>
</tr>
<tr>
<td></td>
<td>Non English / Spanish speaking</td>
</tr>
<tr>
<td></td>
<td>Admitted 2 weeks prior to the move</td>
</tr>
</tbody>
</table>
Parental Stress Scale: NICU

Sights and Sounds

1 = Not stressful: the experience did not cause you to feel upset, tense or anxious
2 = A little stressful
3 = Moderately stressful
4 = Very stressful
5 = Extremely stressful: the experience upset you and caused a lot of anxiety or tension.

Baby Looks and Behaves

Treatments

Relationship Parental Role

Sources: Nursing Research 1993
### Demographic Data

<table>
<thead>
<tr>
<th>Parent data</th>
<th>Mean &amp; %</th>
<th>Infant data</th>
<th>Mean &amp; %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>26.9</td>
<td>750-1000 gm</td>
<td>11.0%</td>
</tr>
<tr>
<td>Mother</td>
<td>95.0%</td>
<td>1000-1500 gm</td>
<td>14.5%</td>
</tr>
<tr>
<td>African Am</td>
<td>16.5%</td>
<td>1500-2000 gm</td>
<td>16.0%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>16.0%</td>
<td>2000-2500 gm</td>
<td>8.0%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>65.0%</td>
<td>2500-3000 gm</td>
<td>14.5%</td>
</tr>
<tr>
<td>Married</td>
<td>57.5%</td>
<td>&gt;3000 gm</td>
<td>34.0%</td>
</tr>
<tr>
<td>HS graduate</td>
<td>25.5%</td>
<td>Gest. Age</td>
<td>34</td>
</tr>
<tr>
<td>College</td>
<td>26.5%</td>
<td>C/S</td>
<td>57.0%</td>
</tr>
<tr>
<td>College graduate</td>
<td>38.0%</td>
<td>Acuity</td>
<td>2.3</td>
</tr>
</tbody>
</table>
Sights and Sounds

Q1-The presence of monitors and equipment
Q2-The constant noises of monitors and equipment
Q3-The sudden noises of monitor alarms
Q4-The other sick babies in the room
Q5-The large number of people working in the unit
Q6-Having a machine (respirator) breathe for my baby

Pre Move Mean
Post Move Mean
Sights and Sounds

Q1-The presence of monitors and equipment
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Pre Move Mean
Post Move Mean
Baby Looks and Behaves

Pre Move Mean
Post Move Mean
Baby Looks and Behaves

Q1. Baby Looks and Behaves on or near my baby
Q2. Bruises, cuts, or incisions on my baby
Q3. The unusual color of my baby (e.g., redness)
Q4. My baby’s unusual or abnormal breathing
Q5. The wrinkled appearance of my baby
Q6. My baby being fed by an intravenous line
Q7. Seeing needles and tubes put in my baby
Q8. When my baby seemed to be in pain
Q9. When my baby looked sad
Q10. My baby looked to be in pain
Q11. My baby looked to be in pain
Q12. My baby looked to be in pain
Q13. My baby looked sad
Q14. My baby looked sad
Q15. My baby looked sad
Q16. Seeing my baby suddenly change color
Q17. Seeing my baby stop breathing

Pre Move Mean
Post Move Mean
Parental Role and Relationship

Q1 - Being separated from my baby
Q2 - Not feeding my baby myself
Q3 - Not being able to care for my baby myself
Q4 - Not being able to hold my baby when I want
Q5 - Feeling helpless and unable to protect my baby
Q6 - Feeling helpless about how to help my baby
Q7 - Sometimes forgetting what my baby looks like
Q8 - Not being able to share my baby with others
Q9 - Feeling staff is closer to my baby than I am
Q10 - Being afraid of touching or holding my baby

Pre Move Mean
Post Move Mean
Parental Role and Relationship

Q1: Being separated from my baby
Q2: Not feeding my baby myself
Q3: Not being able to hold my baby
Q4: Feeling helpless and unable to protect my baby
Q5: Not having time to be alone with my baby
Q6: Sometimes forgetting what my baby looks like
Q7: Not being able to share my baby with others
Q8: Feeling staff is closer to my baby than I am
Q9: Pre Move Mean
Q10: Post Move Mean

0 0.5 1 1.5 2 2.5 3 3.5 4 4.5 5
Implications for practice
Future Research

- Updated measurement tool. Many NICU tools do not take into account single family rooms.
- Single family rooms and family centered care. Can the implementation of a family centered care dynamic impact the overall stress of families of NICU infants.
- What are the negative impacts of the single family rooms related to parental stress.
- Consider a multisite study to look at parental stress.
Limitations

- The PSS-NICU – overall stress question
- Enrollment shortage
- Acuity
