



S.H.E.D:- Support and Help for Every Dad Improving support for dads

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Manager, Jovaughn Stewart, Karen Tomasino – Modern Matron, Photographs with permission

1. Aim: To improve the support offered to dads in the first 24 hours from delivery by 50% in six months on the Neonatal Unit.

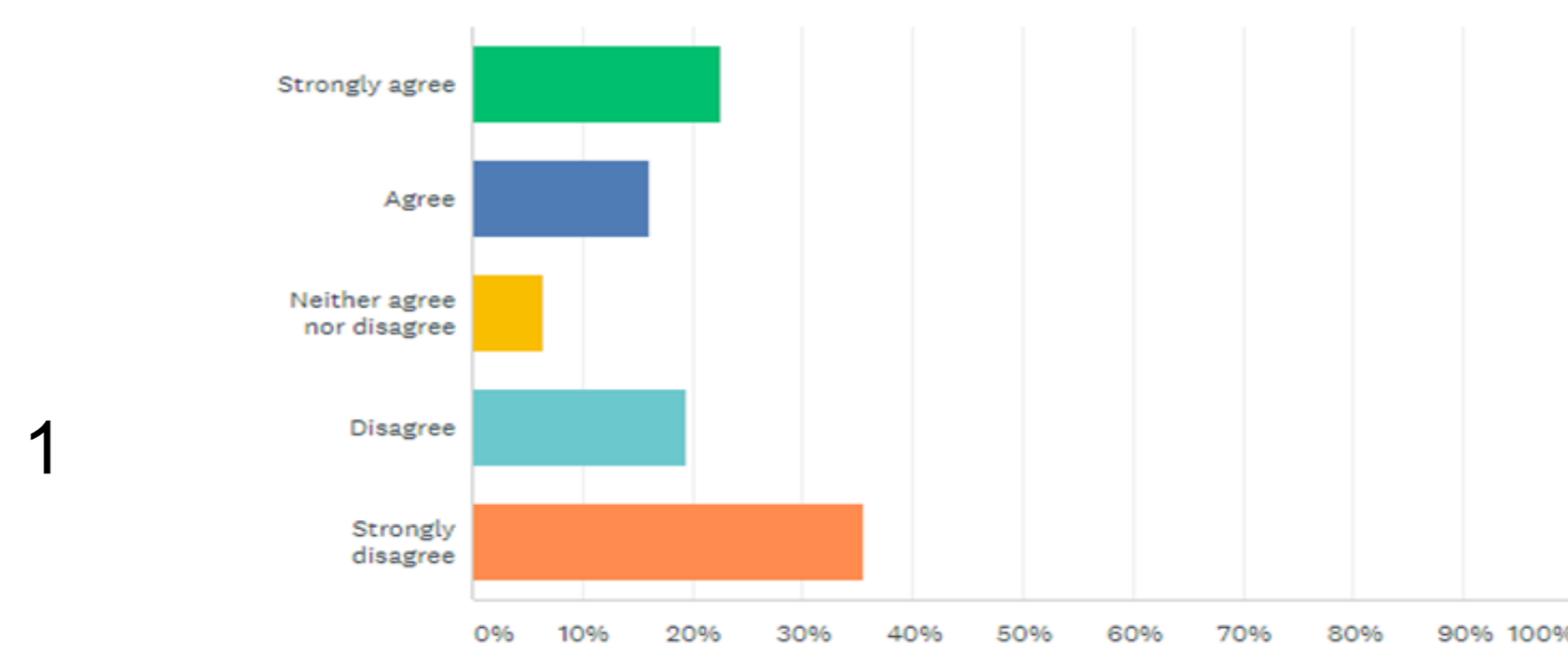
2. Background: 1:10 Babies born in Gloucester Royal Hospitals is admitted to the Neonatal Unit. This highly specialised intensive care ward is not part of any parent's plan for their baby after delivery. This means that the parents and their families are unprepared for such experience. They are often offered hurried information about the Unit while being prepared for the imminent delivery of their sick /or premature baby. Often, due to the emergency of the situation, it can be too late to have any form of discussion. The awareness of the importance of parents partnering in the care of their baby is acknowledged but the priority of the baby's and mother's immediate needs to be stabilise in the first 24 hours often result in dads feeling alone, disjointed and fearful that their views do not hold any significance.

3. Parent Survey:

Survey 1: displays the apprehension felt by most fathers upon immediate admittance into the unit. This is because in a typical birth they already feel stressed and uncertain to have this further compounded by the increased risk of maternal and infant mortality. This was reflected by the behaviour and reactions I observed of fathers' on the neonatal unit, who struggled to remain calm and retain important information. This was one of the first and most noticeable changes upon establishment of the support group for Dads. Survey 2 below, where the bond reported by fathers to their new-borns had significantly increased in the first 24 hours.

I was prepared for my child/children to be admitted to the neonatal unit

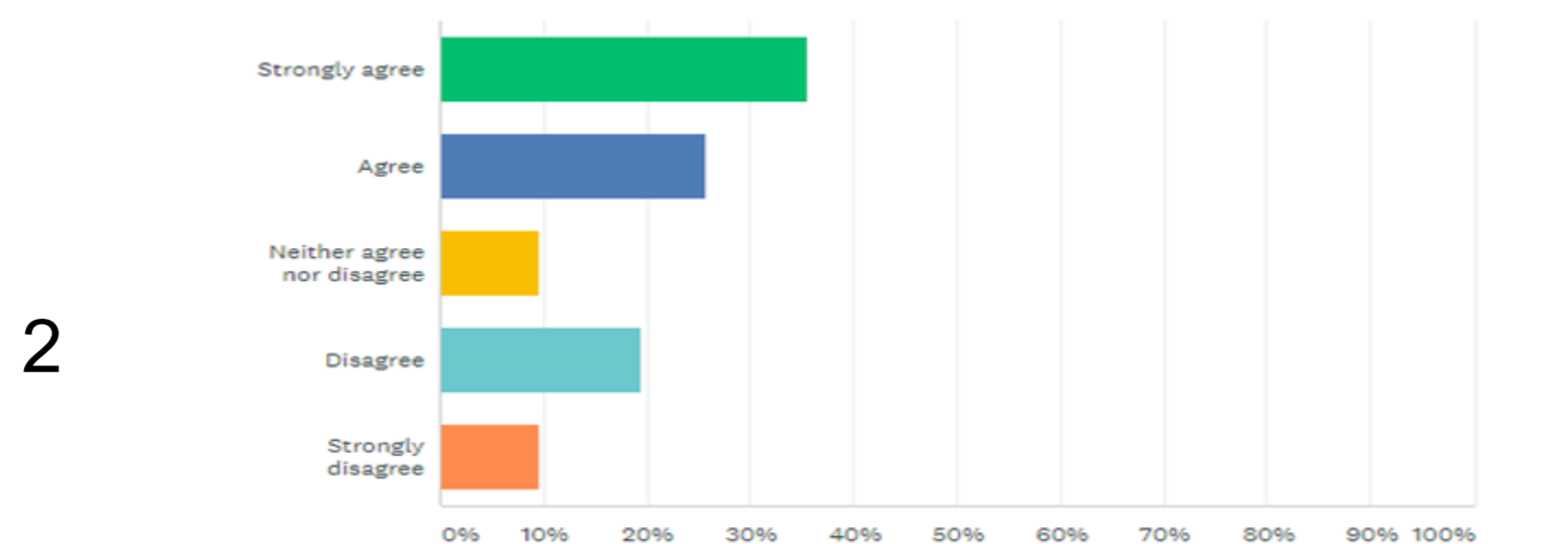
Answered: 31 Skipped: 0



1

I had the opportunity to bond with my child/children in the first 24 hours of their admission

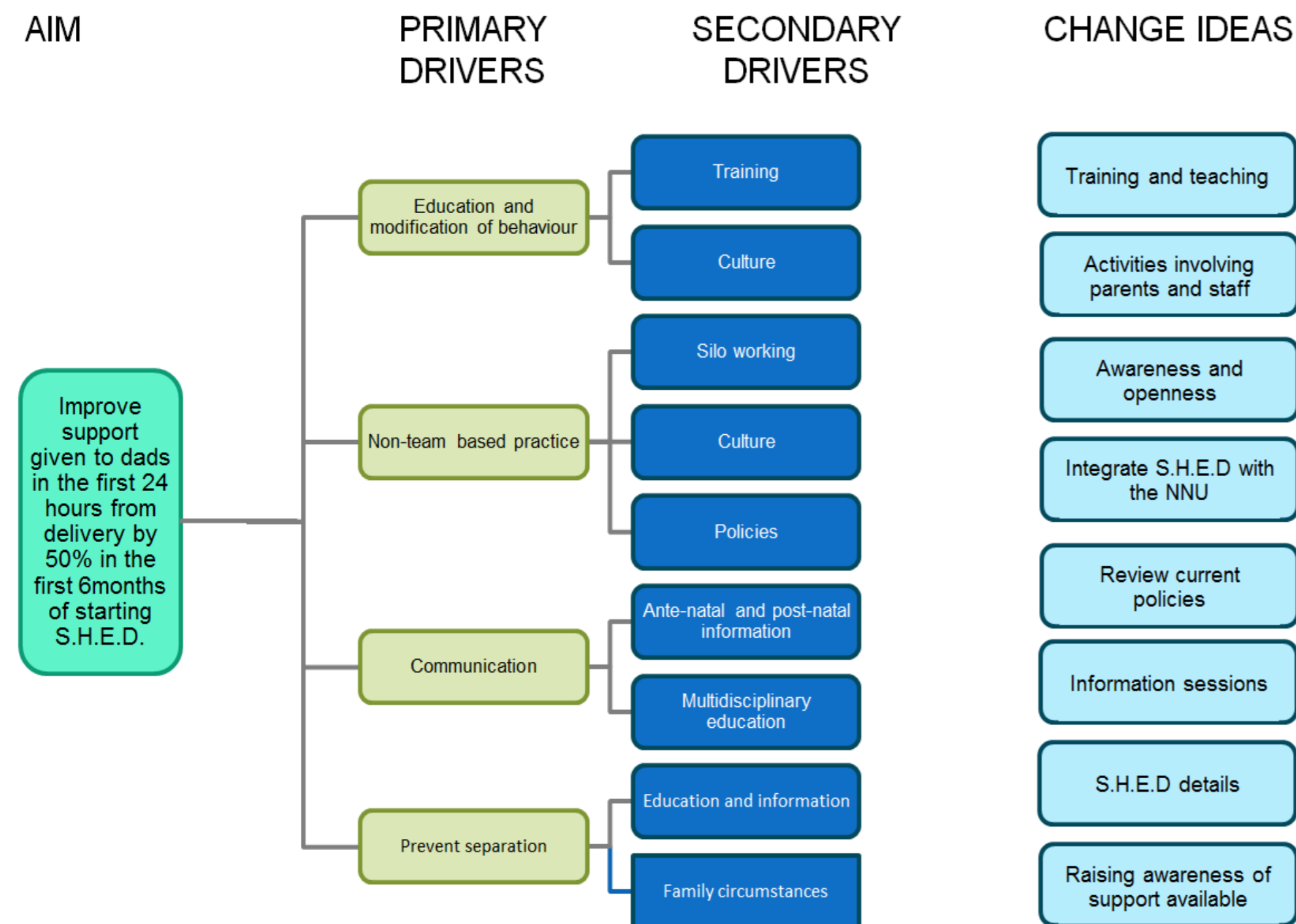
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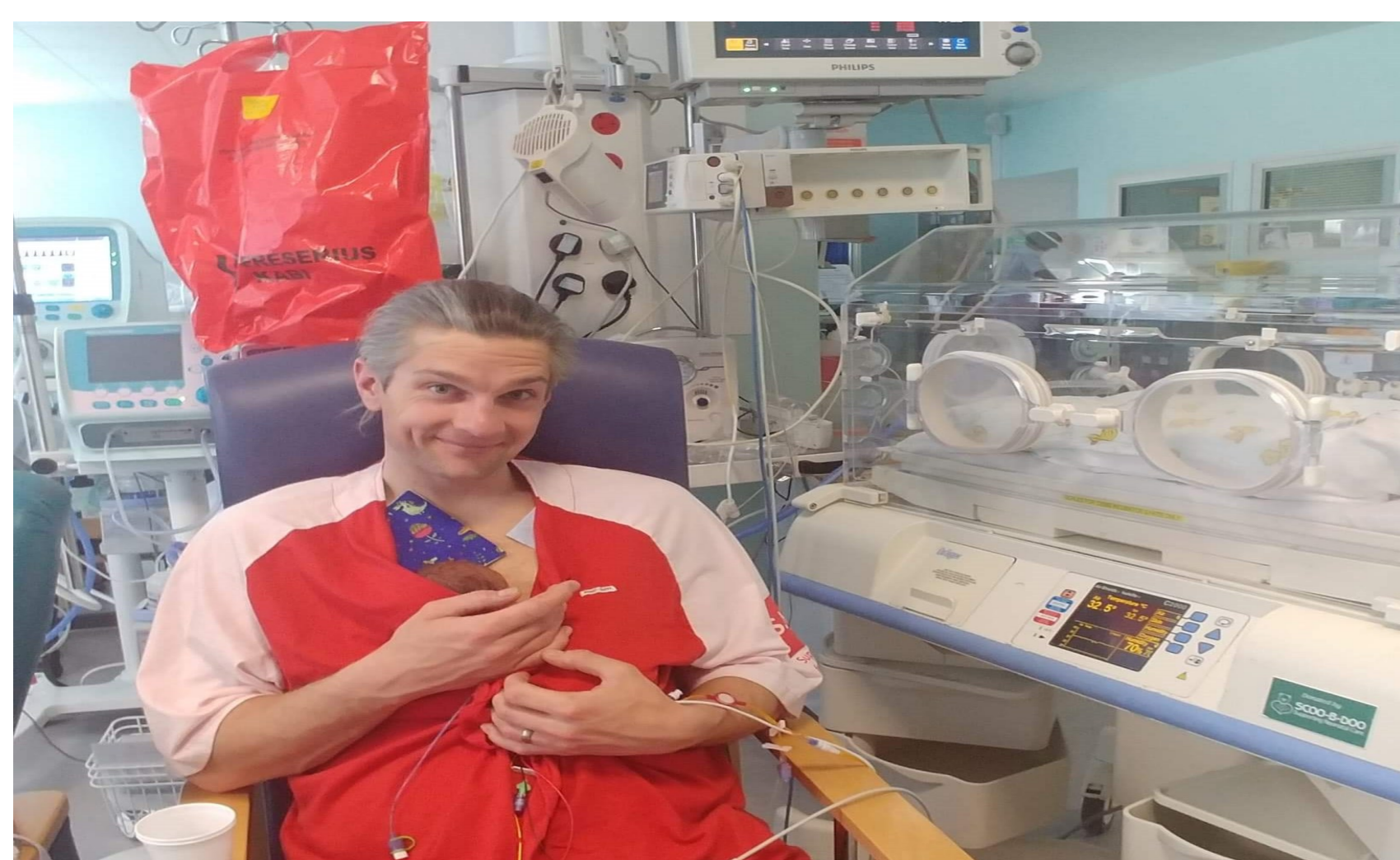
4. Driver diagram



5. Results and outcomes

There is a dramatic improvement in comparison to the initial survey:-

- Dads who benefitted from this implementation are now interested to educate and support new dads. 31 questionnaires were sent out with 100% response rate, this showed the eagerness to engage to help change the culture.
- Positive interaction from staff. Having prompts - staff are more open to implement ways to ensure dads involvement.
- Dad tell us they felt "less angry and frustrated" as they are now feeling supported. Approximately 37% of dads' responded that they had the opportunity to bond with their new-borns' within the first 24 hours compared to the same % who felt unprepared for neonatal unit admission.
- Multi-disciplinary teams involvement and awareness :(Better Birth, the media , antenatal classes, the general community, the hospital wards and groups)



6. Next Steps with the family & baby

- Gives Dads identity within a group
- Encourage bonding & Co-Parenting
- Happy parents : Happy child belief
- Listening cafe for Dads
- Dads volunteering on the Neonatal Unit
- Sign posting for emotional support
- Family integration: both dads and mothers' group

7. Next Steps with NNU & S.H.E.D...

- Motivate staff to support the involvement of Dads in the immediate mode of care with their infant.
- Empowering environment for both staff and Dads.
- Provide opportunity for promotion of activities such as S.H.E.D shirts for skin to skin, and information access e.g. leaflet/video
- Continuing learning opportunity for staff and parents on the unit
- Interlinking with other father organisations around the globe.