

PRENATAL EDUCATION AND SUPPORT GROUPS FOR PARENTS WHOSE BABY WILL COME TO THE NICU: WHY AND HOW TO DO IT?

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BACKGROUND

Prospective parents who know their baby will be sick at birth may experience anxiety, isolation and depression. Prenatal courses are not adapted to their situation.

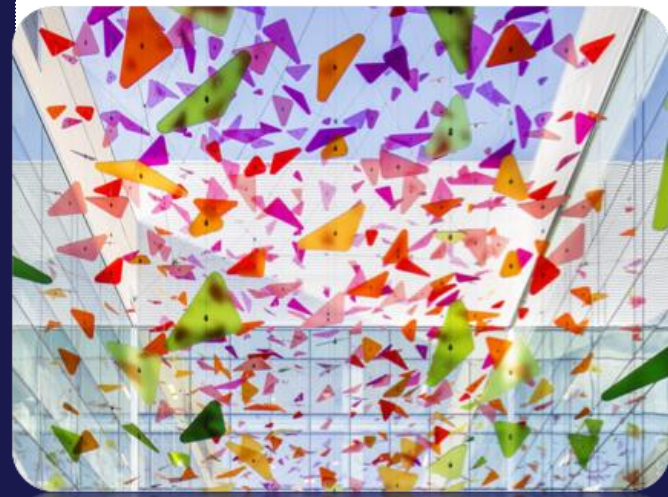
OBJECTIVE

To describe the creation and development of a prenatal education and support group for these families

METHODS

- A weekly 1-hour hybrid workshop was developed with parent partners, followed by an NICU visit
- Parents who attended the workshop were investigated for their perspectives using mixed-methods
- At 2 different times: 1/ after the workshop, 2/ after the child's NICU admission

Prenatal educational workshops are useful to support future NICU-parents and help them cope.



AFTER THE WORKSHOP

- ▶ 99% agreed that the workshop was **useful**
- ▶ 95% found that the workshop **helped them prepare** for the birth of their child

AFTER NICU ADMISSION

- ▶ ALL parents **remember** the workshop and the themes discussed
- ▶ 95% **recommend** it to others parents

PARENTAL QUOTES

“This describes the reality of neonatal care very well!”

“Knowing what to expect after the birth is so important”

“I think it's an essential workshop for any parent expecting this type of birth can child. Thank you so much!”

“Thank you so much for being there for our babies and also for us parents. We know we are not alone when we meet other families”

“Thank you for your time! This workshop is reassuring and helps us visualise what's coming next and what we can do about it.”

PARTICIPANTS

- Average gestational age at the workshop: 32 weeks
- Average GA at birth: 35+5 wks
- First questionnaire:
 - 100 answers / 138 participants
 - 114 mothers and 22 partners
- Second questionnaire:
 - 43 answers

RESULTS

AFTER THE WORKSHOP

- Satisfaction: 9,6/10
- 90% reported the workshop made them feel less lonely
- 92% that exchanges with other parents were beneficial
- 84% that the workshop gave them a certain amount of control on their situation

AFTER NICU ADMISSION

- Satisfaction 8,8/10
- All remembered the themes discussed
- 95% found that the workshop was useful to prepare for the NICU stay