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Science Internship Program:
Nursing Care

Civic Education
Office of Government and
Community Relations
Sarah Katherine Pflaum
Science Internship Program:
Nursing Care
Delaying the Initial Newborn Bath and Breastfeeding Exclusivity

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Abstract

- **Purpose**: determine if delaying newborn bath affects breastfeeding exclusivity.
- **Design**: Prospective, descriptive, correlational design, and medical record documentation.
- **Sample**: 998 newborns total, pre- and post-delay of initial bath.
- **Setting**: Well-baby nursery in Midwestern US tertiary health care center.
- **Methods**: Data collection from medical records.
- **Results**: Data currently in analysis stage with biostatistician. Anecdotally, families accepting of practice change.
- **Implications for Practice**: unknown.
- **Conclusion**: Data currently being analyzed by statistician.
Background

• 2012: Hillcrest earned Baby Friendly designation
• 2015: Breastfeeding exclusivity made core metric
• Increasing number of families requesting to delay newborn bath
• Postpartum Shared Governance conducted a literature review
• Identified vernix as unique to humans with multiple long-term health care benefits
• 2017: Currently awaiting results of Baby Friendly redesignation
Problem/Purpose

- **Problem:** Numerous parents requested to delay the newborn bath, and a lack of research exists both for and against this practice,

- **Purpose:** Determine if delaying the newborn bath was associated with breastfeeding exclusivity.
Hypothesis

- Newborns experiencing delayed bathing would demonstrate improved odds of breastfeeding exclusivity.
Methodology

• Pre-data from 449 newborns collected from electronic medical records.
• Date for practice change decided upon by unit leadership.
• Nursing staff educated on potential benefits of delaying the newborn bath.
• Four months later, data were collected from 549 newborns for post-implementation assessment.
• Data analysis to be conducted by CCF Biostatistician.
Data

- **Infant variables**
  - Time of birth
  - Time of bath
  - Time from birth to first bath
  - Infant feeding goal
  - Actual infant feeding results
  - Documented temperature instability (axillary temperatures below 36.5°C)
  - Gender

- **Maternal variables**
  - In-hospital rates of ever breastfeeding
  - In-hospital rates of breastfeeding exclusivity
  - Maternal age
  - Race/ethnicity
  - Insurance source
  - Zip code
  - Marital status
  - Mode of delivery
  - Gestational age at delivery
Results/Outcomes

- Data currently being analyzed by statistician
- Anecdotally
  - Families accepting of practice change
  - Nurses report positive effects on parental decision making
  - Increasingly noted more families opting to NOT bathe newborn in hospital setting

![Bar chart showing comparison between Pre Implementation and Post Implementation data collection time periods. The chart indicates a significant increase in the percentage of newborns not bathed at discharge post implementation.]
Recommendations

• Allow for extra time when pulling large data sets from electronic medical records.
• Data cleaning may take more time than anticipated.
• Staff involvement in practice change can increase buy-in.
• Including parents in newborn care-planning can lead to positive experiences.
References


References


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