



Rooming-In

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SMART Aim



Decrease time in the Nursery from 6 hours to 3 hours in a 24-hour period by December 2023.





- **Time in Nursery per mom request**
 - 20.5 – 81.5 hours per month
- **Time in Nursery per nurse request**
 - 5.5 hours – 29.5 hours per month
- **Audit of 7-10 charts per month (Jan-August 2022)**





Key Driver Diagram: Optimizing Newborn Nutrition



Version: 1.1
Date: 10/11/22

SMART Aim

Decrease time in the Nursery from 6 hours to 3 hours in a 24-hour period by December 2023.

Primary drivers

Awareness of benefits of rooming-in with mother/parents

Early initiation of breastfeeding or milk expression

Unit culture that protects and promotes breastfeeding

Staff confidence in commitment to assistance with breastfeeding

Secondary Drivers

Prenatal breastfeeding education (OB offices)

Prenatal Rooming-In education (OB offices)

Postnatal breastfeeding and Rooming-In education (Nurses)

Standardized feeding regiment/protocol (Nurses education)

Postnatal breastfeeding and Rooming-In education (Parents)



Educational Materials



What is Rooming-In-and What Are It's Benefits

Having a baby is exciting, exhausting work. That's why it is called "labor". Mothers and babies belong together. Rooming-In is offered as part of our family-centered care to help you learn how to rest and care for your newborn.

What is Rooming-In?

Rooming-In helps you prepare for going home with your new baby. Many women welcome the idea of getting as much sleep as possible after labor, and it is tempting to send your baby to the nursery to get some rest. However, research shows that you are just as likely to get the same amount of rest with your baby in the room. Having your baby with you right from the beginning is shown by research to be the best way for you and your baby to rest and establish a routine.

When rooming-in, healthy newborns stay with their mothers in post-partum rooms instead of spending time in the nursery with the exception of medical procedures.

This is a wonderful time to know and connect with your new baby. Babies recognize their parent's voice, smell, and heartbeat. Having your baby within your presence helps your baby relax. Rooming-In helps you prepare for going home with your new baby and offers more opportunities to learn about your baby's behaviors and what they mean.

Rooming-In Benefits for Mother:

Better quality sleep

Increased confidence in handling and caring for baby

Ability to learn what your baby's cues are (sleepy, overstimulated, in need of quiet time, diaper change, or hungry)

Earlier identification of early feeding cues (rooting, opening mouth, and sucking on tongue, fingers, or hand)

Improved breastfeeding experience

Less infant crying and distress (they love to be near you)

Less "baby blues" and postpartum depression

Parents are better- rested and relaxed by the end of the first week home

Increases opportunity for skin to skin contact

Rooming-In Benefits for Baby:

Better quality sleep. Your baby will develop a more regular sleep-wake cycle earlier, and may help ease the transition to day/night routines

More stable body temperatures

Generally more content, less crying

More stable blood sugar

Breastfeeding sooner, longer and more easily

Lower levels of stress hormones

Babies exposed to normal bacteria on mother's skin, which may protect them from becoming sick due to harmful germs.

The best advice we can give new parents is to learn how to rest when your baby sleeps day and night in the first days. Early in the newborn period, babies eat frequently, and find comfort and security in being close to you. Learning how to feed your infant can be easier when you learn to read your baby's early hunger cues and sleep-awake states. Keeping baby with you helps you learn to feed and care for them while our expert staff is close by to assist you.

We are glad to help you set boundaries in order to help you rest and recover during these first hours and days after delivery. Some parents put a note on their door requesting privacy to rest and bond. To help meet your need for rest, we offer a 2 hour quiet time. From 2PM until 4PM we discourage visitors and will not enter your room unless medically indicated or upon request.

Whatever your wishes, it is our goal to provide you with the best possible care while preparing you to care for your newborn at home. Please let us know how we can best assist you.

The Women's Service





We Offer and Encourage Rooming – In

When Rooming-in, healthy newborns stay with their mothers in post-partum rooms instead of spending time in the nursery, with the exception of medical procedures.

Some of the Benefits for Baby:

More stable body temperatures and blood sugar

Breastfeeding sooner, longer and more easily

Lower levels of stress hormones

Early in the newborn period, babies eat frequently and find comfort and security in being close to you. Learning how to feed your infant can be easier when you learn to read your baby's early hunger cues and sleep/wake states. Keeping baby with you helps you learn to feed and care for them while our expert staff is close by to assist.





We Offer and Encourage Rooming-In at Fairview Park Hospital

When Rooming-in, healthy newborns stay with their mothers in post-partum rooms instead of spending time in the nursery, with the exception of medical procedures.

Some of the Benefits for Baby:

- More stable body temperatures and blood sugar
- Breastfeeding sooner, longer and more easily
- Lower levels of stress hormones

Early in the newborn period, babies eat frequently and find comfort and security in being close to you. Learning how to feed your infant can be easier when you learn to read your baby's early hunger cues and sleep/wake states. Keeping baby with you helps you learn to feed and care for them while our expert staff is close by to assist.

Quiet Time on The Women's Services

Dear Parents,

The Women's Services at Fairview Park Hospital has an innovative way for you to spend uninterrupted time with your new baby. Each afternoon between the hours of 2:00 and 4:00 PM the unit will "quiet down" so you may rest with your baby. The only interruptions during this time would be for essential patient care.

Having this Quiet Time will benefit you and your baby by decreasing your fatigue, increasing your bonding time, and allowing you to become familiar with your baby's feeding cues. Please ask that your visitors delay their visit with you until after that time of day.

We look forward to providing the highest quality care during your stay on The Women's Services. We hope you find Quiet Time beneficial for you and your family.

Thank You,

The Women's Services Staff

Our Hospital's current visitor information:

In our continuing efforts to protect our patients, the following visitation guidelines are in place. All inpatient visitors are asked to enter through the main entrance of the hospital for check-in and receive a key card which must be returned upon departure.

Visiting hours are 8:00 AM to 9:00 PM for all inpatient visitors except support persons for active labor and delivery patients. Visitors under the age of 13 must be accompanied by an adult at all times.

One visitor at a time for an obstetric patient in triage or observation. Three visitors are allowed at all times for laboring and postpartum patients.

Fairview Park Hospital reserves the right to deny visitation to visitors who do not follow hospital policies. Visitation is subject to change at the discretion of hospital staff based on patient condition and needs.





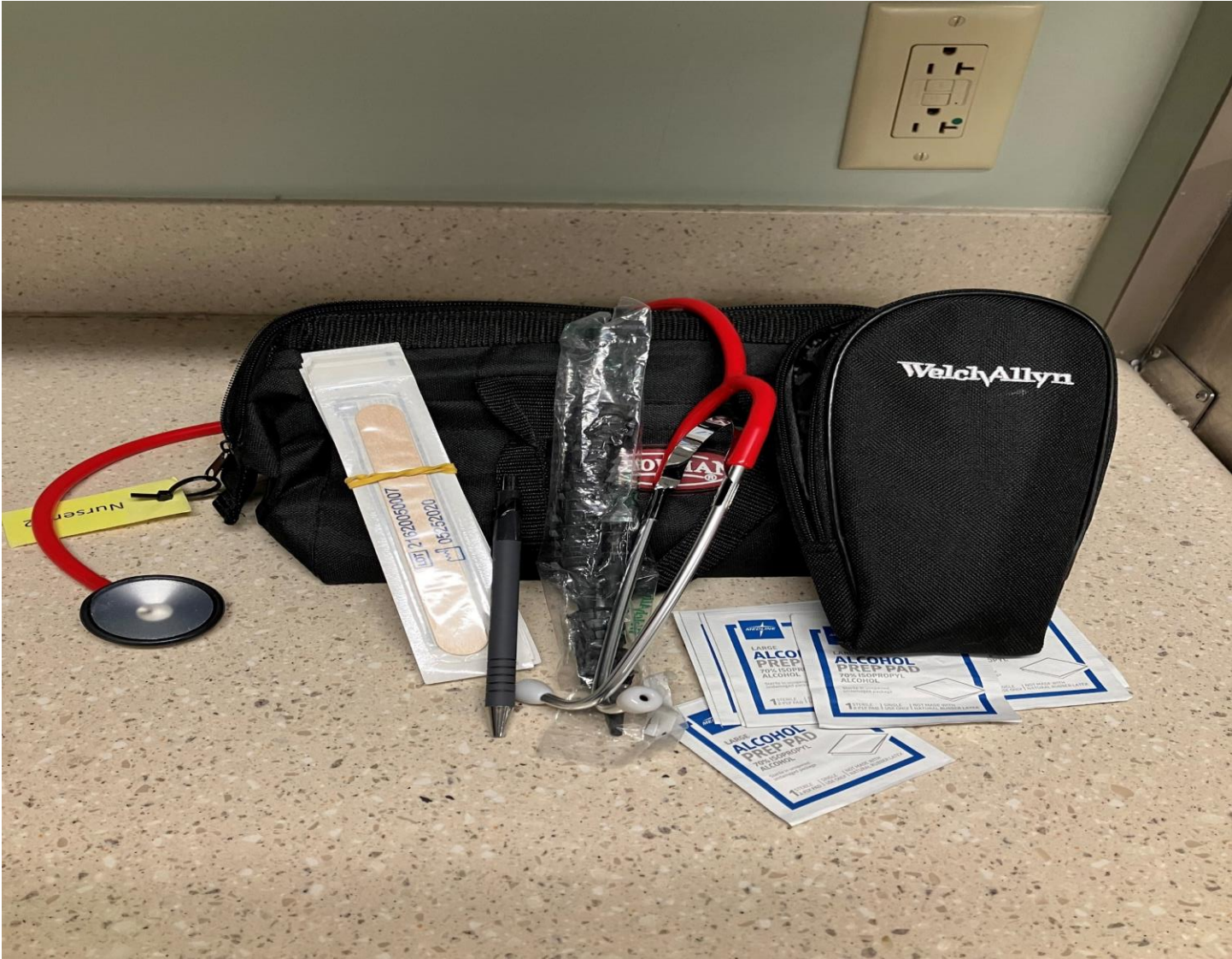
STOP
SCAN BADGE
THEN
PUSH DOOR HANDLE

Fairview Park Hospital is proud to promote
Daily Quiet Time
for new mother's on the 2nd Floor.
Daily from
2:00 PM - 4:00 PM

Visitors - Please check-in with
the 2nd Floor Nurses Station
Upon Arrival

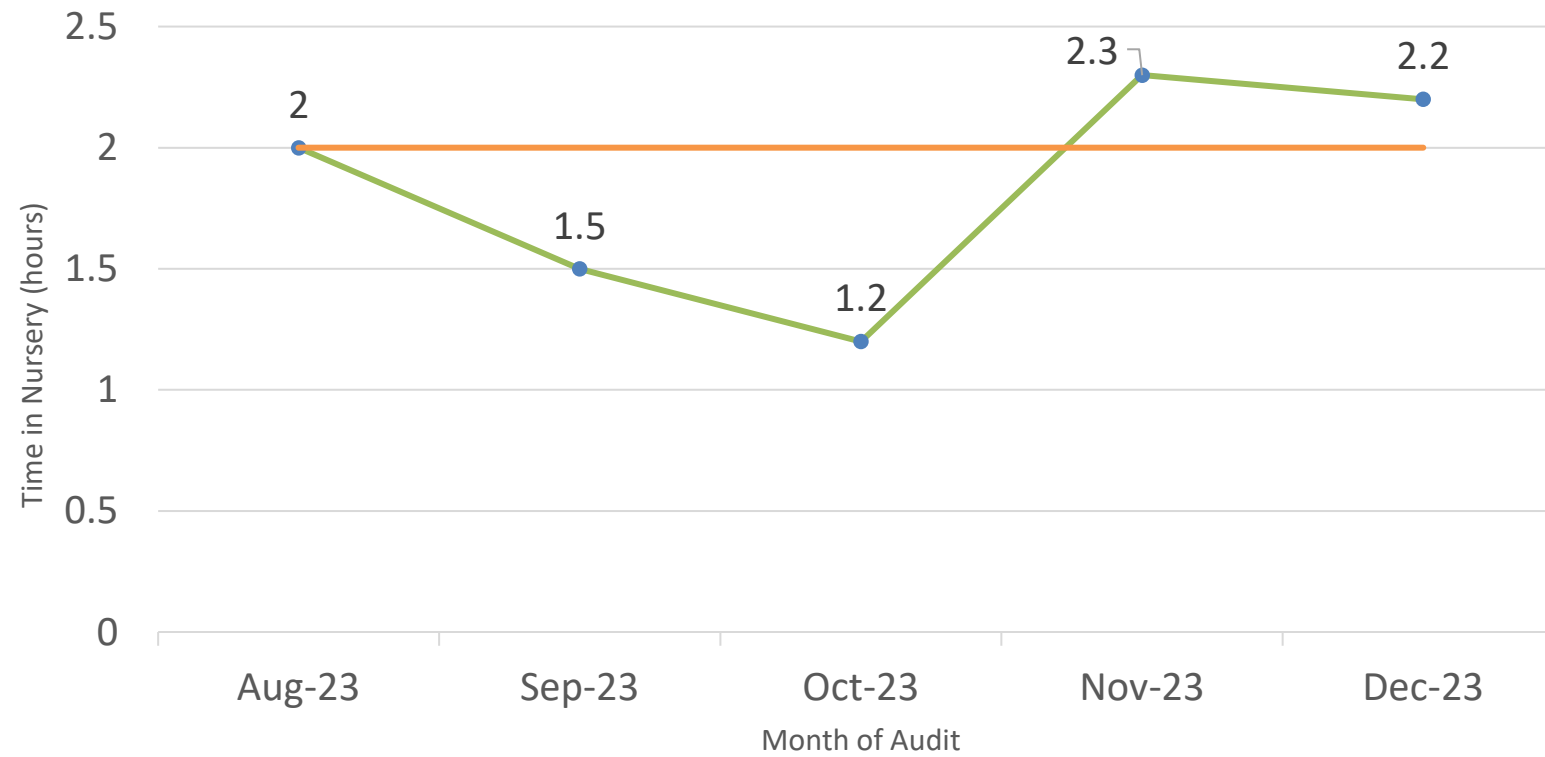








Run Chart: Average Daily Time in Nursery (Hours)



● Time in Nursery (Hours) — Median= 2 Hours



Barriers and Learnings



- **Getting staff on board and providing education on benefits**
- **Hardwiring staff to educate mom/parents on benefits of Rooming-In**
- **Educating physician on new process for infant assessments in mom's room**
- **Purchasing mobile scale and physician bags with equipment**



Acknowledgements



- **Michelle Smith, Director of Women's at Fairview Park**
 - Instrumental in obtaining necessary equipment and encouraging physicians, nurses, hospital staff in the implementation of the Rooming-In process
- **Marketing**
 - Videos for social media and posters

