

## ***Auditing helps maintain standards: Skin to Skin post C-section Midland Regional Hospital Portlaoise***

*Aim:* check if the standard is being met that 80% of mothers confirm they held their baby in skin contact soon after delivery and confirm this lasted for at least 60 minutes.

*Method:* 20 mothers (with any feeding method) randomly recruited post C-section and surveyed using an audit tool including interview and chart review.

*Results:* Initiation of skin to skin was recorded in 75% of cases with duration recorded in 40%. None of the women received a general anaesthetic. Of the 11 babies/mothers who had skin to skin contact, for 7 it lasted 60 minutes. The majority of women who did not have this contact replied that they would have liked to have had it. Seventeen of the twenty women had received information antenatally. Feedback of the results was provided to obstetric and theatre multi-disciplinary team via Infant Feeding Steering Group meeting, presentation and written report.

*Actions taken:* Education continues to multidisciplinary team on the importance of skin to skin including presentation of scientific evidence to support the practice. A midwife is assigned to theatre to ensure parents and theatre staff are supported and informed in giving skin to skin for the appropriate time post operatively. Links were established with obstetricians providing private care to distribute information on skin to skin antenatally. Regular audits will monitor this practice.

Evidence for: Theme 1: Person-centred Care and Support and Theme 2: Effective Care and Support

*Published in Issue 54 BFHI LINK May 2015*