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10-2019

## The Kanga-Croo: Nurse Resident Champions Creating Momentum for Improvement

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### Recommended Citation

Butler, Brett; Burden, Jacob; Creekmore, Carly; Griffin, Blair; Godemann, Taylor; Hagen, Taylor; Koelling, Theresa; Kucera, Mary Anne; Magid, Halle; Miller, Makenna; Page, Monica; Riffel, Mary; Stebbins, Madison; Stokes, Sarah; and Suppes, Skylar, "The Kanga-Croo: Nurse Resident Champions Creating Momentum for Improvement" (2019). *Posters*. 149.

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# The Kanga-Croo: Nurse Resident Champions Creating Momentum for Improvement

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Supported by Knowledge Translation Scholars: Greta Gerstner, *BSN RN* and Erin Keith-Chancy *MSN RN*

## Intensive Care Nursery at Children's Mercy Kansas City

### TOPIC SUMMARY:

Kangaroo Care (skin to skin care) is a parent-led, evidence-based, intervention which improves outcomes in neonatal patients including: decreased apnea, increased weight gain, increased parent satisfaction and decreased length of stay.

### RESULTS:

Nurse resident team interventions to support parent engagement and remove barriers to Kangaroo Care (KC) through iterative PDSA cycles from January 2018 to July 2019 yielded positive results within a subset of ICN patients.

### Summer 2017 Cohort

**Background:** Less than 30% of the eligible babies in the ICN receive KC each month in 2017-2018

**Method:** Survey nurses and parents to gain insight about barriers and attitudes

**Interventions:** Build alliance with March of Dimes to promote awareness and education

Trial March of Dimes "Close to Me" curriculum

Kangaroo Care-a-Thon/give-aways

**Results:** 25 families received education and completed the survey about barriers and attitudes

**Evaluation:** Parents who received training were more likely to request KMC. Nurses reported understanding of benefits and were more likely to help, if asked by parents. All had fears regarding patient safety.



Patient	Nurse
<ul style="list-style-type: none"> <li>stability of patient</li> <li>medical conditions (unique airway)</li> <li>invasive monitoring</li> <li>color of endotracheal tubes</li> <li>post-op pain</li> <li>age of patient (older babies want to play)</li> <li>isolation precautions</li> </ul>	<ul style="list-style-type: none"> <li>patient safety</li> <li>flow of unit, specifically</li> <li>"It is only for preemies"</li> <li>"...needs of my other patient"</li> <li>"swaddling is easier"</li> <li>"It seems weird with men"</li> <li>"never thought of it as a therapy"</li> <li>"There are other ways to bond"</li> <li>"If parents don't ask..."</li> </ul>
Family	Environment
<ul style="list-style-type: none"> <li>parent's medical condition</li> <li>parents not present</li> <li>parents declined</li> <li>parents want to use baby's face</li> <li>parents are restless, distracted, &amp; on phones</li> <li>modesty, privacy</li> <li>timing or short duration of parent visit</li> <li>language barrier</li> </ul>	<ul style="list-style-type: none"> <li>crowding</li> <li>low mesh equipment</li> <li>HFV circuit</li> <li>not comfortable with transfers</li> <li>lack of privacy</li> <li>no place for the nurse to chart</li> </ul>

Family photos from [www.marchofdimes.org/closetome](http://www.marchofdimes.org/closetome)

### Winter 2018 Cohort

**Background:** Rate of eligible babies receiving KC unchanged. No existing standard for parent education about KC.

**Method:** Collected data around patterns of family presence in the ICN to determine best times for use of "Close to Me" curriculum. Continued parent surveys.

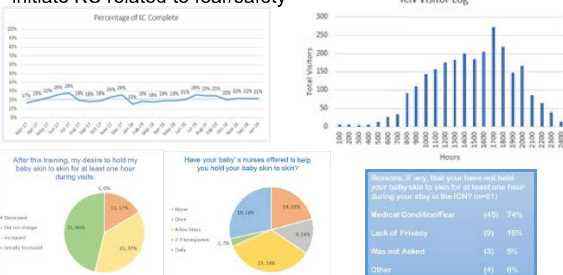
**Interventions:** Educated and surveyed an additional 42 families

Created a permanent process for KC Education

Celebrated "Hoppy Roo Year" for parents

**Results:** increased number of KC education events per champion from 3.7 events per RN to 8.25 events per RN per month

**Evaluation:** Use parent survey to discern root causes: environmental barriers, nurse or parent requests or consents to initiate KC related to fear/safety



### Summer 2018 Cohort

**Background:** KC rate unchanged. Small baby subset offered an opportunity to test change related to root causes of low KC rates.

**Method:** Data collected on eligible babies who met "small baby criteria" pre and post opening of the Small Baby Unit within the ICN. Partnered with Small Baby Team to educate, survey and support SBU staff.

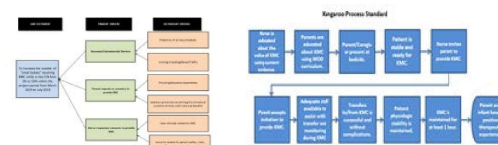
**Interventions:** Pre/Post-Survey of SBU nurses perception of KC comfort and safety

Promotion of Zaky Wrap to enhance safety during KC and obtained feedback surveys of nurses/parents

Monitor impact of environment of care (lighting, noise, privacy)

**Results:** Among ICN "small babies" there was an increase in the percent of eligible days during which KC occurred. KC increased from pre-SBU 3% in the two months prior to opening SBU to 55% in the three months following opening of the SBU

**Evaluation:** Improving the environment of care and KC education increased nurse and parent participation in this subset.



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