



# Parent Reading is NICU Therapy (PRiNT)

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## Problem Description

Increased parental stress, decreased baby bonding, and delayed language acquisition are significant concerns associated with NICU admissions. Language acquisition in the infant, which can be enhanced with parental reading, can also enhance parents' sense of control, intimacy, and normalcy in an otherwise frightening experience for parents. Neonatal reading programs have been shown to be beneficial to the infants, decrease parental stress, and promote parent-infant bonding.

### STAKEHOLDERS AND SUPPORTERS

#### STAKEHOLDERS:

- NICU PARENTS-ACTIVE ROLE OF READING
- NICU BABIES—IMPROVED LANGUAGE ACQUISITION
- NICU NURSES-CHANGE AGENTS TO ASSIST PARENTS AND TEACH STRESS SIGNALS

#### SUPPORTERS:

- NICU CNS
- SMBHWN RESEARCH AND INNOVATION COUNCIL
- NICU UNIT PRACTICE COUNCIL
- NICU DEVELOPMENTAL CARE COMMITTEE

### PICOT Question:

In neonatal intensive care unit babies and their parents (P), will establishing a reading program (I), as compared to current practice with no reading program (C), decrease stress for parents and promote bonding between parents and babies(O) over the time of one year (T)?

## Setting

- ❖ 84 bed Level III NICU
- ❖ Average daily census of 59
- ❖ Around 8000 deliveries/year
- ❖ 1456 NICU admissions (FY 2018)
- ❖ 190 infants less than 32 weeks gestational age admitted to NICU (FY2018)



## Interventions

### Conceptual Model of Implementation

Admission < 32 wks

- Consent
- Demographics
- MIBS
- PSS: NICU

Book Bag

- Book
- Reading log
- Book bag

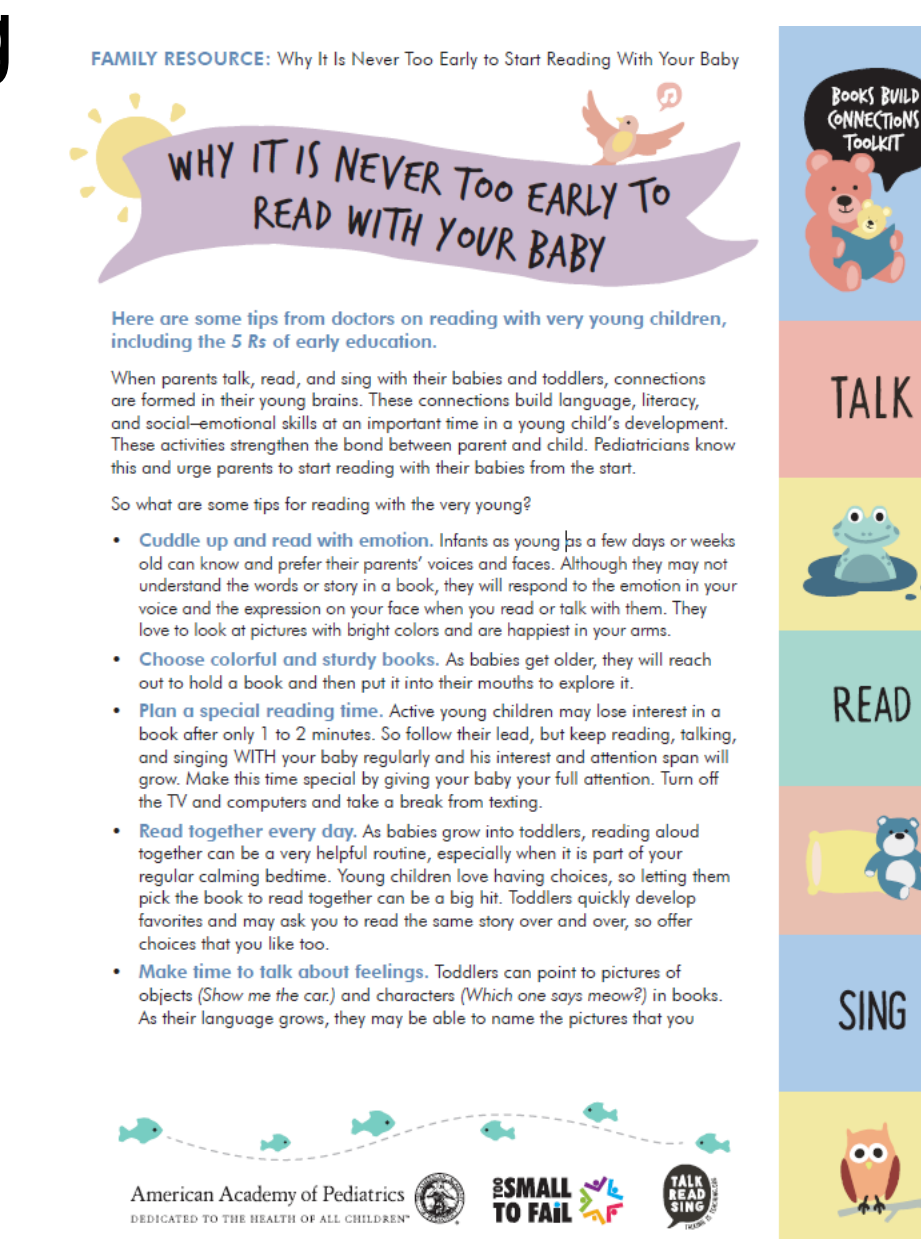
4-6 weeks after book bag received

- MIBS
- PSS: NICU
- PIIDR
- Copy of reading log

MIBS: Maternal to Infant Bonding Scale

PSS: NICU: Parental Stressor Scale: Neonatal Intensive Care Unit

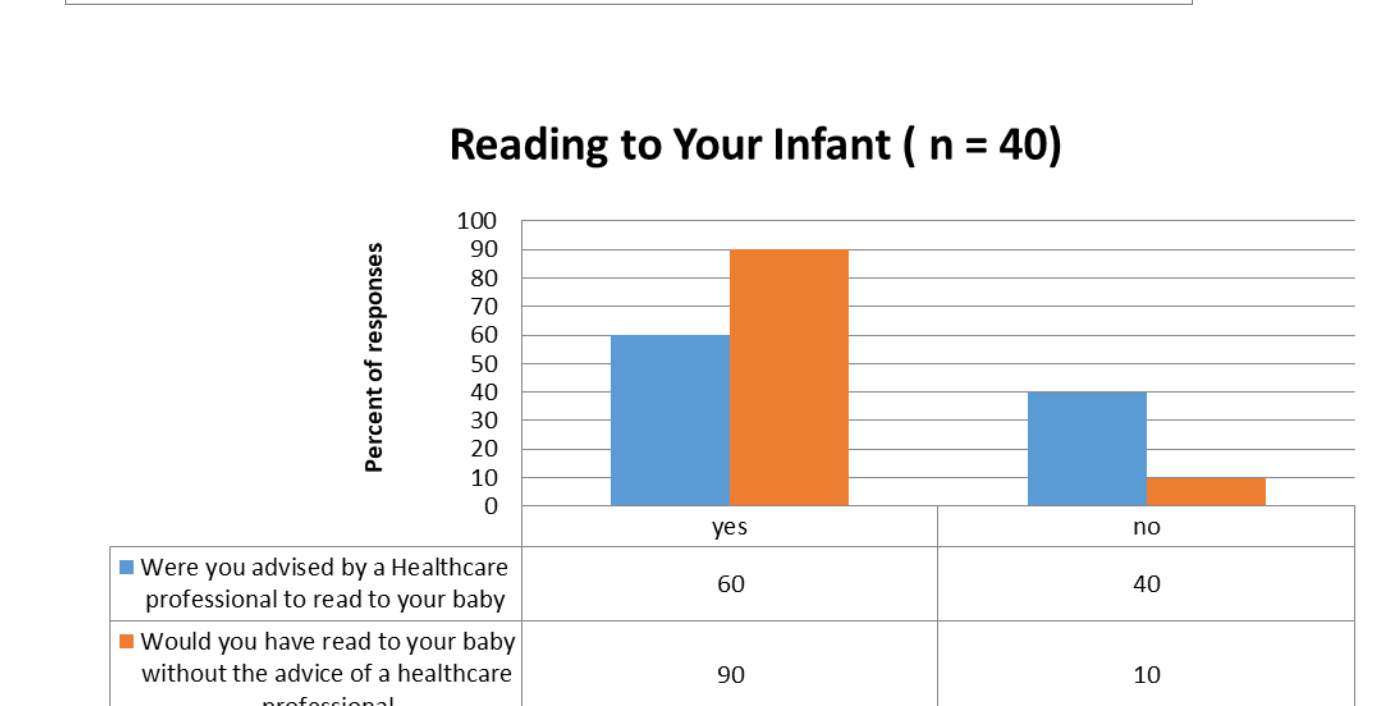
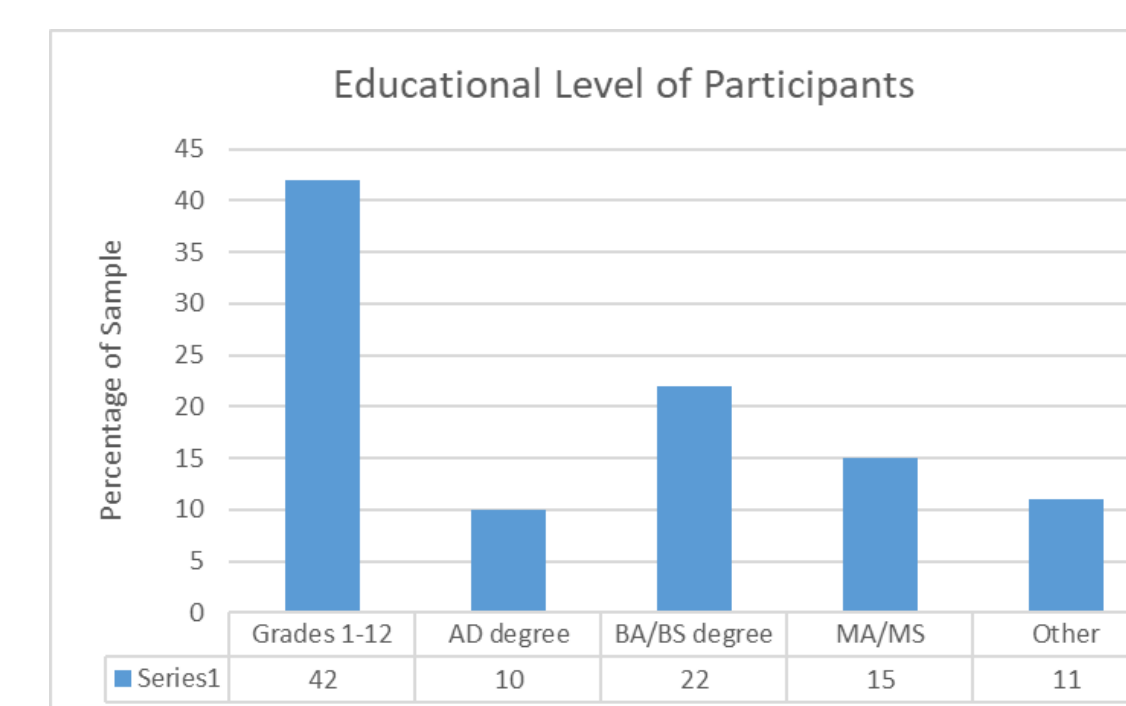
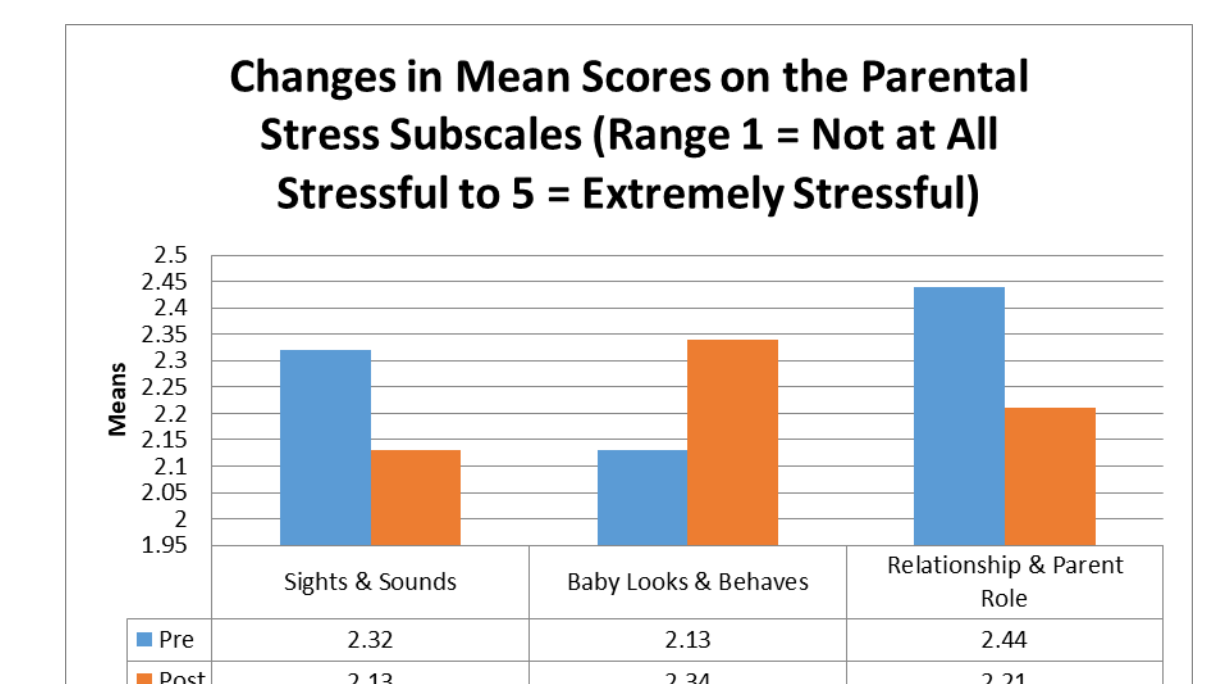
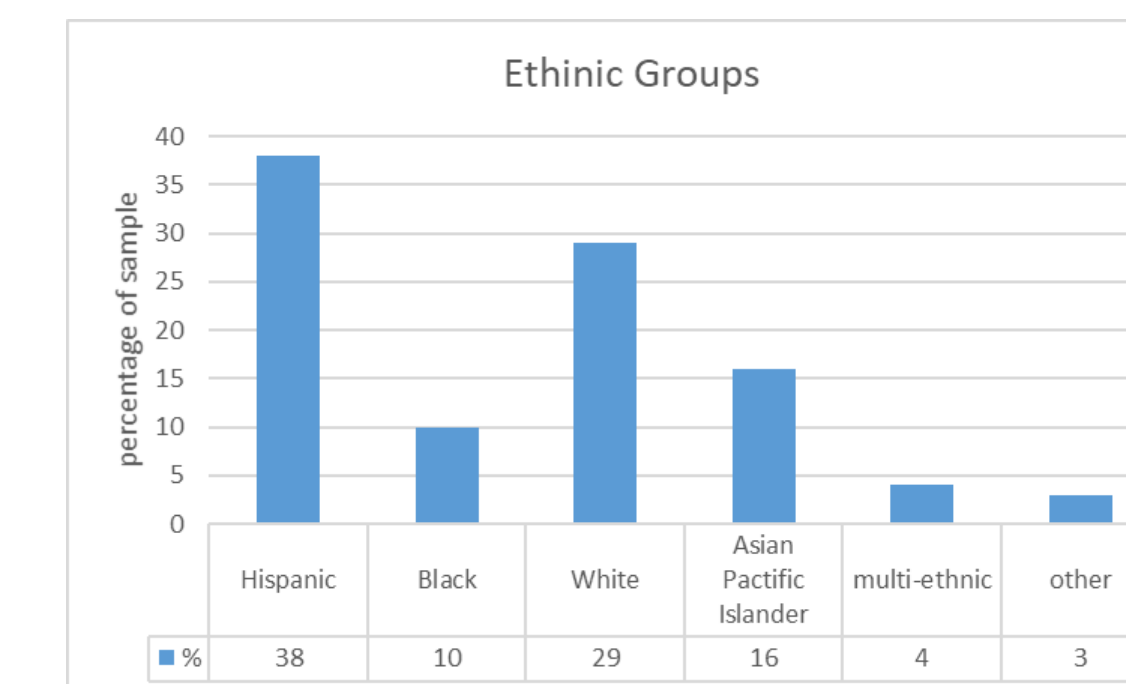
PIIDR: Parent Infant Interaction During Reading



### Challenges and Barriers:

- NICU is a high stress environment
- Parents of patients with life-threatening conditions will not be asked to participate
- Some parents may have uneasiness with reading at bedside

## Measurement/ Outcomes



Question	Mean	Standard Deviation
PIIDR 1 - reading is something my baby and I enjoy	4.48	.633
PIIDR 2 - reading helps me be closer to my baby	4.43	.844
PIIDR 3 - Reading takes more time than I have to give	1.75	.870

### Comments from families:

- Reading to the girls was especially beneficial for me when they were in isolettes and we were unable to hold them whenever we wanted. Made me feel closer to them.
- it's very relaxing, you forget about the surrounding noises and things going on and you just spend good time with your baby.
- reading provided relaxation in an otherwise stressful situation.
- It gives me a way to interact with my baby when I cannot hold her
- it's another way for dad to bond with baby!

## Next Steps

- ❖ Translate tools and consents into Spanish to include the Spanish speaking population
- ❖ Work with auxiliary for funding to provide additional books, bags, and surveys
- ❖ Remove two tools (MIBS and PIIDR) add a new tool (PRiNT) to better measure bonding.
- ❖ Work with developmental follow-up clinic to check if families are continuing to read to their children on a regular basis.