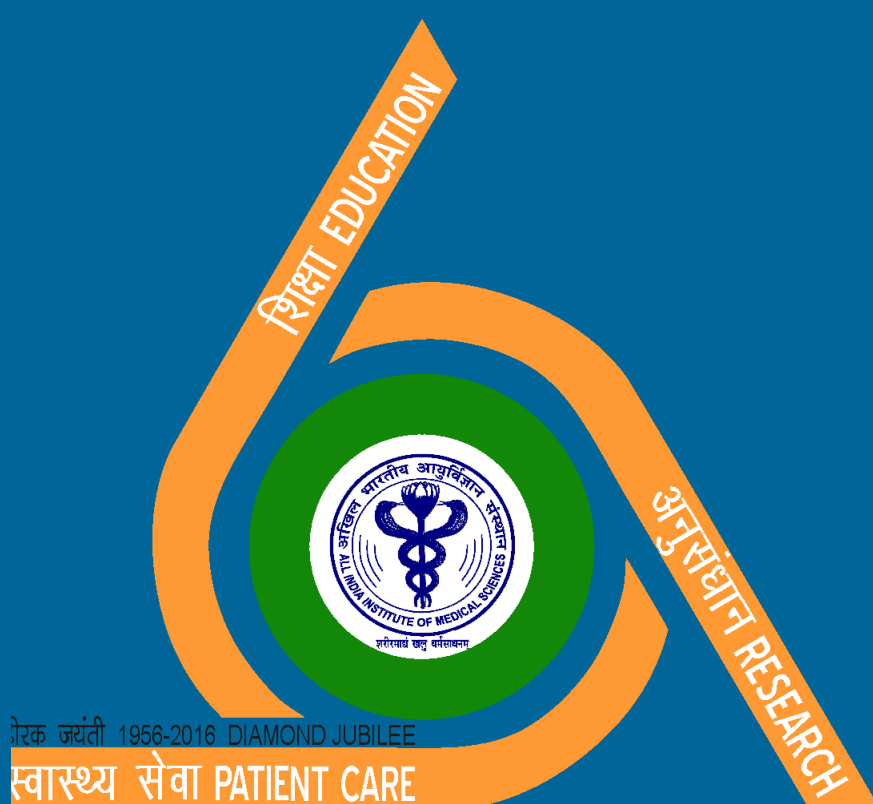


Establishing Skin to Skin Contact as a standard of care in Labour ward

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To establish mother to child skin to skin contact immediately after delivery and before clamping the cord as a standard procedure for low risk mothers admitted to the Labour Room at AIIMS, New Delhi



Background

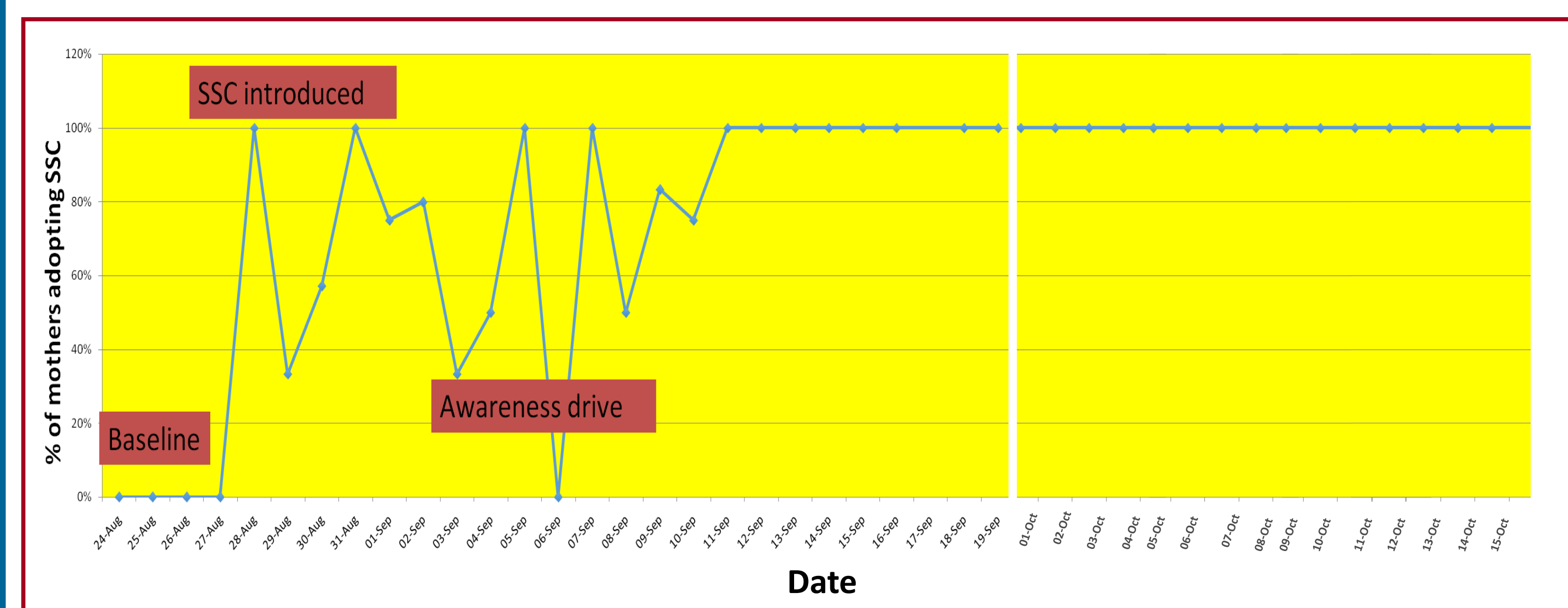
- Definition of Skin to Skin Contact (SSC):** Placing the naked baby, covered across the back with a warm blanket, prone on the mother's bare chest.
- Advantages:** SSC through sensory stimuli such as touch, warmth, and odor is a powerful vagal stimulant. This releases maternal oxytocin, which provides warmth, decreases maternal anxiety and improves parenting behaviour.



Moore et al . Cochrane Systematic Review, 2012



Progress in implementation of SSC at Labour Room , AIIMS between 24 August 2015 and 19 September 2015 as measured by percentage of eligible mothers (normal baby cases) adopting SSC



Team members and role

Staff nurses/Doctors on Duty

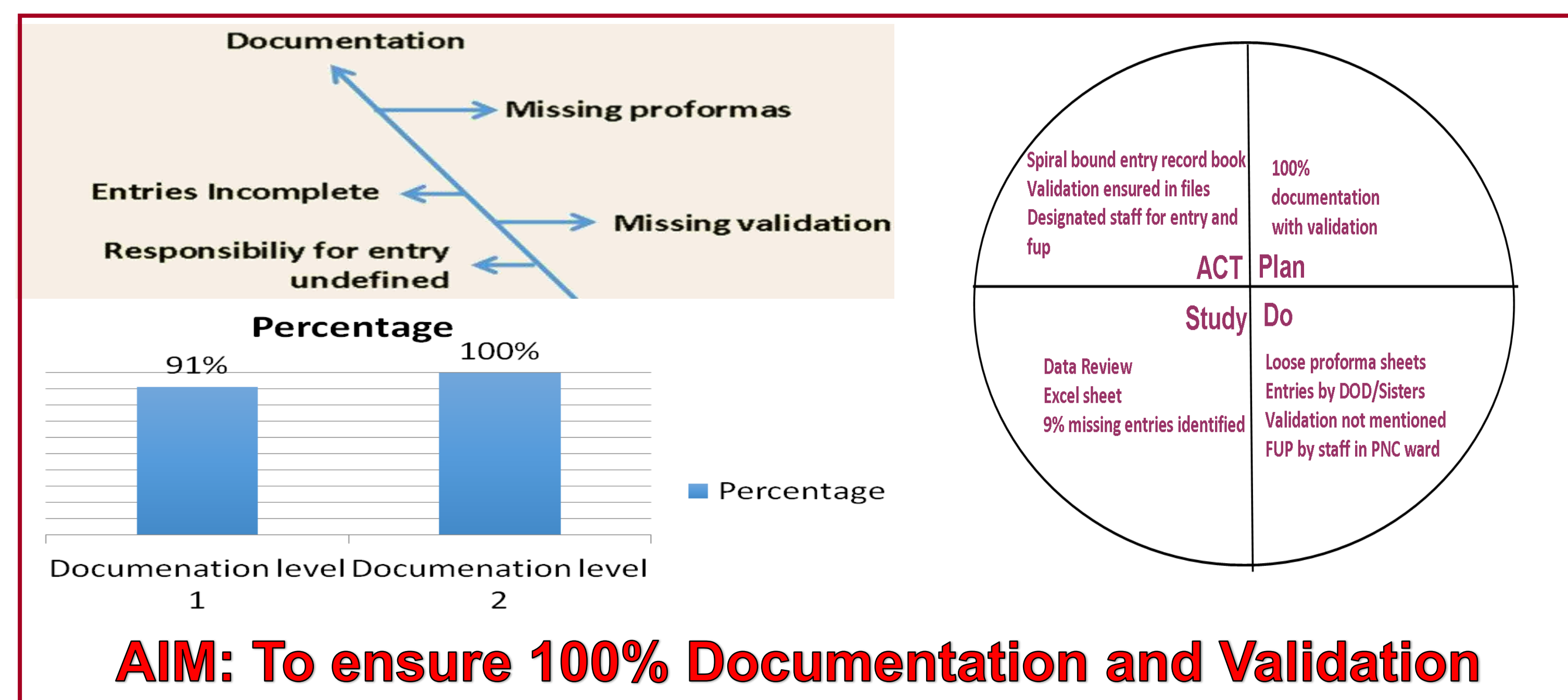
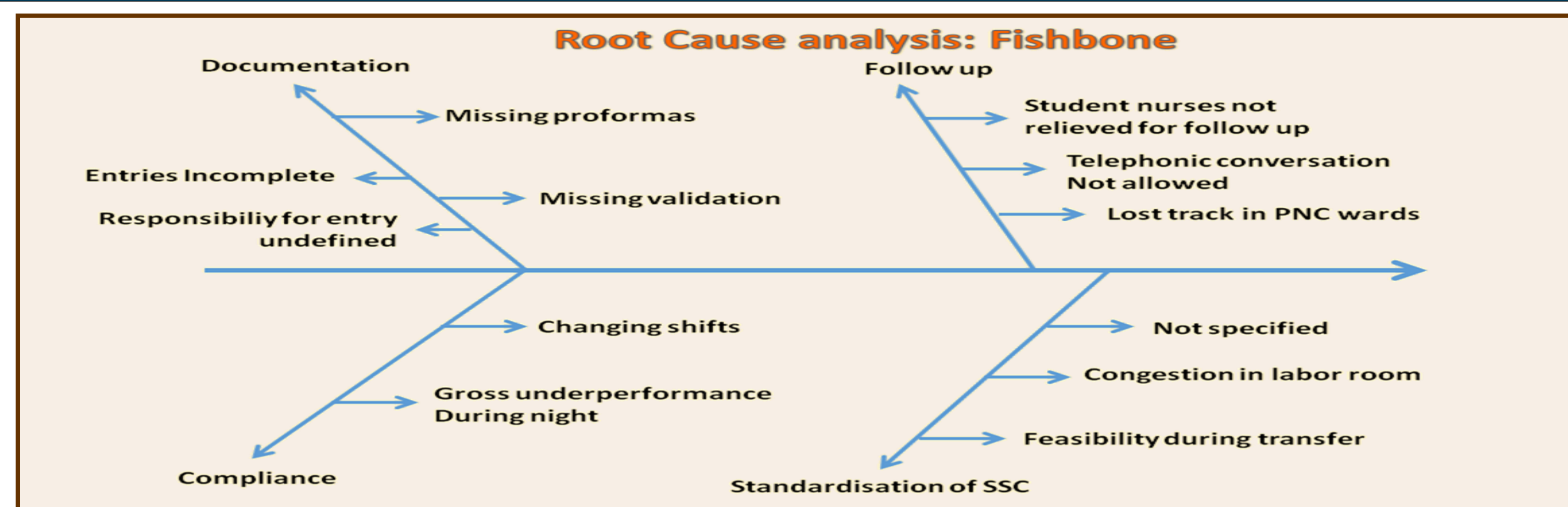
- Counsel in labor regarding SSC
- To encourage mother to perform SSC
- To assist the SSC on delivery table
- To maintain SSC in post partum room
- To document the SSC

Student Nurses:

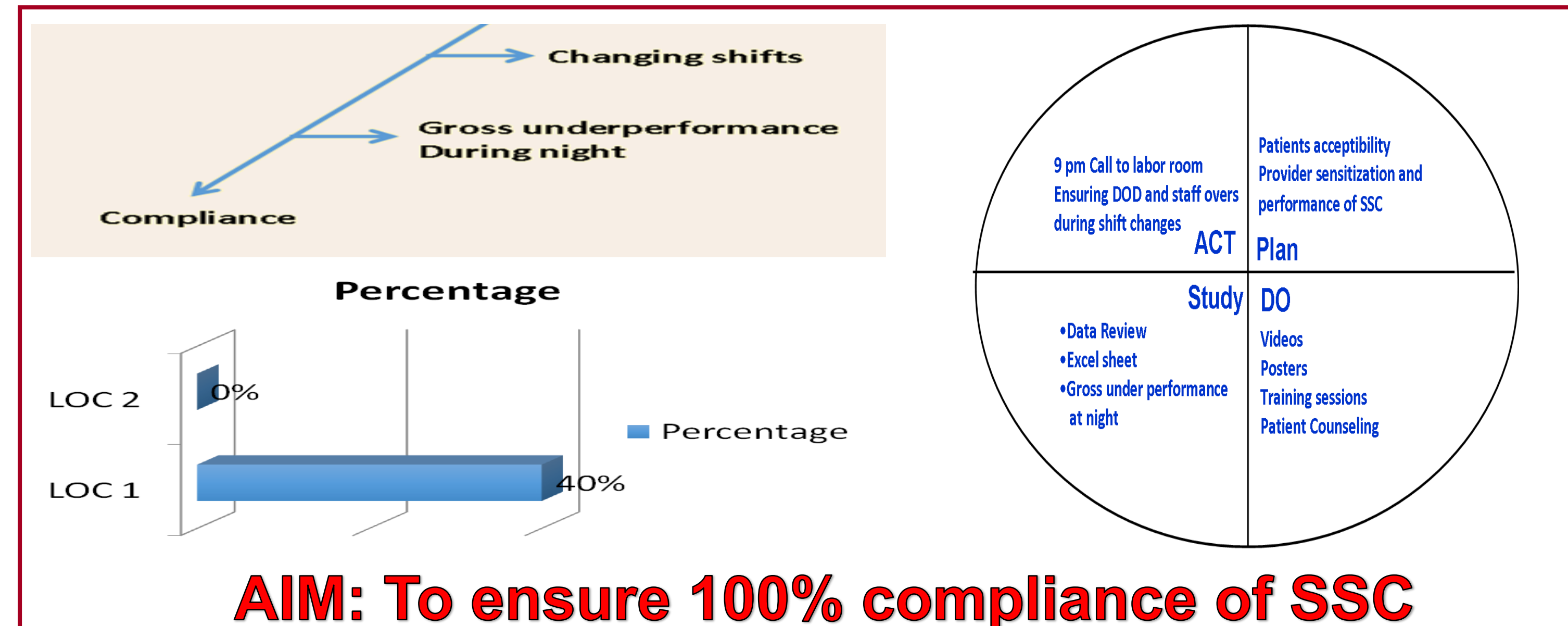
- Follow up of mothers in PNC

Administrator:

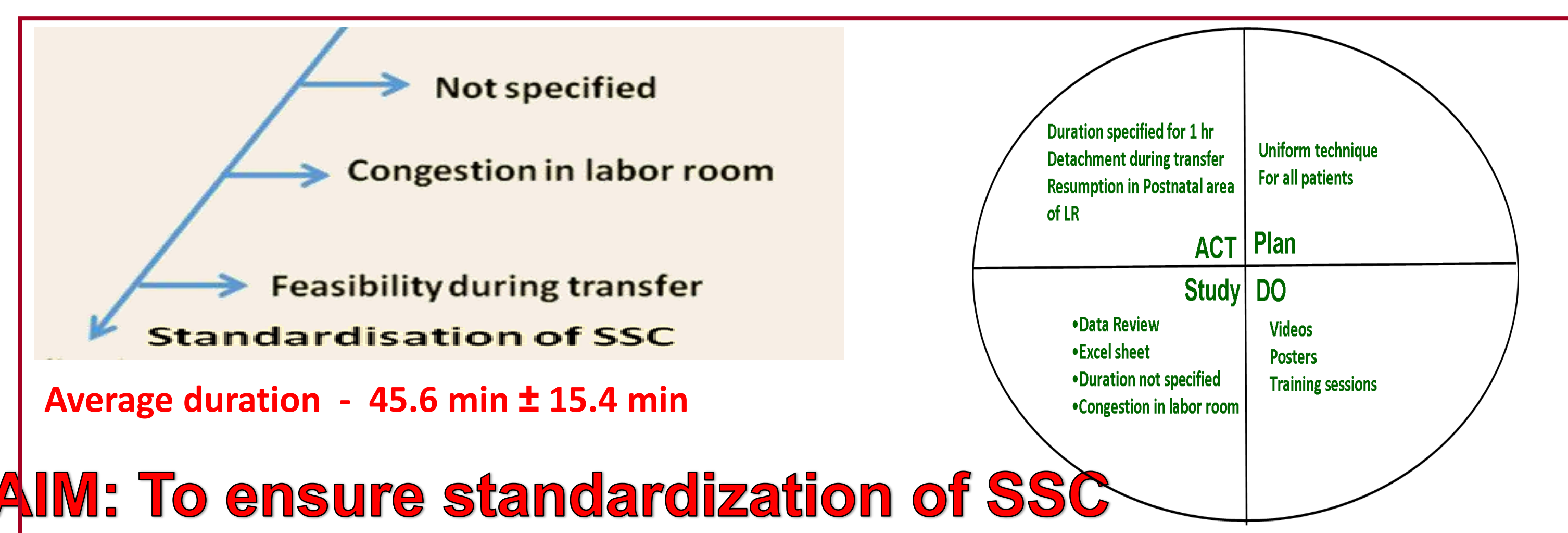
- To sensitize staff for SSC (benefits and technique)
- To standardize the SSC practice
- Monitoring (process standardization, Documentation)
- Trouble shooting
- Analysis



AIM: To ensure 100% Documentation and Validation



AIM: To ensure 100% compliance of SSC



Average duration - 45.6 min \pm 15.4 min

AIM: To ensure standardization of SSC

Conclusion: Skin to Skin Contact established in 100% cases in 2 weeks

Next Steps.....

- SSC as a standard of care for all eligible deliveries
- Planned learning sessions and frequent monitoring to establish and maintain SSC
- Structured patient counselling during antenatal period as well
- Target the ultimate aim of establishing exclusive breast feeding at the time of discharge.



Latest situation

- SSC has become a standard practice in the Labour Room at AIIMS for all normal babies.
- Periodic follow-up studies have also indicated that SSC has helped in ensuring 100% exclusive breast feeding at the time of discharge. Breast feeding is started between 30 and 60 minutes of birth.

Message

- Planned Group effort has helped to bringing about a highly useful change in the Labour Room at AIIMS