

Patient Safety Day 2021

Best Practices

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Name of the project

- Pre discharge parentcraft session on basic life support and essential newborn care for vulnerable newborn.

Setting

- Neonatal unit – De Soysa hospital for women

Names and the designations of the team involved

- Dr. Nalin Gamaathige (Consultant Neonatologist)
- Dr. Kalpana Hettiarachchi (Senior Registrar)
- Dr. Kanchana Kumuduni (Senior Registrar)
- Paediatric Registrars
- Medical Officers at Premature Baby Unit
- Nursing Officers at Premature Baby Unit

Date of Commencement of the Project

- January 2021

Introduction

Sri Lanka

- Annual births – 350000
- Neonatal mortality rate 5.3 per 1000 live births (*unicef report 2018*)
- SDG 2030 – targeted NMR for Srilanka 2.3/1000 live births.

Aim

- To contribute to achieve sustainable development goal (SGD) by 2030 by preventing neonatal and infant deaths.

Objective

- To minimise preventable deaths at home settings by strengthening family centered quality newborn care

Justification

- Neonatal and infant deaths have been reported at home settings after discharge from neonatal unit
- They were in vulnerable group
 - Eg: preterm infants and term infants with various complications
- Reasons for deaths
 - Milk aspiration/choking
 - SIDS – Sudden infant death syndrome

Our strategy

- To target the parents/ care givers
- Train them on
 - Essential newborn care
 - Sleeping positions
 - Hands on skills in Basic life support/CPR

Our model

- We arrange a session with parents/ care givers before discharge them home
- Conducted by SR/paediatric registrar or SHO together with attending neonatal nurse under supervision of consultant neonatologist.
- Duration – 30 min

Our model

- We cover following areas during the session
 - A comprehensive update of neonate or infant's condition
 - How to look after the baby at home
 - Essential newborn care ;Infection prevention, thermoregulation, feeding
 - Sleeping positions
 - Danger signs
 - First aid when choking episodes
 - Basic life support/CPR - hands on skills
 - Contact in emergency situation: closest hospital, 1990 ambulance
 - Follow up plan



Sustainability

- Training sessions for senior registrars, registrars, SHOs and nurses
- Maintaining data base
- Reviewing parents feedback
- Conducting audits biannually

The way forward

- National level implementation

Thank you