

# Rooming in - Are you really??

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# Step 7

- Practice "rooming in" - allow mothers and infants to remain together 24 hours a day.
- Yes that really does say, 24 hours
- Any exceptions?



# Rooming in

- Some stuff out there about "23/24 hours"
- This is not very helpful
- A baby could be out 2 hours for a serious medical issue/procedure - this is OK
- A baby could be out 15 mins for a hearing screen; this is not OK

# Rooming in

## When is it ok not to?

- If a baby has to have a procedure
  - Circumcision
  - Spinal etc.
- Mom requests it, is educated
- A safety issue (mom real sick, noone else there, etc)



# Rooming in - when should they stay in?



- Hearing screen
- Pediatric exams
- Routine blood draws/heel sticks
- Bath
- Night-time



# Strange goings on....

- Shouldn't *no nursery* mean automatic rooming in?
- Shouldn't LDRPs mean rooming in?
- Low volume/rooming not really related either.....

# Is mom the problem?

- "She wants rest at night"
- "She doesn't want to see tests/heelsticks"
- "She wants to send baby to nursery"



# Moms and rooming in

- Who is really asking about the nursery?
  - Sometimes mom
  - Sometimes, the staff....
- If it's mom
  - Educate
  - Document education in the medical record



# Moms and rooming in

- If 1 mom does this...fine
- If ALL moms do it, hmmm
- Sometimes can be cultural

# Clinicians and rooming in

- May really believe mom will sleep better
  - Evidence does not support this
- Comfort level doing tests in room?
- Comfort level talking to patients?
- Practical issues

# Practical help

- Portable scale on cart
- Moveable lights
- Otoscopes
- Baths on wheels





# Why are some clinicians not on board?

- A real life example.....
- Pediatricians REFUSING to examine newborns in moms' rooms
- Main rationale: "It's too dark"
- ...adding "if we had portable lights, and we left them in a room, a child might play with them, knock them over, and get hurt"



## And.....

- Hospital had 2-3 births/week
- At our visit, 1 baby postpartum
- Time saving *not* an issue
  - Took longer to get baby to nursery and back, than to do exam in mom's room
- Other providers hurtling ahead - whole unit gung ho about skin to skin post cesarean



# SO...

- I asked pediatrician #3
  - “How do lights on postpartum compare with lights in this room?” [pediatric outpatient unit]
- “Let’s walk over and take a look”
- “Maybe you can use brighter bulbs while you wait for portable lights”

# Fact finding mission



Lighting on postpartum  
same as outpatient pedi



Hospital HAD beautiful  
lights



Lighting NOT the  
problem



YOU knew that, right?



So what was?

# The real problem

## ● Dr X

- "It takes time to change" (true, but OB colleagues doing c-sec skin to skin on everyone)
- "IT'S ONLY A 10 MINUTE EXAM. HOW CAN THAT MATTER?"
- Ahaaaa...now we're talking.
- Explain why in the context, it matters



# Why 10 minutes matters

- We are talking a culture change
- If a dr does exams in the nursery
  - A nurse might then do bath in nursery
  - A tech might do hearing screen in nursery
  - Someone will do newborn heelstick/screen in nursery.....etc



# Documentation



- Rooming in: the "norm"
- Each time baby leaves room: Document!
- When baby comes back: Document!
- If baby goes for a non medical reason, Document - maternal education AND times in and out





Man, that's a lot of documentation...

- .....maybe it would just be easier if we left them in the room, then we would have no need to document.....



# Documentation

- For example
  - 10am - baby left room for hearing screen
  - 10:15 - baby came back
- Note - this is NOT acceptable REASON, but at least the documentation is right!

# Documentation

- For example
  - Mother requested baby go to nursery for the night
  - Mother was educated on benefits of rooming in and exclusive breastfeeding
  - Mother insisted she needed 4 hours of sleep with no baby in the room
- This is ok as long as it's documented and backed up by maternal report

# System changes to help

- Rename nursery the Neonatal Observation Unit
- Turn off lights
- Invite mothers in
- Create a "NOW": nursery on wheels



The best nursery is an empty nursery

# Stages of change

- ★ **Equilibrium** - we're here, and we're happy
- ★ **Denial** - those breastfeeding people aren't really there
- ★ **Anger** - darn it they are there and they're not going away
- ★ **Bargaining** - how about we only keep babies in the nursery for 3 hours instead of 4?

# Stages of change

- ★ Chaos - what the heck is going on?
- ★ Depression - we're done for
- ★ Resignation - what are we supposed to do?
- ★ Openness - I wasn't really listening, can you say it again?
- ★ Readiness - I guess I can try
- ★ Re emergence - Hmm. Kind of cool. I might even be a better.....