

# S.H.E.D

## Betty Tenn-Stewart and Alex Lamb

Supporting and Helping Every Dad

## Communicating Effectively with Patients and Families

www.gloshospitals.nhs.uk

#### THE PROBLEM FOR PARENTS

- Often short notice, chaotic circumstances immediately prior to admission.
- Parents are asked to absorb large amounts of information about the Unit whilst coming to terms with their situation.

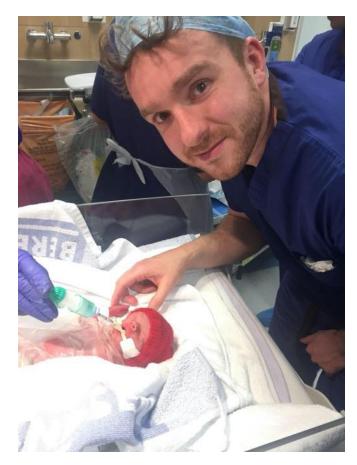
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• Frequently we are unable to have discussions about their changed expectations and what the next stage in their child's care will be.

#### THE PROBLEM FOR PARENTS



Expectation



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Reality

#### THE PROBLEMS FOR DAD

• Priority is baby's need for stabilisation in the first 24 hours, resulting in dads feeling their concerns are insignificant.

- Dads feel a lack purpose making it difficult to cope/bond with their families, leading to mental health issues, safe-guarding concerns and poor unit experience.
- Support is often directed towards mum.
- Additional worries over partners health.

#### **INTERVENTION OVERVIEW**

- Change staff outlook to encourage Dads' engagement.
- Empowering Dads to embrace their role in the family and partner in the baby's care.

- Provide platform of inclusion, self-expression and identification with others.
- Communication amongst Dads.

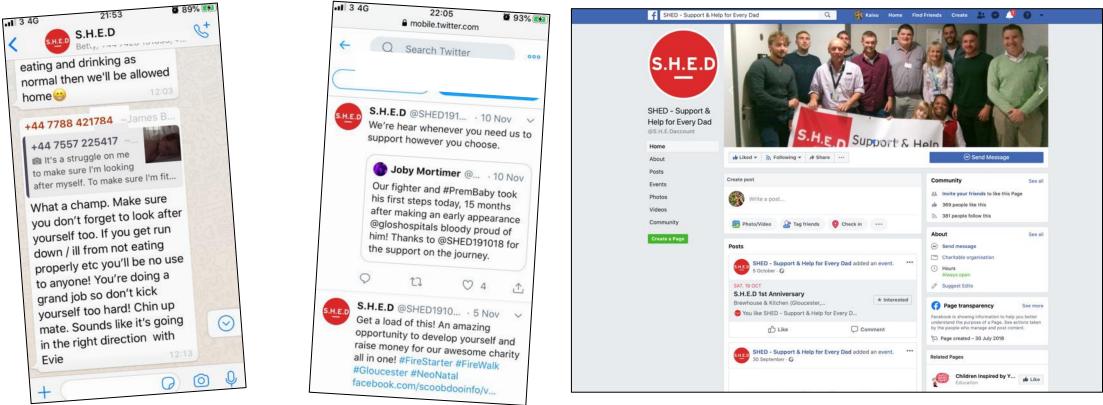
#### S.H.E.D LAUNCH

#### 20<sup>th</sup> October 2018 – UK's first NNU Dads support group



• Integrating Dads into the care of the baby at the earliest stage, encouraging Dads to accompany babies into the ward from birth.

- Staff observing Dads; identifying early signs of emotional distress and detachment, taking the initiative to introduce Dads to each other and encourage engagement.
- Encouraging a welcoming atmosphere within the ward to add a community feel.



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• Facebook (381 followers) Twitter (71 followers) accounts and Whatsapp groups (78 users) created communication forums.

#### • Publishing literature and videos written by dads for dads



"I found talking to others about what was happening at the time was a great relief as they made me feel more at ease."

#### JAXSO

Ve had Jaxson at 31 weeks after mor We had sation at an weeks after intermentation and another down and they found problems with the placenta. Jaxion down and they found process with the process was been on 20th May 2018 weighing 21b Soz. We were redibly lucky in that he was breathing independently birth and there were no major or spent just over 4 weeks at the unit until he was strong

hade sure every visit was filled with quality time. I anted to be as hands on as I could, help ind feeds. One of my favourite things at th o visit in the day and then go back h filmoin. s go back into the un ave a decen ch quieter then and we could Index many a many a many and then tuck him up in his No one can prepare you for the journey you go throw

he one can prepare you to use journey you go should as a parent of a premature baby but what I learnt is that as a parent or a prenature pary but what i marint is that talking helps. Whether it be family members, friends, work agues or other parents at the unit I found talking to oneagues or other parents as the unit, it more sensing to there about what was happening at the time was a great lief as they made me feel more at ease. After a few days at the Unit we started to re-

Anter a term usys at the unit we starteo to recognise nurses and get to know people more. It was really the friends we made that got us through the difficult days. We found that getting to know people made the experience more If I could give anyone advice it would be to try and speak

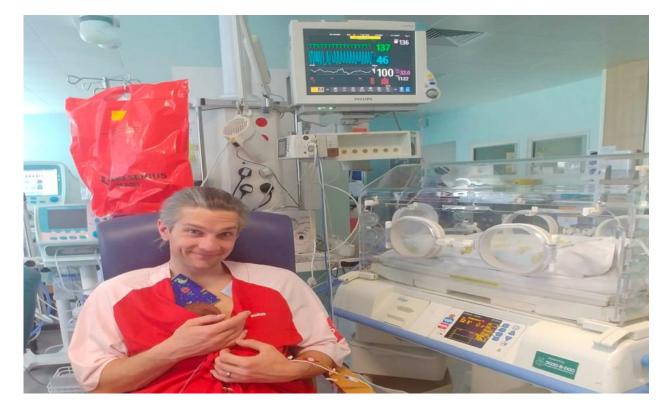
to the other parents around you and make friends with the rses that's what really helped the both of us.



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BILLY & SIDNEY

• Funding practical initiatives to promote bonding such as providing dads with specially designed shirts allowing skin on skin contact.

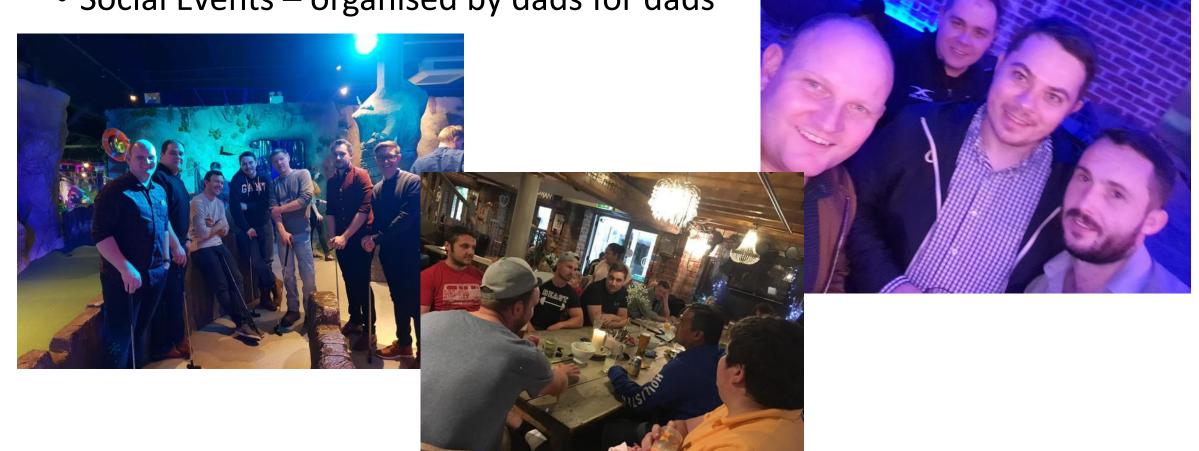




• Dads as unit volunteers



• Social Events – organised by dads for dads



#### OUTCOMES



- Dads tell us they felt "less angry and frustrated" as they are now feeling supported.
- Survey data shows approximately 37% of Dads felt that they had the opportunity to bond with their new-borns within the first 24 hours.
- Reduced safeguarding issues and doctors' appointments

#### OUTCOMES

- Internal award winning, raising NNU profile.
- National interest raising SWNN profile.

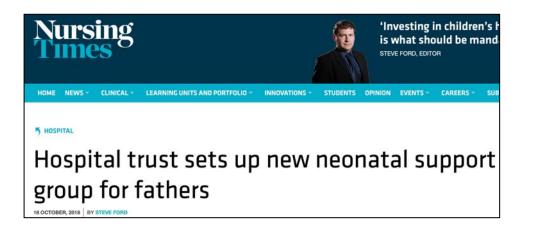






#### OUTCOMES







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• Coverage raising neonatal awareness

#### **NEXT STEPS**

- Finding the manpower and funding to expand the project.
- Providing support to other units who are setting up similar groups.
- Train further unit volunteers.