Obstetric Anaesthesia
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Skin-to-skin care during caesarean section in two obstetric units

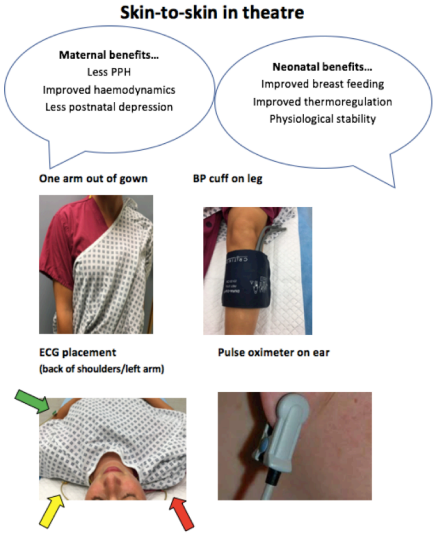
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Introduction

- Skin-to-skin care (SSC) is "contact immediately after birth holding the naked baby against mother's skin, between the breasts, lasting for as long as the mother wishes"
- Both NICE and the WHO state in their guidance that SSC should be immediate and without delay unless there is a medically justifiable reason
- The aim of this project was to determine the prevalence of SSC in theatre and to establish any barriers

Methods

- Patients who underwent caesarean section were surveyed post-delivery on their experience of SSC in theatre in two obstetric units within the same trust
- This was repeated after raising staff awareness of SSC in theatres via posters displayed in theatre and online education



Results

	Before intervention (%) N=73		After intervention (%) N=112	
	Elective	**Emergency**	**Elective**	**Emergency**
Offered SSC	100	60	93	79
Performed SSC	92	42	82	53
SSC for transfer	31	17	27	17

Mean patient satisfaction scores were 9.76/10 in those who had SSC in theatre and 9.03/10 in those who did not have SSC (p=0.026)

Discussion

- Good practice of SSC in elective caesarean sections, less so in the emergency setting
- After implementation of online staff education and displaying posters in SSC facilitation in theatres, improvement of SSC provision for emergency caesarean sections was seen – 79% patients were offered SSC and 53% of patients performed SSC
- SSC for transfer to recovery remained low despite the interventions
- Reported barriers included feeling uncomfortable, sick, shivering or too anxious – anaesthetists should play an active role in the breaking down of some of these barriers and encourage SSC in theatres
- Patient satisfaction scores were significantly higher in those who had SSC in theatre
- Although some improvement has been seen, there remains room for further improvement in the provision of SSC in our trust

References

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