

P 16. SKIN-TO-SKIN CONTACT FOR PAINFUL PROCEDURES: THE EXPERIENCE OF MOTHERS OF PRETERM INFANTS

Ananda Fernandes¹, Elvira Santos¹, Céleste Johnston²

¹*Coimbra College of Nursing Coimbra College of Nursing, Coimbra, Portugal*

²*McGill University*

Background: Maternal skin-to-skin contact is effective in reducing the pain response in preterm infants. However, the experience of mothers doing kangaroo care when their infant is submitted to a painful procedure has not been explored.

Aim: To uncover mother's views of doing Kangaroo Care during a painful procedure.

Methods: Preterm infants (28-37 weeks) in a Neonatal Intensive Care Unit were put in skin-to-skin contact with their mothers 30 minutes before a venous blood draw and were, as usual, administered 0,1ml of sucrose 2 minutes before the painful procedure. Children were breathing spontaneously and had no severity of illness criteria. Mothers (n=30) were interviewed during the next days. Transcriptions were analyzed using NVivo8 software program. **Findings:** Mothers consider this a positive experience both for them and for the baby. They express physical and emotional well-being. Mothers enhance being protective, feeling secure and having the child all for themselves.

They perceive their baby as calm and feeling protected. They would repeat and recommend the experience.

Conclusions: Besides being effective in reducing the pain response during a painful procedure, maternal skin-to-skin contact is appreciated by mothers and should therefore be considered with other pain management interventions in standard practice with preterm infants.

Key-words: Kangaroo Care; Infant Premature; Pain; Mother-child relations; Neonatal Nursing.