

BECOMING BABY FRIENDLY IN OKLAHOMA

SKIN TO SKIN IN THE OR



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 September 10th 2013

Disclaimer

I have no conflicts of interest to disclose



Evolutionary biology

Skin to skin contact promotes innate behaviors in the baby- such as looking at mother, rooting, hand to mouth movements leading to breast feeding

This 'sensitive time' promotes a synchronous reciprocal pattern of interaction if mother and baby are together in intimate contact

Seen in all mammalian newborn: these innate behaviors needed for successful breastfeeding and survival



The Science



- Touch, warmth and smell stimulate maternal Oxytocin release
- This raises maternal skin temperature- helps keep baby warm
- Skin to skin contact reduces maternal stress response. Oxytocin decreases anxiety and improves calm relaxation
- During early post birth hours oxytocin may also enhance parenting behaviors and improve bonding

Effects

- Natural phenomenon
- Thermoregulation
- Lactation
- Decreased stress response in infant
- Early breast feeding
- Maternal sense of accomplishment
- Self enhancement and self esteem
- Evidence of better neurobehavioral development



Advantages

- Helps initiate breastfeeding soon after birth
- Continue skin to skin contact for at least the first hour of life
- Encourages bonding
- Mother can hold baby soon after birth if mother has a spinal block for Cesarean section
- If surgery is under general anesthesia, she can hold the baby as soon as she recovers from the anesthetic



Concept

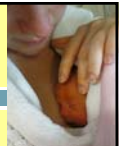
- Healthy mothers and babies should be in skin to skin contact for the first hour of life
- Baby should be not subjected to procedures unless medically necessary then
- Allow a quiet uninterrupted time
- There is no need to hurry to apply to breast

Applies equally to the OR and vaginal births



The How

- Infant wears a hat and diaper
- Place infant arms bent and frog legged
- Vertically between breasts
- Skin of baby in contact with skin of mother
- Place warm blankets on baby and mother
- Mother may cradle baby with arm/arms
- No blanket between mother and baby



The When and Prep

- As soon as possible after birth
- Dry, check baby, weigh, measure baby
- Place id band, take foot print for record
- Place cap and diaper
- Over to the mother for skin to skin contact
- Keep mother covered and warm during birth
- Ensure arms free of monitor probes
- Reposition depending on handedness or probe priority
- Loosen clothing, move jewelry
- Have warm blankets ready



Duration

- For at least an hour
- No interruptions from procedures
- Monitor both mother and baby without interfering
- Do not hurry the process, when baby is skin to skin
- Allow for the contact and accommodation of mutual contact



The Who

- All mothers or fathers
- All infants
- **All methods of delivery**
- Whether mother plans to breast feed or not
- Ensure medical necessity of both mother and baby are met first
- Always monitor both mother and baby continuously



Baby Friendly

Vaginal Births

Criteria

- Healthy moms with vaginal birth of healthy babies
- Baby and mom are skin to skin within 5 minutes of birth
- Babies stay in skin to skin contact with mother with no interruptions till completion of first feed



Baby Friendly



Cesarean birth –Spinal block

- Discuss with the anesthesiology team
- Provide assistance to appropriately locate monitoring probes or help reposition them
- Prepare baby and mother just as for vaginal birth
- Ensure drapes do not encroach on surgical field
- If arms are restrained, release and educate mother regarding not reaching toward surgical field

General Anesthesia

- Discuss process with anesthesiologist, mother, father or surrogate
- Prepare mother as for spinal block
- Baby can be placed skin to skin with father or surrogate till mother is responsive
- Transfer baby to mother after she is responsive
- May be after the first hour



Baby Friendly



- In obese patients
 - ▣ Tip OR table head up, make room and release arm restraints
 - ▣ Provide additional support if room is tight under drapes
- Mother hugs baby for transfer from OR table to bed
- Encourage, and reposition baby after transfer as needed

Baby Friendly

- Note
 - ▣ Both hands free
 - ▣ Plenty of space
 - ▣ Help close by



The OU Experience



Skin to Skin at C/S




In the OR....



Bonding time....





Thank you!

Questions?

