21st Annual World Congress on

## Neonatology

March 25, 2022 | Webinar

# Peers supporting peers: Preterm mothers post discharge WhatsApp Support group experience

Preterm births are unanticipated demanding experience for families. Despite integration of mothers into vjgkt"rtggokg"ectg" fwtpi"cf o kuukqp"cpf" fkue jct ig"etkvgtkc"ucvkuŁgf="tgrukecvkqp"qh" PKEW"uvchu"uw rqtv"cv" home is a crave by mothers. Post discharge mothers' challenges include concern for their babies' general wellbeing. These concerns result in lower breastfeeding rates, poor maternal-child bonding and poor mothers' mental health.

Preterms 'mothers are ready to share, get information pertaining care of their babies. Recently,

#### preemies' mothers' support groups, blogs are on social media:

Hcegdqqm."Vylwgt." [qwVwdg."Rkpvgtguv" cpf" Kpuvci tco" jqygxgt" o quv" fqp%" jcxg" rgtuqpcn" vqwej ("Qpn (" preterms' mothers comprehend the stress of caring for preemies

Vjg"rwtrqug"qh"uwwf {"ku"vq"ceeguu"dgpgLvu"qh""rquv"fkuejctigö"Rggtu"uwrrqtwpi"Rggtuö"YjcvuCrr"itqwr" of preemies' mothers with supervision of NICU Doctors and nurses

#### Methodology:

Y jcvuCrr<sup>\*</sup>itqwr<sup>\*</sup>y cu<sup>\*</sup>etgcvgf<sup>\*</sup>24/29/4242<sup>\*</sup>hqt<sup>\*</sup>rtgg o kgu<sup>6</sup> o q<sup>4</sup>jgtu<sup>\*</sup>y kyj<sup>\*</sup>u o ctv<sup>\*</sup>r jqpgu<sup>ff</sup>Vjgf<sup>\*</sup>ctg<sup>\*</sup>cffgf<sup>\*</sup>rquv<sup>\*</sup> discharge of their babies; NICU staffs added for supervision. Ground rules set and Purpose explained: 1) mothers supporting one another by sharing challenges, experiences. 2) Ask questions, other mothers cpu ygt.<sup>\*</sup>y jgp<sup>\*</sup>pq<sup>\*</sup>cpu ygt<sup>\*</sup>htq o <sup>\*</sup>rggtu<sup>\*</sup>PKEW<sup>\*</sup>uvchu<sup>\*</sup>cpu ygt<sup>0</sup>5+<sup>\*</sup>Ujctg<sup>\*</sup>xkfgqul rkewtgu<sup>\*</sup>qh<sup>\*</sup>dcdkgu<sup>6</sup>Etun<sup>\*</sup>dkty jfc{0 Swgukqppcktg<sup>\*</sup>wukpi<sup>\*</sup>i qq ing<sup>\*</sup>hqt o <sup>\*</sup>cpf<sup>\*</sup>hkp<sup>\*</sup>ugpr<sup>\*</sup>vq<sup>\*</sup>i tqwr<sup>\*</sup>hqt<sup>\*</sup> o qvjgtu<sup>\*</sup>vq<sup>\*</sup>Etun<sup>\*</sup>chvgt<sup>\*</sup>39<sup>\*</sup> o qpvju<sup>\*</sup>

Hkpfkpiu<""6:" o qvjgtu" cffgf" qxgt"39" o qpvju."45" Łmgf" vjg" qpnkpg" swguvkqppcktg

Oqvjgtu" ogcp" cig" ycu" 5508" {gctul"; 305 ' "cpf" :08 ' "jcf" wpkxgtulw{lrqn{vgejpke"cpf"ugeqpfct{"uejqqn" education respectively. 45% had preterms before and didn't have post discharge support except post discharge hospital follow-up visit

All mothers found: 1) questions asked or answered by peers or NICU staffs helpful, in reduction, of jqurlvcn<sup>\*</sup>xkuku/u4+"Hktuv<sup>\*</sup>/dktvj fc{@u<sup>\*</sup>xkfgqu<sup>\*</sup>rquv<sup>\*</sup>oqvkxcvkpi

They are ready to keep group to encourage other mothers.

#### Conclusion:

Support groups seems more effective when peers share their experience with one another.

#### **Biography:**

Osaretin Chimah has her passion in neonatal care especially for preterm babies. Her passion causes her to go miles to seek ways to improve their survivals despite some environmental limitations. She is passionate about quality improvement in workplace. Can it be better is always her slogan.

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### Received: January 25, 2022; Accepted: January 27, 2022; Published: March 25, 2022

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