

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

**Preterm births** are unanticipated demanding experience for families. Despite integration of mothers into 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.

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

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

preemies' mothers comprehend the stress of caring for preemies

of preemies' mothers with supervision of **NICU** Doctors and nurses

### Methodology:

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 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, 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 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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