

Aim: To increase the use of adapted skin to skin care for invasive procedures in the NICU

Peripheral Arterial Line Insertions

Umbilical Line Insertions

Lumbar Punctures

Peripherally Inserted Central Catheters

Arterial Blood Draws

Why Skin to Skin Care?

- Promotes hemodynamic stability
- Promotes infant temperature regulation
- Calms and relaxes both infant and caregiver

Why Skin to Skin for invasive procedures?

- Better hemodynamic stability during invasive procedure
- Increased parental satisfaction
- Potential for decreased use of narcotics for pain control

Observations in Clinical Practice

- Decreased length of procedure time
- Maintenance of hemodynamic stability
 - Minimal fluctuations in heart rate
 - Minimal need for increased oxygen requirements
- Decreased pain scores
- Increased parental satisfaction



Eligibility:
Any infant admitted to NICU is eligible for skin to skin care for invasive procedures

Identified Barriers

- Ergonomics and positioning
- Comfort level of practitioner
- Limited experience with skin to skin for invasive procedures

"Thank you so much for including me in these procedures. I often feel guilty and helpless as a mother to an extreme preterm baby in the NICU, instinctually wanting to protect my baby but not knowing how. Being able to hold and comfort him while he is undergoing treatments has given me a renewed sense of importance in my child's care."

Next Steps

- Ongoing audits for procedural complications
- Developing a mentoring program to establish all practitioners
- Developing policies and procedures to support this practice in the NICU
- Further research regarding skin to skin care for invasive procedures

