

Understanding and improving relational aspects between first-time parents and healthcare providers after childbirth

Elisabeth Schobinger^{1,2}; Anne-Sylvie Ramelet¹; Antje Horsch^{1,3}

¹Institute of Higher Education and Research in Healthcare, University of Lausanne and, ²Geneva, School of Health Sciences, University of Applied Sciences and Arts Western Switzerland and ³Department Woman-Mother-Child, Lausanne University Hospital, Lausanne, Switzerland



© Nadiaschaffter photographie



Context of the project

Background

- Becoming a parent is challenging for mothers and fathers, especially during the early postpartum period (2-7 days after birth). Razurel et al., 2017; Shorey et al. 2017,; Frei IA 2005
- Transition to parenthood can lead to different psychological problems. First-time parents may be more at risk. Sharma et al. 2015; Schobinger et al. 2020, Poh et al. 2014
- Perceived lack of social support from care providers is a risk factor for mental health problem. De Schepper et al. 2016; Ayers et al. 2016
- Social support is an essential recommendations when caring for postpartum women, however many parents report a lack of support or unmet needs in the postpartum period. NICE guideline , Fenwick et al. 2010; Persson et al. 2011

Method

Aim of the project To better understand the role of social support provided by midwives/nurses in the transition to parenthood of first-time parents during the early postpartum period and to create a training tool.

STUDY 1:QUAL

Objective: To better understand observable behaviors that are responding to the needs of support of first-time mothers and fathers after birth in the early postpartum.

Based on the results of first study.

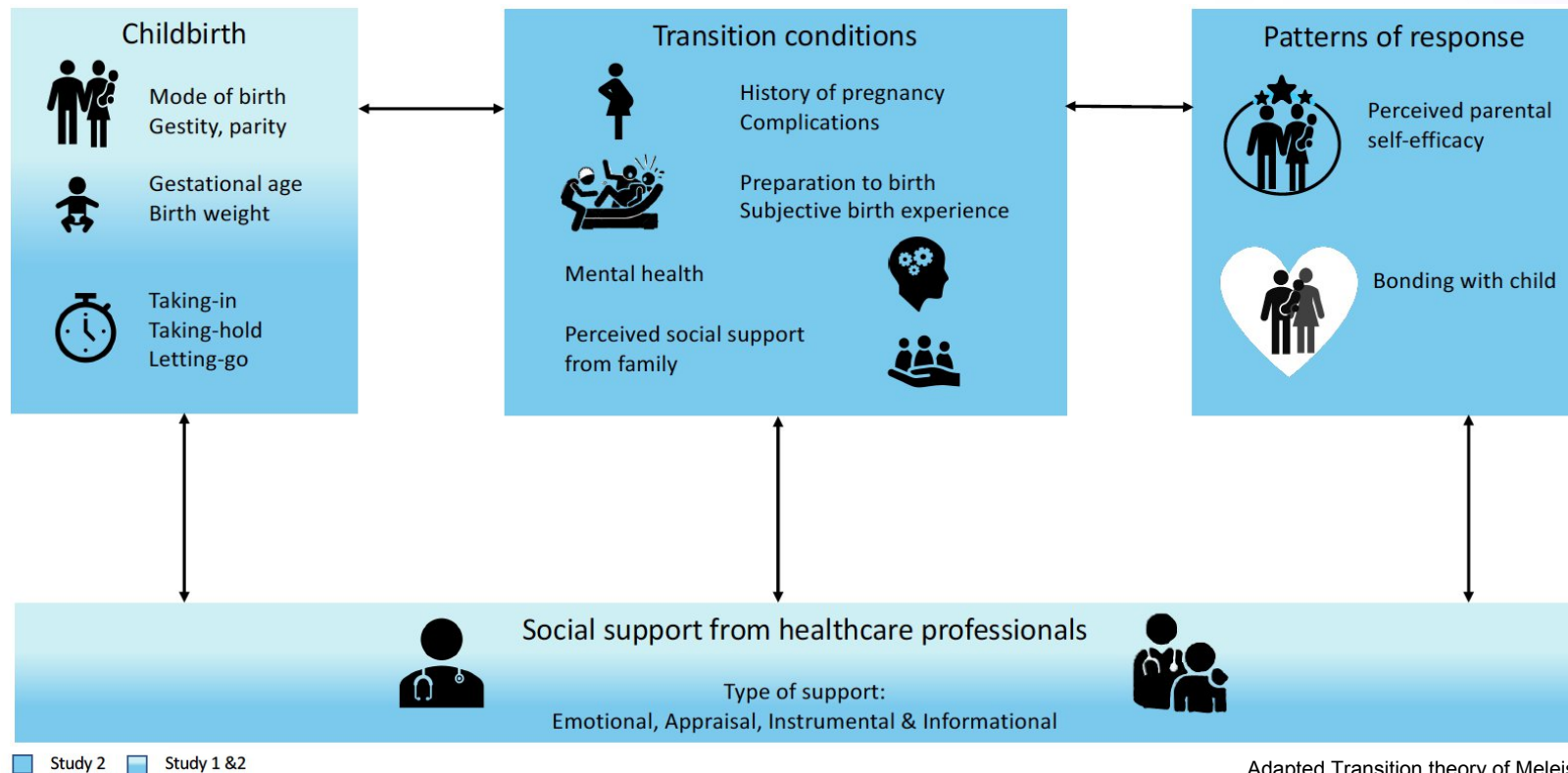
STUDY 2:QUAN

Objective: To firstly determine the most important observable behaviors HP show/use to meet first-time parents' social support needs and secondly to investigate the relationship between social support from HP and perceived parental self-efficacy and parent-infant bonding.

STUDY 3

Based on the results of study 1 and 2 Development and test of the tool: Acceptability, Feasibility, Utility.

Theoretical framework



Conclusion

This project is currently in progress. It will help to better understand the social support needs of first-time parents in the early postpartum and its role in the transition to parenthood. Determining what behaviors from healthcare professionals made parent feel supported and create a tool based on these needs / behaviors will help healthcare professionals to provide support. Thus, improving the quality of care during the postpartum stay.