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The effect of mummy restraints during bottle feeding on the comfort state of new born infants in the Neonatal intensive care unit

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Abstract

The Neonatal Intensive Care Unit (NICU) is a stressful environment for high risk neonates. Mummy restraints are more likely to be used in the Neonatal Intensive Care Units than in other hospital units. Initiation and keeping of mummy restraint devices is largely a nursing responsibility. Mummy restraints during bottle feeding may decrease distress level of the new born infants by enhancing calming status. The aim of the study to investigate the effect of mummy restraints during bottle feeding on the comfort state of new born infants. Quasi experimental research design was carried out on a randomized sample of 60 new born infants attending The Neonatal Intensive Care Unit of El Manial University Hospital. Neonatal assessment tool and COMFOTneoNRS scale were utilized for data collection. There was a statistically significant difference between control and study groups regarding the distress levels (P≤0.00), the mean score of distress levels were 7.40±1.50 and 0.80±1.35 respectively and the mean score of comfort levels in the new born infants in the control and study groups were 26.40±6.50 and 6.40±1.09. The use of mummy restraint among new born infants during bottle feeding is effective to decrease their distress level and improve their comfort state by promoting warmth and good sleep after feeding.

Biography

Eman Mater, PhD, B.S.N is an associate professor of nursing at nursing college, Cairo University, Egypt and Taibahu University, Saudi Arabia. She joined the Department of paediatric nursing as clinical instructor in 2000 at Cairo University. She gained her PhD in pain management at the University of Cairo in 2010. Her research interests involve interventions to reduce distress and improve outcomes in high risk neonates. Furthermore, she was interested in evidence of nursing role in pain management to maintain more than a passing interest in non-pharmacological pain management among high risk neonates from her PhD work. It is important clinical problems as they are strongly associated with increased morbidity and mortality.

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