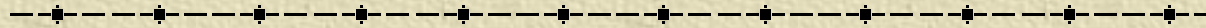
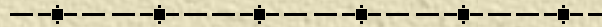


# **Baby Care VCD Production for Baby Care Education at Home**



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# Background

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- ✦ Evidence informs practice
- ✦ The production of VCD is initiated according to the need of pregnant women identified in the research (Ho & Holroyd, 2002).
- ✦ The aim of the research is to explore Chinese women's perception of the effectiveness of antenatal education class in preparing them for motherhood in early postpartum in Hong Kong.

# Background

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## ✦ Objectives:

1. To describe the content, modes of teaching and reaction/ interaction styles of specific antenatal education classes.
2. To explore the HK Chinese women's perception of their confidence for motherhood during the 1<sup>st</sup> postpartum month.

# Background

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## Objectives:

3. To examine Hong Kong Chinese women's perception on the effectiveness of the antenatal education classes in preparing them for motherhood in the 1st postpartum month.
4. To identify specific needs for the future direction of antenatal education.

# Research Methodology

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Exploratory descriptive study

Phase one

✦ Non-participant observation on 5 sessions of an antenatal education program

Phase two

✦ Focus group approach

# Six Themes Identified

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- ✦ Predicting personal needs for A/N preparation for motherhood
- ✦ Feeling prepared physically and emotionally for some demands of motherhood
- ✦ Unrealistic preparation for breast feeding problems
- ✦ **Inadequate preparation for baby care**
- ✦ Unfulfilled informational needs
- ✦ Conflicting advice from educators and other professionals

# Findings

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- ✦ Large class sizes & didactic mode of teaching inhibited group process and learning.
  - ◆ ~100 attendees during the baby care class
  - ◆ Women at the back could not see the demonstration of bath of a baby doll clearly
  - ◆ Women were unwilling to ask questions in such a large group
- ✦ Women were unable to perform baby bath confidently after attending the AN classes.

# Findings

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- ✦ Although they attended antenatal classes and found classes helpful for labor, they did not feel prepared for motherhood.
- ✦ They also complained that many common concerns were not taught e.g. newborn behaviors, care of the umbilical cord.
  - ◆ Short attention span
  - ◆ Forget the information delivered

# Findings

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- ✦ The audiovisual aids used was lack of cultural relevancy as the video was about the practice and feeling of Westerners.
- ✦ Women experienced a sense of estrangement when this topic was presented prior to the baby's arrival.

# Findings

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✦ Concurred with other international studies  
(Dissatisfaction with postnatal care)

1. Postnatal care is the biggest failure in maternity nursing (Rubin 1984).
2. Women's concern in the postnatal period were not addressed. They were not satisfied with the information given during their postnatal hospitalization (Moss, 1981).

# Findings

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3. Early postnatal discharge further impaired the preparation of women for maternal role transition.
  - ✦ 48 hours stay for primiparous mothers
  - ✦ 24 hours stay for multiparous mothers
4. The attention span of short-stay mothers may be affected by sensory over-load, post-delivery fatigue and sleep deprivation (Martell et al, 1989).

# Findings

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5. They were often shocked, not prepared and felt 'unready' for the experience of 'becoming mother' (Barcaly et al, 1997).

# Limitations of Antenatal Education

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- ✦ Large class size -> reduce to smaller group
- ✦ However statistical data had projected the difficulty to limit the number of attendees to the ideal small group.
  - ◆ > 5,000 deliveries per year
  - ◆ As the antenatal class is always overbooked due to enormous demand especially when the topic is about baby care.

# Attendees Number

Topic	Content	Duration	Speakers	Attendees No	Av aids
<b>Mx of emotion</b>	P/N depression	30 min	Psychiatrist	<b>48</b>	Nil
	Experience of new parents	90 min	MSW		OHP/Video
<b>Care of newborn</b>	General care	60 min	Midwife	<b>95</b>	Slide
	Baby bath	60 min	midwife		Demo
<b>Postnatal care Infant feeding</b>	Self care	45 min	Midwife	<b>68</b>	Display board demo
	Breast feeding	20 min	Midwife		
	Bottle feeding	30 min	midwife		
<b>Breast feeding</b>	A&P	90min	Lactation	<b>50</b>	OHP
	BF skills	30 min	Consultant		Video
	BF problems		Midwife		OHP
<b>Common neonatal problem</b>	Abnormal neonate case	25 min	Pediatrician	<b>54</b>	Slides
	Mx of problems	25 min			

# Solution

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- ✦ Through discussion of these problems, staffs decided to change the mode of teaching by producing our own baby care VCD for the women.
- ✦ A task force was formed and a professional VCD production team was invited to assist in producing the VCD.

# Benefits of the VCD

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- ✦ The video is tailored made for the needs of women.
- ✦ The close up scene enables mother to watch the procedures clearly.
- ✦ The video facilitates learning at home during the antenatal as well as postnatal period (according to women's pace/ learning needs).
  - ◆ Also as teaching aids for significant others/ domestic helpers
- ✦ Locally produced video is more culturally relevant than those produced by Western countries.

# The Work of the Task Force

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- ✦ Composed the drama of the video
  - ◆ Designed the dialogue
  - ◆ Added in punch lines
- ✦ Designed the content based on the research findings and the feedbacks from women so that it is tailored made for their needs
- ✦ Discussed with the professional VCD production team about the color /sound effects of the VCD
- ✦ Participated in casting the characters

# The Work of the Task Force

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- ✦ Acted as the director during the production process
- ✦ Acted as the demonstrator for all baby care procedures & the skills e.g. safety handling of the baby
- ✦ Edited the final copy of the VCD
  - ◆ Invited professional opinions from obstetricians and pediatricians
  - ◆ Obtained feedback from midwives, expectant mothers and postnatal mothers

# Content of the VCD

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1. Preparation for baby bath
2. Baby bath skills
  - ✦ Change of napkin
  - ✦ Observation of skin condition
  - ✦ Care of umbilical cord
3. Choice of clothes

# Content of the VCD

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4. Taking of body temperature
5. Burping of wind
6. Care of elimination
  - ✦ How to observe whether baby has enough feeding
  - ✦ Normal breast-fed stool
  - ✦ Normal formula-fed stool

# Feedbacks from Women

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The video was piloted in both the antenatal classes and postnatal classes:

- ✦ Learned the bath procedure vividly
- ✦ Common concerns of baby care were addressed
- ✦ Difficult skills could be learned through watching the video repeatedly

# Feedbacks from Women

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- ✦ Learning the skill at their own pace at home before the birth of baby, or to reinforce her skills during postnatal period
- ✦ Strengthen their confidence in baby care
- ✦ Lastly locally prepared video films are surely more relevant and interesting

# Acknowledgements

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Thank you!

