Every Change Matters™ Bridging Developmental Diapering Practices From Hospital to Home

Nov. 1, 2017
Learning Objectives

1. Discuss two or more ways diapering can impact the physiological state of an infant and/or parent

2. List the five focus areas of developmental diapering care

3. Provide at least one example of how developmental diapering care can be taught to parents and encouraged to model by healthcare professionals in the hospital setting
Meet the Presenters...

Felicia Fitzgerald,
BSN, RNC-OB, C-EFM, CLNC
Perinatal Outreach Educator
University of Chicago Medicine, Perinatal Center

Jenene W. Craig
PhD, MBA, OTR/L, CNT
Brenau University-OT Department Chair
Director of Education-NANT
Board of Directors-NPA
Nursing Advisory Council

• **Sharon Dore**, RN, BScN, M Ed, PhD, Clinical Associate Professor, McMaster University, Ontario, Canada

• **Media Esser**, NNP-BC, APNP, CWN, Neonatal Nurse Practitioner, Children’s Hospital of Wisconsin, Milwaukee, Wisconsin

• **Felicia Fitzgerald**, BSN, RNC-OB, C-EFM, CLNC, Perinatal Outreach Educator, Chicago, Illinois

• **Kelli Kelley**, Founder & Executive Director, Hand to Hold, Austin, Texas

• **Joanne Kuller**, RN, MS, Neonatal Clinical Nurse Specialist, UCSF Benioff Children’s Hospital, Oakland, California

• **Sue Ludwig**, OTR/L, Founder & President, National Association of Neonatal Therapists, Cincinnati, Ohio

• **Debianne Peterman**, PhD, MSN, RNC-NIC, NE-BC, Clinical Nurse Consultant, Brentwood, Tennessee
Every Change Matters™: A Guide to Developmental Diapering Care

• The Huggies® Nursing Advisory Council has identified diapering as an extraordinary opportunity to improve outcomes for preterm and full-term infants
  o Developmental care measures can be integrated into routine care task of diapering
  o Diapering provides an ideal opportunity for parents to bond with and better understand their infant

• Every Change Matters™: A Guide to Developmental Diapering Care, is the first review to consider diapering within the context of developmental care

• Provides guidance on how developmental care can be applied to routine care such as diapering to decrease infant stress and provide an opportunity for parent/infant bonding
Every Change Matters: How Was It Developed?

- Heavily referenced AWHONN’s Neonatal Skin Care: Evidence-Based Clinical Practice Guidelines, complemented by new areas
- Found that majority of existing research focuses on prevention, diagnosis and resolution of diaper dermatitis, and on research related to diapering, diapers and baby wipes
- Emphasized that standard caretaking procedures like diapering can lead to increased stress responses in full term and premature infants
- Established that a need exists in the literature for a document that discusses diapering in a holistic manner
Developmental Care: The Five Alliterative “Cs”

Based on the developmental care model includes five areas of focus that can be applied toward diapering of premature and full term infants:

- **Calm and Clean**: The Optimal Environment
- **Change and Check**: Developmental Activities of Daily Living
- **Comfort**: Stress Assessment and Management
- **Champion Sleep**: Protected Sleep
- **Confidence/Closeness**: Family-Integrated Care
Calm and Clean: Background

• Among the many negative consequences associated with an unhealthy early environment are childhood development of tactile vulnerability and hearing impairment1,2

• Conversely, a developmentally appropriate environment in which potentially harmful environmental exposures are controlled and positive sensory experiences are provided is associated with infant self-regulation3,4

Calm and Clean: Interventions

To promote an optimal diapering environment:

1. Ensure infant safety and comfort
2. Use appropriate sanitation and hygiene measures
3. Practice mindfulness (use the 5-second rule)
4. Provide caregiving based on infant cues

- Encourage bonding and emotional connection between infant and caregiver
- Moderate harmful sensory stimulation
- Provide developmentally appropriate touch

---

Change and Check: Background

Potential Insults to Infant Skin

- Diaper dermatitis (diaper rash) is the most common skin condition in infants;\textsuperscript{2,3} it can cause discomfort and emotional stress\textsuperscript{4}
- Infant skin performs critical functions, such as forming a barrier to water loss and irritants, and infection control\textsuperscript{1}
- Potential insults to infant skin include fecal enzymes and over-hydration that can produce an erythema (figure); infants’ immature skin makes them particularly vulnerable\textsuperscript{1}

### Change and Check: Interventions

**To promote healthy infant skin:¹**

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Reference(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use disposable diapers with super absorbent polymers</td>
<td>1, 2</td>
</tr>
<tr>
<td>Change diapers every 1-3 hours when awake, and with each feeding at night (at a minimum once during the night)</td>
<td>1</td>
</tr>
<tr>
<td>Conduct gentle thorough cleaning of genital area with appropriately formulated cleansing agents at every change (such as baby wipes)</td>
<td>1, 3</td>
</tr>
<tr>
<td>Encourage diaper-free time</td>
<td>4, 5</td>
</tr>
<tr>
<td>Ensure proper diaper fit to promote healthy skin and proper musculoskeletal alignment</td>
<td>2, 6</td>
</tr>
</tbody>
</table>
Comfort: Background

- Studies show that even standard caretaking procedures like diapering and tub bathing can lead to increased stress responses in full-term and premature infants.
- Routine caregiving has been linked to physiological markers of stress in premature infants, such as major cerebral hemodynamic fluctuations.
- The possible long-term neurobehavioral outcomes related to repeated pain and stress exposures in the NICU include emotional, behavioral, and learning disabilities.
Comfort: Interventions

To minimize infant stress during diapering:

- Assess infant cues related to stress and pain\(^1,2\)
- Provide pain/stress prevention techniques such as non-nutritive sucking, Kangaroo care\(^3,4,5,6\)
- Educate parents on infant cues\(^7\)
- Provide state and motor support during stressful events\(^5\)

---

Champion Sleep: Background

- Sleep plays a critical role in cognitive, psychological, and temperament development\(^1\)
- Adequate sleep during neonatal period is associated with linear growth, weight gain, and increase in growth hormone\(^2,3\)
- Sleep is also directly linked with immune function enhancement and reduction of stress hormones\(^2,3\)
- Sleep-deprived premature infants may be at risk for compromised emotion regulation, language, learning and executive functioning\(^4\)

Champion Sleep: Interventions

To promote sleep:

- **Educate caregivers about clustering care to avoid sleep disruption**
- **Encourage Kangaroo care, skin-to-skin contact, gentle healing touch**
- **Employ strategies to facilitate sleep, and promote uninterrupted and organized sleep**
- **Provide infants with music therapy, singing, biological maternal sounds**
- **Use diapers with wetness indicators when possible to avoid unnecessary interruptions**

Confidence and Closeness: Background

- When parents are provided with opportunities to connect with their infant, the parents themselves experience physiological and behavioral benefits, such as early bonding, increased confidence in parenting skills, and a sense of control.¹
- This physical and emotional closeness with a parent in the NICU can also have positive and long-lasting physical, psychosocial, cognitive, and neurobehavioral effects on the infant’s development.²,³,⁴,⁵,⁶

Confidence and Closeness: Interventions

To promote family integrated care during diapering:

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Reference(s)</th>
</tr>
</thead>
</table>
Conclusion: Every Change Matters

- The Huggies Nursing Advisory Council advocates conscientious integration of the five areas of focus into diapering care for full term and premature infants, whenever possible and practical.
- The Council seeks to shift attitudes and approaches toward routine cares such as diapering: transforming the perception that diapering is a rote task into an appreciation of the significant opportunity this routine care provides for nurturing, connecting, and fostering optimal growth and development of infants.
Every Change Matters: A Guide to Developmental Diapering Care

Every Change Matters Nurse Education Program – provides clinical resources to equip you with developmental diapering knowledge, skills to use in practice and strategies to teach/engage parents in caring for and bonding with their infant.

- Nurse Education Program
- Program overview video
- Monograph
- Quick-reference guide and Wall-poster
- AWHONN Healthy Mom&Baby “Diapering that nurtures your baby”
Questions
For more information go to HuggiesHealthcare.com