Improving Antepartum Care by Implementing a Schedule of Fun Activities

Purpose for the Program
To educate nurses and health care providers about the importance of improving the antepartum patient experience through family-centered activities.

Proposed Change
To implement an activity schedule that includes events for hospitalized women in the antepartum unit to enjoy with their families and other patients. Included is a rotating schedule of activities such as scrapbooking, game night, book clubs, movie night, and prayer services. In addition, child life specialists participate to support children of the hospitalized women to help them cope with the separation.

Implementation, Outcomes and Evaluation
Implementation began with staff and health care provider education about the program. Staff and health care provider support are necessary to achieve success. Next, unit champions were identified and a 3-month schedule of activities was developed (taking into consideration activities that would appeal to different interests and being mindful of holidays). Outcomes will be measured by the evaluations provided to participants and their families. Nurse and health care provider surveys will be completed before the launch of the program, at the midpoint of the 3-month schedule, and after implementation. Additionally, nurse, health care provider, and patient satisfaction will be evaluated.

Implications for Nursing Practice
Antepartum hospitalization can be a stressful time for women and families. Implementation of a program that provides diversional activities, opportunities for socialization, and support for families can lead to improved patient satisfaction and increased nurse empowerment and engagement.

Providing Family-Centered Care to the Transgender Community

Purpose for the Program
To provide a family-centered birth experience for transgender families.

Proposed Change
To create a family-friendly, gender-affirming environment for the transgender community during the prenatal and perinatal periods.

Implementation, Outcomes and Evaluation
Comprehensive multidisciplinary education was provided to all staff and health care providers. Unit/facility documentation and signage was revised to be gender neutral.

Implications for Nursing Practice
Educate and practice gender-affirming interactions with transgender patients and their families. Understand the unique needs and support related to infant feeding, including chestfeeding (i.e., breastfeeding). Consider and prepare for the increased risk of postpartum depression and feelings of isolation. Provide comprehensive training to all health care providers and staff, including the receptionist and environmental services. Understand the clinical and emotional implications of patients that have chosen gender-affirming surgical masculinizing procedures.