Hospital to Home Transition Experience of Mothers of a Preterm Infant

Abstract Information

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Abstract Information

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Introduction:
In the United States, the rate of infants born preterm has increased from 9.4% of live births to 12.1% over the past decade. Prematurity influences the quality of life of infants and their families, resulting in psychological stress in many cases. The preterm infant's transition from hospital to home may increase the stress and tax the family's resources as they attempt to adjust to 24-hour care of their fragile infant. The purpose of this study was to understand and generate a description of prematurely born infant's maternal experience during the first month after the infant's hospital discharge.

Method(s):
Descriptive phenomenology was used. The sample included 10 mothers. Prior to data collection, institutional review board approval and informed consents were obtained. In-depth interviews were used, digitally audio taped, and transcribed verbatim. Data were analyzed using the Colaizzi seven-step process.

Results:
The findings were extracted from the maternal experience into five theme clusters, 19 themes, and 20 components. The five theme clusters were (a) dealing with an expected pregnancy outcome; (b) experiencing the reality of taking care of a baby alone; (c) struggling to adjust to the maternal role; (d) enhancing maternal inner strength; and (e) changing the maternal lifestyle. Experiences conveyed by participants enable health care providers to understand the type of support needed to prepare mothers for their preterm infant's hospital discharge.

Discussion:
Experiences conveyed by participants enable health care providers to understand the type of support needed to prepare mothers for their preterm infant's hospital discharge.

Research Completed: Yes
- This material has been presented or accepted for presentation in whole or in part at this or another scientific meeting.
- Details: SNRS 2008 (Not complete research analysis) and now it is complete

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Have a financial arrangement or affiliation with commercial companies whose products may be mentioned in this material?
No

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