

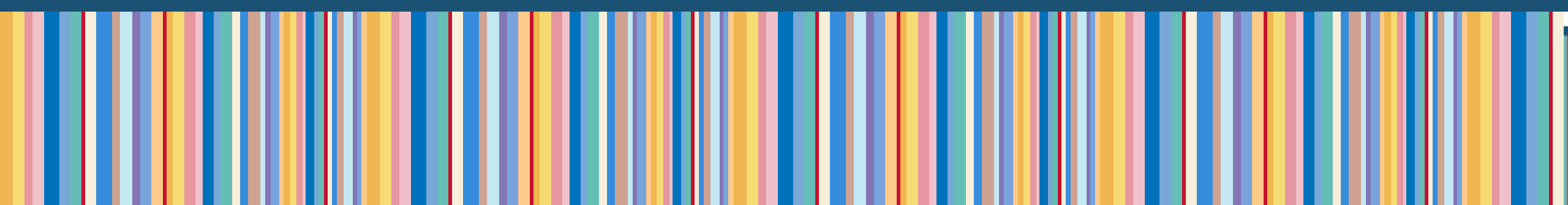
# **The Contemporary Status of Skin-to-Skin Contact After Vaginal Birth in Jeddah, Saudi Arabia**

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ICM June 30<sup>th</sup> 2021



# Acknowledgments

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## **Supervisors**

Prof. Lisa Amir,  
Dr. Kristina Edvardsson, and  
Dr. Amanda Cooklin

## **Study participants**

## **Sponsorship**











# Why is Skin-to-Skin Contact (SSC) Important?



# Background



## The Baby-friendly Hospital Initiative

*Monitoring and reassessment  
Tools to sustain practice*



World Health Organization



United Nations  
Children's Fund



Wellstart International



World Health  
Organization

**BABY-FRIENDLY HOSPITAL INITIATIVE**  
Revised, Updated and Expanded  
for Integrated Care

**SECTION 1**  
**BACKGROUND AND IMPLEMENTATION**



2009

Original BFHI Guidelines developed 1992

unicef



World Health  
Organization

## GUIDELINE

Protecting, promoting and supporting  
**BREASTFEEDING IN FACILITIES**  
providing maternity and newborn services



2011



World Health  
Organization

## IMPLEMENTATION GUIDANCE

Protecting, promoting and supporting  
Breastfeeding in facilities providing  
maternity and newborn services: the revised  
BABY-FRIENDLY HOSPITAL INITIATIVE



2018

unicef



World Health  
Organization

# Research Gaps

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- Worldwide: Prevalence of SSC for healthy full-term newborn infants after vaginal birth
- Saudi Arabia: Lack of studies reporting the practice of SSC immediately after vaginal birth

# Research Aims

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To determine the prevalence of SSC worldwide and to explore the current practices of SSC immediately after vaginal birth for healthy term newborn infants in the two largest public hospitals in Jeddah, Saudi Arabia



# The Research Studies

## Study 1

- A systematic review of the prevalence of mother-infant SSC contact after vaginal birth worldwide

## Study 2

- Examining the current policies and practices of SSC within the first hour of life in two public hospitals in Jeddah

## Study 3

- Identifying health care providers' perceived barriers and facilitators to the implementation of SSC

## Study 4

- A survey of mothers' perceptions, experiences and practices about SSC after vaginal birth

# Study 1: The Prevalence of SSC Worldwide



RESEARCH ARTICLE

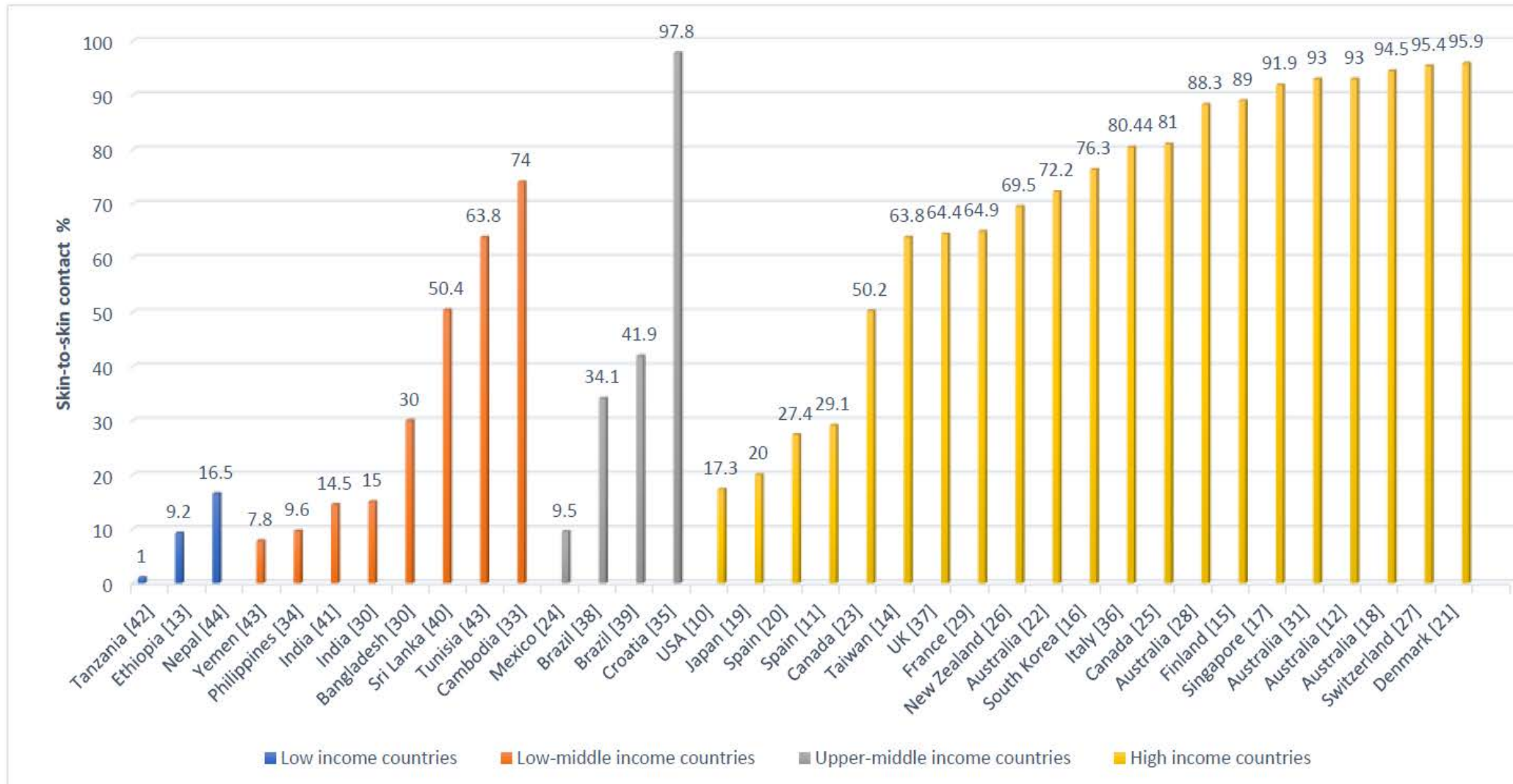
## Worldwide prevalence of mother-infant skin-to-skin contact after vaginal birth: A systematic review

Nawal Abdulghani <sup>1,2</sup>\*, Kristina Edvardsson <sup>1</sup>, Lisa H. Amir<sup>1</sup>

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# Study 1: The Prevalence of SSC Worldwide



# Study Settings

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- The study was conducted in two hospitals (A, B) in Jeddah, Saudi Arabia
- Both are public hospitals with approximate annual births of 7000 and 6000
- Ethics approvals were obtained from La Trobe University Human Research Ethics Committee and Saudi Arabia Ethics Committee of Directorate of Health Affairs Jeddah



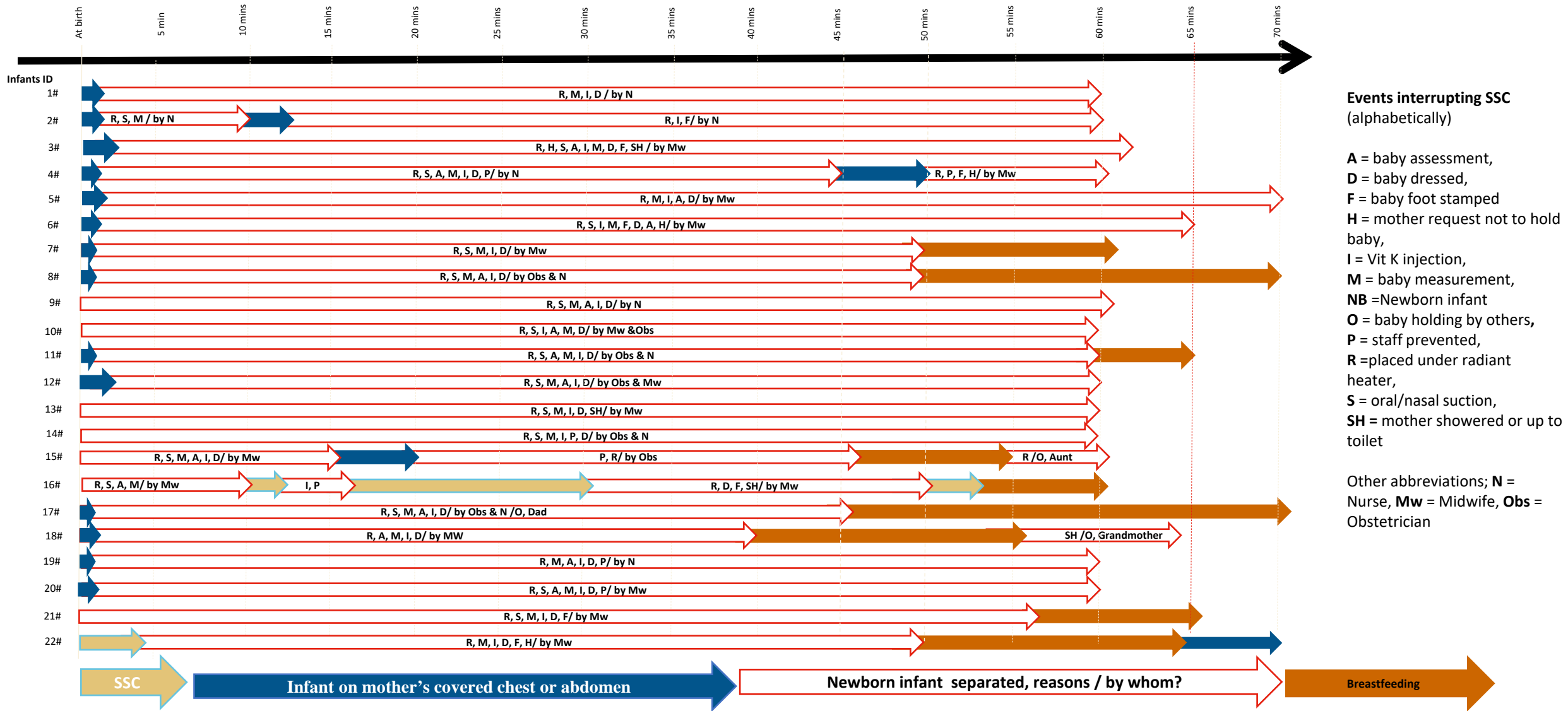
# Study 2: An Observational Study of SSC in Jeddah, SA

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## Aims:

- Primary aim – investigate current practices and policies about SSC by observing mother-infant dyads in the first hour after vaginal birth
- Secondary aim – observe infants' nine instinctive behaviour stages and breastfeeding initiation in the first hour

# Skin-to-Skin Contact Observation of 22 Mother-Infant Dyads in First Hour after Birth



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**BRIEF REPORT**

**ACTA PÆDIATRICA**  
NURTURING THE CHILD

**WILEY**

# Observational study found that skin-to-skin contact was not common after vaginal birth in Saudi Arabia

Nawal Abdulghani<sup>1,2</sup>  | Lisa H. Amir<sup>2</sup>  | Kristina Edvardsson<sup>2</sup> 

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<sup>2</sup>Judith Lumley Centre, School of Nursing and Midwifery, La Trobe University, Melbourne, Vic., Australia

# Study 3: Health Care Providers' Perceived Barriers and Facilitators to the Implementation of SSC

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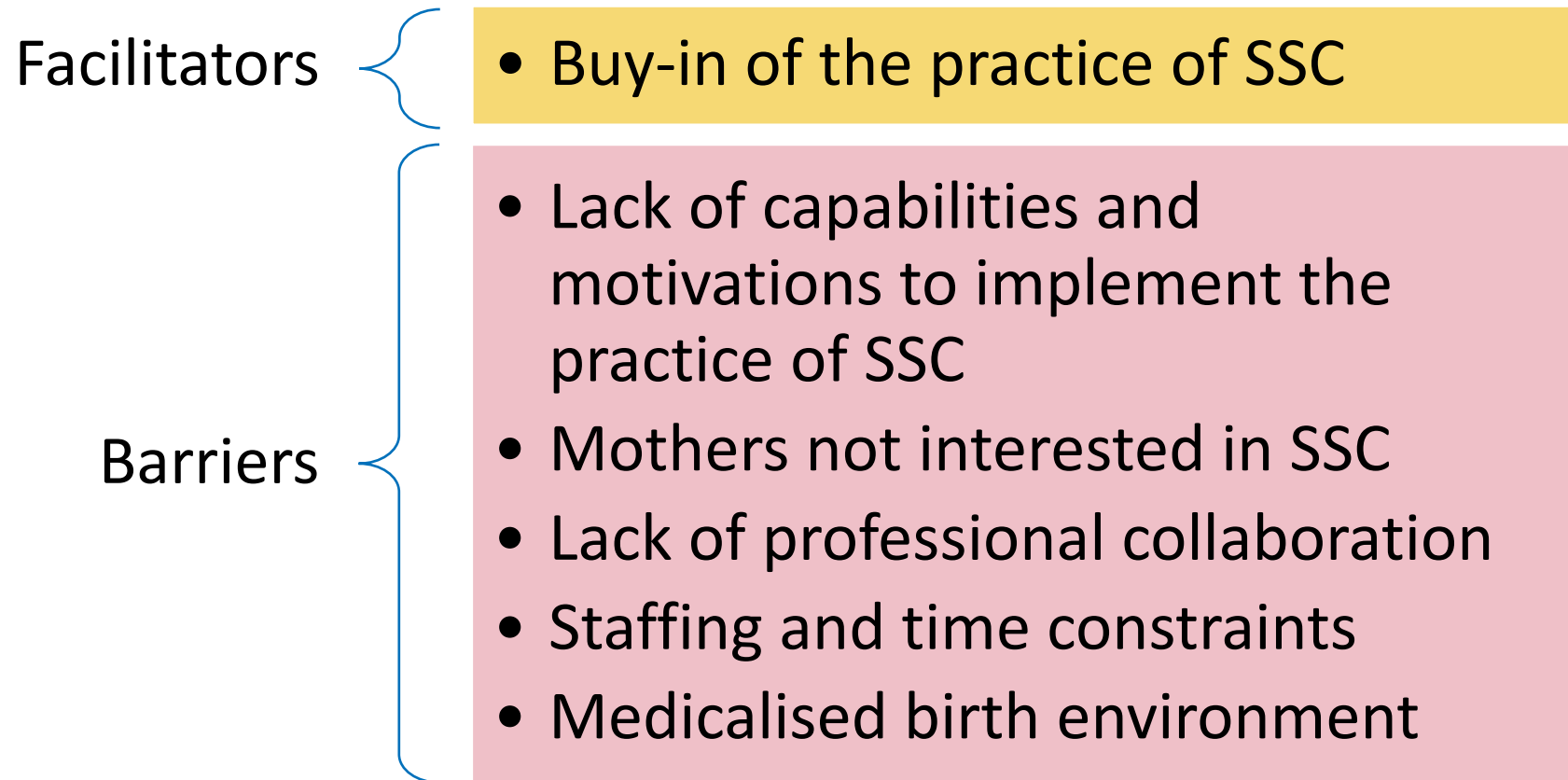
## **Aim:**

To identify Health Care Providers' (HCPs') perceived facilitators, barriers and requirements for implementing the practice of SSC immediately after vaginal birth



# Study 3: Findings

- 20 HCPs (Obstetricians, Midwives, Nurses) participated in the study





Contents lists available at [ScienceDirect](#)

## Midwifery

journal homepage: [www.elsevier.com/locate/midw](http://www.elsevier.com/locate/midw)



### Health care providers' perception of facilitators and barriers for the practice of skin-to-skin contact in Saudi Arabia: A qualitative study

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# Study 4: A Survey of Mothers' Perceptions, Experiences and Practices about SSC

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## **Aim:**

To estimate the rate of SSC and describe mothers' perceptions and experiences of SSC after vaginal birth in the two largest public hospitals in Jeddah, Saudi Arabia

# Study 4: Findings

- A total of 254 mothers completed the survey (response rate: 92%).
- Direct SSC was 15% , while mothers had baby placed on their chest/abdomen with cover 54%.
- 1 in 4 mothers did not experience SSC at all after birth.
- Breastfeeding initiation within the first hour was 45%.
- All mothers initiated breastfeeding within the first 24 h of birth.





# Study 4: Findings

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- Mothers held favourable, positive perceptions toward SSC (84%)
- Most of the mothers would have liked more education about SSC during antenatal visits (82%)
- Mothers disagreed that SSC would expose their chest and part of the abdomen that they did not want to be seen ( 85%) and disagreed that SSC was inconsistent with their modesty and culture ( 87%)
- Little information about SSC was provided by doctors and midwives at the two hospitals



## Mothers' perceptions and experiences of skin-to-skin contact after vaginal birth in Saudi Arabia: A cross-sectional study

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### ABSTRACT

**Problem:** The World Health Organization recommends immediate skin-to-skin contact after birth, however, worldwide, separation of mothers and infant is common.

**Background:** In Saudi Arabia, there is a lack of research exploring mothers' experiences of skin-to-skin contact after birth.

**Aim:** To estimate the rate of skin-to-skin contact and describe mothers' perceptions and experiences of immediate skin-to-skin contact after vaginal birth in two largest hospitals in Jeddah, Saudi Arabia.

**Methods:** A cross-sectional study conducted in 2017. A total of 254 mothers completed the survey on the postnatal ward (92 % response rate). The survey consisted of 36 closed and open-ended items. Data were described using summary statistics and free text comments were analysed using content analysis.

**Results:** The rate of direct skin-to-skin contact was 15%. A further 54% of mothers had the baby placed on their chest/abdomen but with a sheet/gown between them. Mothers reported favourable perceptions towards skin-to-skin contact and reported the practice as acceptable (67%). Most mothers did not express concerns about feeling exposed (85%) or that skin-to-skin contact was inconsistent with norms of modesty or culture (87%). The free text comments indicated that most mothers felt positive about their experience of skin-to-skin contact, while some mothers felt overwhelmed and unprepared.

**Discussion and Conclusions:** Skin-to-skin contact was not routinely implemented after birth and the rate was low. Mothers held positive perceptions and wanted to practice skin-to-skin contact. Policy makers and clinicians should acknowledge mothers' needs and feelings by facilitating skin-to-skin contact to achieve optimal outcomes for mothers and infants.

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READER'S FORUM

ACTA PÆDIATRICA  
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# It's time for global action to reinforce mother-infant skin-to-skin contact policy

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# Is There Potential to Increase SSC in Jeddah, SA?

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- Developing of a tailored multi-level implementation strategy at the individual, social and organisational levels
- Updating hospital policies to prioritise SSC over routine care
- Sharing the evidence and knowledge about SSC with clinicians and expectant parents
- Acknowledging the mothers' needs and feelings toward SSC



Asante Sana

Ngiyabonga

Takk

Děkuji

Arigato

Obrigada

شُكْرًا

Dankie

Bedankt

Danke

Thank You !

Tack

Xie xie

Gracias

Merci

Ευχαριστώ

e dupe

Terima Kasih

Obrigado



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