

CO- BEDDING OF MULTIPLE INFANTS

This LOP is developed to guide safe clinical practice in Newborn Care Centre (NCC) at The Royal Hospital for Women. Individual patient circumstances may mean that practice diverges from this Local Operations Procedure (LOP).

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INTRODUCTION

Co-bedding means nursing two or more infants of multiple births in the same cot or incubator. Currently, many NICUs practice co-bedding for potential positive effects on growth and development. This requires consideration on the care and safety of these infants.

1. AIM

- To reduce stress of extrauterine transition
- To facilitate co-regulation
- To promote parent-infant attachment

2. PATIENT

- Newborns

3. STAFF

- Medical and nursing staff

4. EQUIPMENT

- Twin Cot
- Swaddling cloth
- ID bands on infants

INCLUSION CRITERIA: Infants who are in stable condition confirmed by medical staff
Infants who are non-ventilated
Infants who are non-immune compromised
Verbal parental consent

5. CLINICAL PRACTICE

1. Explain to parents the procedure.
2. Prepare equipment.
3. Adhere to hand washing principles between infants.
4. Ensure infants have ID bands on at all times. (R1)
5. Dress infants appropriately. (R2)
6. Position infants side by side on their backs in the same cot.
7. Use one blanket or swaddling cloth to wrap infants together. (Picture 1)



Picture 1

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8. Infants who become irritable, may require re-positioning or undressed if too warm. (Picture 2)
9. Apply the principles of Individualised Nursing Care. Begin care with the infant who is most alert. (R3)



Picture 2.

10. Check ID against the infant's chart when attending to cares and feeds. (R4)
11. Document infants' tolerance to co-bedding in nursing notes. (R5)

6. DOCUMENTATION

- Integrated Clinical Notes
- Observation Chart

7. EDUCATIONAL NOTES

- It is postulated that two or more infants of multiple births interact or co-regulate with each other while in- utero.
- Co-regulation is about mutual support of each other in utero that might contribute to growth and development.
- The co-regulation activities include touching, holding, rooting and hugging.
- At birth, co-regulation is lost which may cause stress to these infants.
- Co-bedding is a measure aimed to reduce stress and may improve neonatal neurodevelopment including parental satisfaction.

8. RELATED POLICIES/PROCEDURES/CLINICAL PRACTICE LOP

- N/A

9. RISK RATING

- Low

10. NATIONAL STANDARD

11. REFERENCES

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ROYAL HOSPITAL FOR WOMEN

LOCAL OPERATING PROCEDURES

NEONATAL SERVICES DIVISIONApproved by
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12. ABBREVIATIONS AND DEFINITIONS OF TERMS

NCC	Newborn Care Centre	ID	Identification
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13. RATIONALES

Rationale 1	To minimise identity confusion. To identify each infant's equipment.
Rationale 2	To maintain normothermia.
Rationale 3	To minimise interference with the development of co-regulatory mechanisms.
Rationale 4	To ensure there is identification in place. To err toward safety and ensure the correct infant is identified.
Rationale 5	To provide some data of observation.

14. AUTHOR:

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REVISION & APPROVAL HISTORY

Endorsed Neonatal Services Division Quality Committee

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