

TOPIC: **IN SUPPORT OF INCREASING AWARENESS FOR THE NEED TO SCREEN PARENTS WITH INFANTS IN THE NEONATAL INTENSIVE CARE UNIT FOR POST TRAUMATIC STRESS DISORDER.**

SUBMITTED BY: **University of Iowa Association of Nursing Students (UIANS)**

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WHEREAS, ten to fifteen percent of all live births in the United States will result in a neonatal intensive care unit (NICU) admission (Lucile Packard Children's Hospital, 2013); and

WHEREAS, post-traumatic stress disorder (PTSD) is a stress related anxiety disorder comprised of exposure to a traumatic stressor, intrusive thoughts, avoidance, reactive symptoms (Goutaudier, Lopez, Séjourné, Denis, and Chabrol, 2011), and negative mood and cognitions (Clottey and Dillard, 2013); and

WHEREAS, in a study of 130 parents of infants in the NICU, at 30 or more days post admission, 15% of mothers and 8% of fathers qualified for a PTSD diagnosis (Clottey, and Dillard, 2013). ; and

WHEREAS, factors influencing PTSD in parents include fear of the unknown, fear of infant death, medical interventions (Goutaudier, Lopez, Séjourné, Denis, and Chabrol, 2011), and the inability to help, hold, care for, or protect the infant (Lasuik, Comeau, Newburn-Cook, 2013); and

WHEREAS, the presence of PTSD in parents can potentially lead to a disrupted infant-parent bond, which includes feelings of being incompetent care givers, at risk for poor parenting habits, and (Shaw et al., 2009) a decreased desire to be near the infant (Clottey and Dillard, 2013); and

WHEREAS, PTSD is often under reported and unrecognized in the NICU environment (Clotney, and Dillard, 2013) ; and therefore be it

RESOLVED, that the Iowa Association of Nursing Students (IANS) encourage its constituents to advocate for the importance of screening and education for PTSD in parents with infants in the NICU; and be it further

RESOLVED, that IANS advocate for the production of a PTSD screening tool for use after maternal discharge from the hospital; and be it further

RESOLVED, that the IANS send a copy of this resolution to the National Student Nurses Association, American Nurses Association, American Psychiatric Nurses Association, National Association of Neonatal Nurses, Association of Women's Health, Obstetric, and Neonatal Nurses, and all others deemed appropriate by the IANS Board of Directors.

Abstract

The purpose of this resolution is to promote the awareness of Post-Traumatic Stress Disorder (PTSD) in parents with infants in the Neonatal Intensive Care Unit (NICU). Studies show that PTSD is prevalent in this population and is underreported due to the unavailability of screening tools. The anticipated outcome of this resolution is increased nurse awareness and the potential development of screening tools for PTSD in the NICU environment.

Estimated Cost

The estimated cost of implementing this resolution would include the cost of printing screening tools and educating nurses. Maximum printing costs would be five cents per sheet of paper. Postage would not be necessary because these tools would be given to parents while their infant is still on the inpatient unit. The results would be interpreted by the administering nurse who may then recommend follow-up with their primary physician. Nurses could be educated in a one hour in-service given by the hospital. This could potentially cost the hospital \$20-\$35 per nurse, based on each nurse's hourly wage.

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