

The Family Centered Cesarean

PANEL DISCUSSION:
NICOLE STECKER CD(DONA), LCCE, CLC
DR. LYNNE GIBEAU
DR. MARK EGGEN
KRIS FLAHAVER, RNC

Objectives

1. Recognize the benefits and importance of providing family-centered cesarean sections for families.
1. Describe how staff can support the elements of a family centered cesarean while providing evidence-based care (i.e. skin-to-skin, delayed cord clamping, etc.)
1. Explain elements of a collaborative care plan between all players in the care team supporting a family during a surgical birth.

What is the Family-Centered Cesarean?

The collaboration of the birth team to facilitate a fulfilling and satisfying experience which ultimately benefits moms, babies and partners.



Elements of the Family-Centered Cesarean

- Continuous support of mom by a family member and doula
- Calm environment with the focus on the mom and family
- Skin to skin in the OR
- Delayed cord clamping
- No separation of mom and baby

BENEFITS

- Increased confidence in moms and family
- Temperature regulation of baby by mom
- Increased breastfeeding rates
- Glucose control
- Lower rates of PPMD
- Positive patient experience



The Players

- Anesthesia
- OB/GYN
- RN
- Doula



Anesthesia

Allowing a support person to come into OR while patient gets spinal



Anesthesia

- Placing monitors on mother's back, ankle and toe to facilitate skin to skin
- No oxygen mask unless indicated
- Medication considerations
- Drape dropping
- Allowing support people to be in their working space



OB/GYN

- Communications with family
- Introductions during time out
- Slowly delivering baby from incision (walking baby out)
- Practicing delayed cord clamping



OB/GYN



Allowing mother to see baby emerge from her belly

The Clear Drape



RN

- Conversation with family about wishes/plan
- Communicating those wishes to the team (time out/brief)
- Getting baby to mama as soon as possible and assist in keeping them together
 - What are the barriers?
- Skin to skin Kangaroo Care
 - Tips and tricks
- Facilitate breastfeeding

Doula

- Education of choices
- Offering continuous support throughout whole process



Doula

- Supporting the parents ability to advocate within their care team
- Assisting in breastfeeding
- Postpartum support



How can I bring this to my Facility?

- Champion
- BUY IN!!!
 - Anesthesia, OB, nurses, med students
- Families
- Policy

Start the conversation!
Let's make this happen!

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QUESTIONS???

References

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