Promoting Health in Premature Infants with special focus on skin-to-skin contact and development of valid pain assessment

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In neonatal units today the parents are present and involved in their premature infants care to a larger extent than before. Skin-to-skin contact between the premature infant and his or her parents has proven to have beneficial effects on both infant and parents and there has been a shift from caring for the infants mostly in their incubators towards providing the care with the infant placed skin-to-skin on the chest of the mother or father. This thesis investigates the application of skin-to-skin contact in Nordic neonatal care, how the fathers experience the method and if the skin-to-skin contact can work as pain relief during a painful procedure.

Premature infants are sensitive to pain and also lack the ability to report ongoing pain. Pain assessment measures are therefore needed to assess and treat pain in this vulnerable group of patients. PIPP-R that is a commonly used pain assessment measure was therefore translated into four languages and cultural adapted making it possible to use it in Nordic neonatal care.