

The Effect of Using Shared Decision Making (SDM) in Rooming-in

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INTRODUCTION

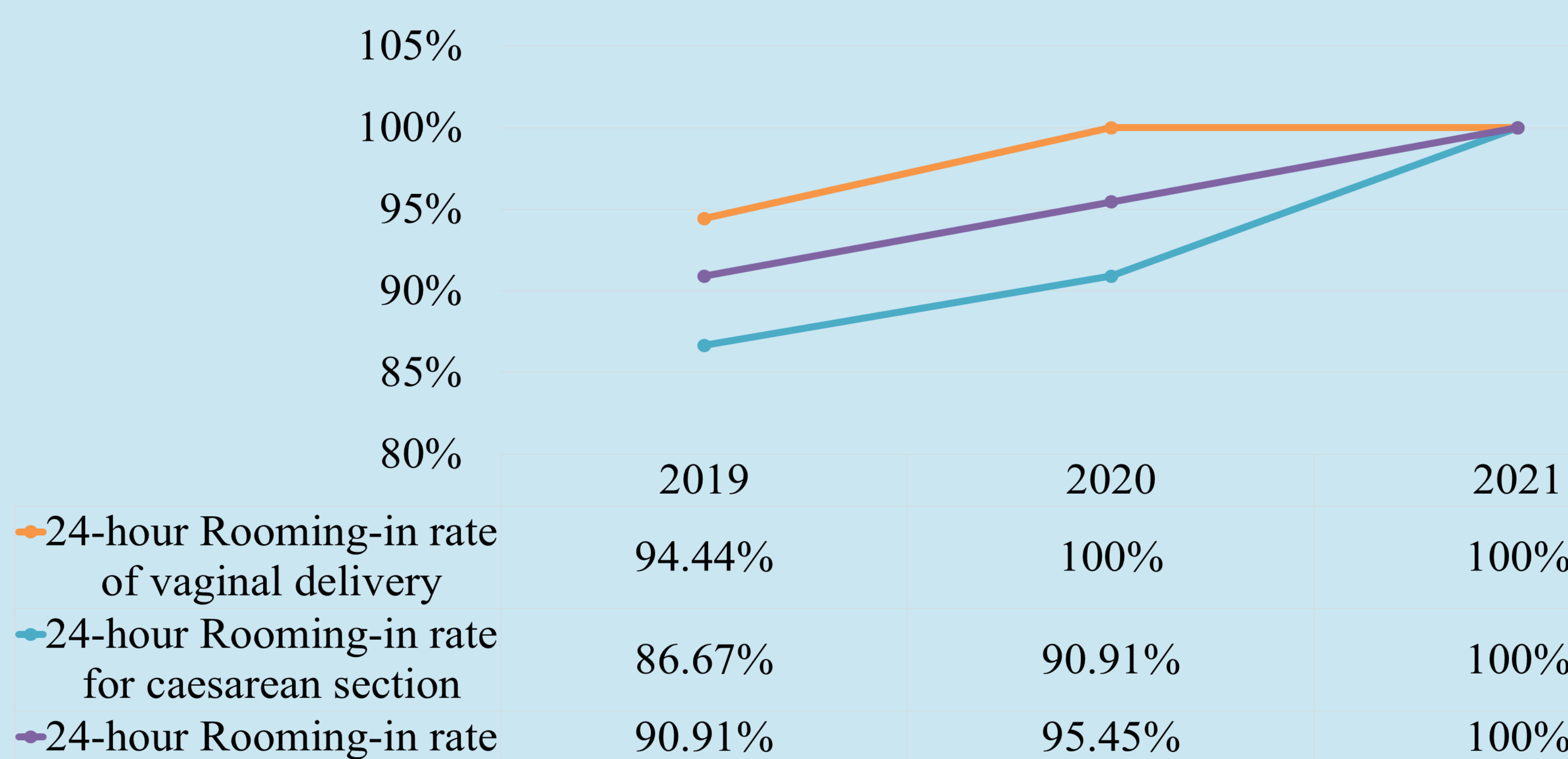
Shared Decision Making (SDM) provides patients with options. Rooming-in enhances the mother's ability to raise babies and establishes the parent-child relationship, which is also the key to successful breastfeeding.

AIM

First-time parents often feel frustrated and worried due to lack of experience and sufficient knowledge and skills when caring for newborns. Using Shared Decision Making (SDM), pregnant women can understand the implementation of parent-child rooming before giving birth, and improve the willingness of parent-child rooming. Learn how to care for newborns and increase breastfeeding rates during hospitalization.

RESULTS

From 2019 to 2021, the average rate of Rooming-in was 95.5%, and the average rate of exclusive breastfeeding was 83.5%, showing the effectiveness of Rooming-in.



Pediatrician arrives at the bedside for physical assessment and examination of the newborn. Parent-child reading together with the whole family (photos are used with the consent of the parturient mother).

METHOD

1. Choice Talk:

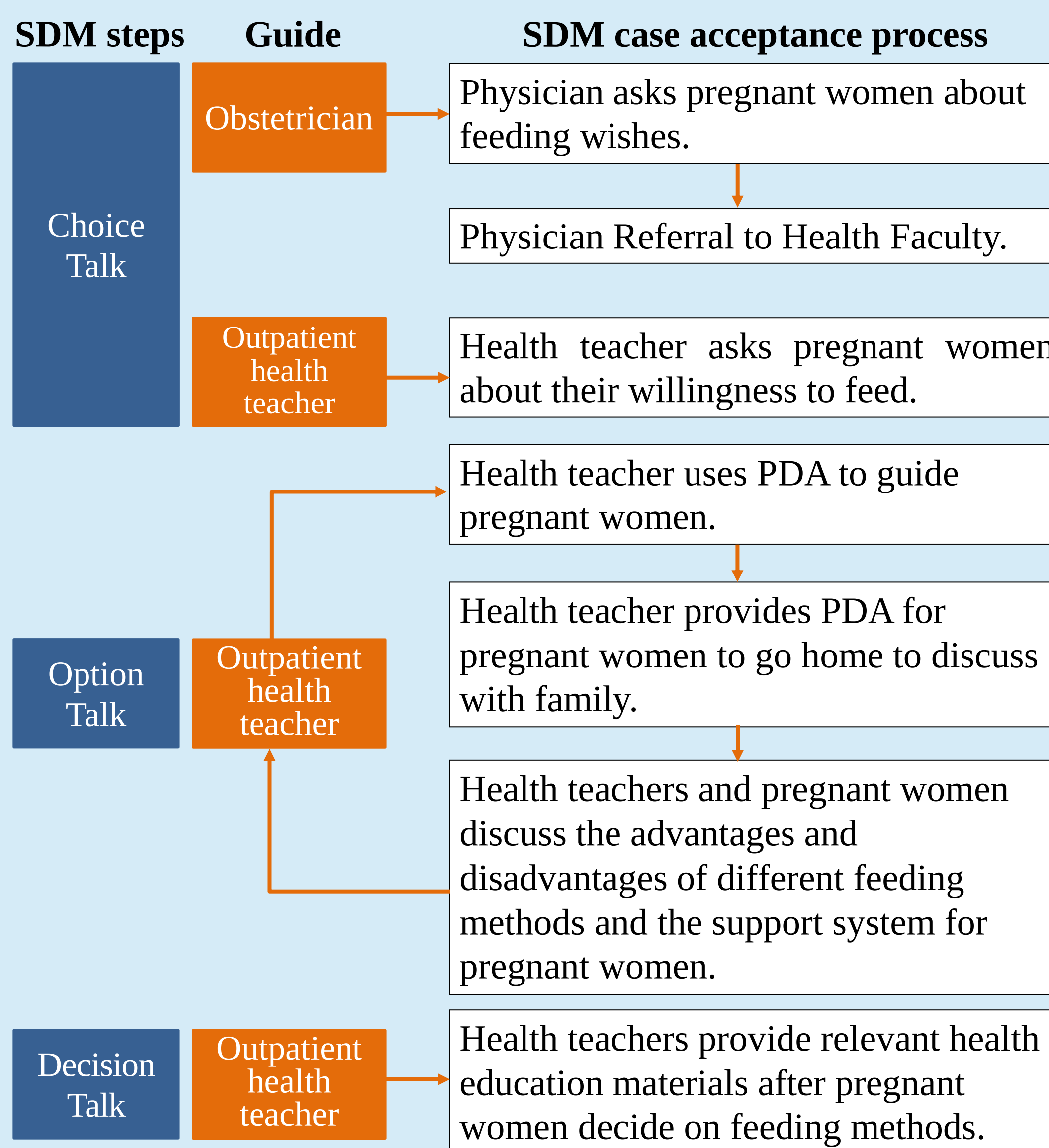
Physicians ask pregnant and lying-in women about their willingness to share the same room with their children after childbirth.

2. Option Talk:

Use decision aid tables to guide pregnant women.

3. Decision Talk:

After the pregnant woman decides the way of care, it provides health education on the way of care. From the 12th week of pregnancy onwards, the importance of 24-hour parent-child rooming for pregnant women in the antenatal clinic.



Current Infant and Toddler Feeding Health Education Process

Number of weeks of health education	Mentoring Project
12 weeks SDM	Learn about their feeding options
12-16 weeks	Questions about PDA
16-20 weeks (25-28 weeks)	premature birth 、 skin to skin 、 rooming in instructions SDM
31-32 weeks	(breast-feeding/formula milk guide)
33-36 weeks	Preparing for labor

CONCLUSIONS

By promoting Shared Decision-Making between doctors and patients, and using the decision-making aid table to provide three choices of care methods for postpartum newborns, allowing pregnant women to think about what they care about and choose a care method that suits them is an important key to the smooth promotion of Rooming-in.

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