



Nurses' opinions on the barriers to effective implementation
of developmental care in neonatal intensive care units of
several educating hospitals in Tehran (Iran)

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Abstract

The role of a neonatal nurse is crucial for an appropriate and successful execution of developmental care in the neonatal intensive care unit (NICU). The aim of this study was to investigate the nurses' opinions on the barriers to effective implementation of developmental care in NICUs of several educating hospitals affiliated to Tehran University of Medical Sciences in 2013. This was a cross-sectional study carried out on a total of 138 nurses who had a minimum work experience of six months in NICUs. Data collecting tool was a 12-point questionnaire including the questions related to 5 core measures of developmental care according to the Coughlin's framework as well as the questions associated with the barriers based on the study by Wu. Data were analyzed with SPSS 20 using descriptive statistics for Mann-Whitney test. The majority of participants described that inadequate time, inappropriate work environment in terms of space and equipment of NICU, too many requests by parents, routine care practice, high cost, lack of knowledge over the effect of developmental care, absence of guideline and efficient collaboration with other members of therapy team, lack of sufficient experience related with neonatal care, and inadequate skill in communicating with parents were the major barrier to successful delivery of developmental care in the NICUs. Also, there was a significant difference in the absence of efficient collaboration with other members of healthcare team between the nurses with work experience of less than 3 years (33/38.35%) and those with experience over 3 years (40/54.8%; $p < 0.004$). Based on our findings, the implementation of five core measures of developmental care was hampered by serious barriers.

Keywords: Neonatal Nurse, Developmental Care, Neonatal Intensive Care Unit (NICU)

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