

# A Study of Skin-to-Skin Care During Cesarean Birth: A Mother's Experience

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## Introduction

- Skin-to-skin care (SSC) is the act of placing a naked newborn on the bare chest of the mother.
- There are numerous benefits of SSC for both mother and baby.
- This practice is standard procedure for vaginal births, but women having cesarean births are often left out.
- This study asks the question *“For mothers who have received skin-to-skin care during their cesarean birth, what concerns and expectations did these women have before the skin-to-skin care experience and how were those concerns and expectations realized during the experience?”*

## Themes

### Concerns and Expectations

- *I just want to hold my baby.*
  - “I want to hold my baby as soon as she's born. I want her on me.”

### Experience

- *It made me okay with my cesarean birth.*
  - “That initial skin-to-skin made me okay with my c-section. It made it a little less surgical...a little less clinical.”
- *My baby felt safe, calm, and at home.*
  - “He'd been listening to me for the last several months...and even though I'm a little blurry, he gets to see mom, and feel my touch, and I know that's helpful for him.”

**“I have nothing positive...from my first birth” but  
“with my second birth...I have a very positive and  
happy memory that has impacted my entire life.”**

## Methodology

- A series of interview questions were developed and validated by content experts.
- A unique recruitment and data collection method was used:
  - Recruitment of women who have experienced skin-to-skin care in the OR during their cesarean birth occurred through a Facebook page of a cesarean-awareness group.
  - Facebook Messenger was used for the consent process
  - Interviews of participants (N=13) occurred using Facebook video chat.
- Interviews were recorded and transcribed using Rev transcription software.
- Transcriptions were analyzed and themes were developed.



## Nursing Implications

- It is important for nurses to understand the evidence behind this intervention.
- Nurses need to study and refine the process of SSC in order to better facilitate the practice.
- Nurses need to understand that SSC allows mothers to have an emotional connection with their birth in an otherwise clinical environment.

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