TITLE: Post-Partum Continuous Newborn-Mother Rooming in Hospitals: Clinical Evidence, Safety, and Guidelines

DATE: 20 June 2011

RESEARCH QUESTIONS

1. What is the clinical evidence regarding the safety and monitoring requirements related to newborns continuously rooming with mothers post-partum?

2. What are the evidence-based guidelines regarding newborns continuously rooming with mothers post-partum?

3. What are the evidence-based guidelines regarding breast-feeding policies when newborns are continuously rooming with mothers post-partum?

KEY MESSAGE

The clinical evidence suggests that rooming-in is not harmful and may be of benefit to the mother or newborn. The included guideline recommends 24 hour rooming-in be provided where possible.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library (2011, Issue 5), University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No methodological filters were applied to limit retrieval by publication type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2000 and May 25, 2011.

The summary of findings was prepared from the abstracts of the relevant information. Please note that data contained in abstracts may not always be an accurate reflection of the data contained within the full article.
RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

One randomized controlled trial, three non-randomized studies, and one evidence-based guideline regarding newborns continuously rooming with mothers post-partum were identified. No relevant guidelines regarding breast-feeding policies when newborns are continuously rooming with mothers post-partum were identified. Additional articles that may be of interest are included in the appendix.

OVERALL SUMMARY OF FINDINGS

One randomized controlled trial\(^1\) examined sleep proximity of mothers and newborns in-hospital. Mothers and babies were monitored by video over night. No adverse events were reported, however, newborns in the mother’s bed were more frequently considered to be in a potentially dangerous situation compared to newborns sleeping close to the mother’s bed.

Three non-randomized studies\(^2\)\(^-\)\(^4\) examined mother/newborn rooming-in in hospital. A three year retrospective review\(^2\) of experience with rooming-in in a hospital suggested that the practice may aid in infection prevention for the infant. A study of babies of diabetic mothers compared the effects of rooming-in to those in the special care unit.\(^5\) Babies who were able to stay in the mother’s room experienced significantly lower neonatal morbidity and hypoglycemia than babies sent to the special care unit. In a study\(^4\) of preterm infants weighing 1500 grams or more, the authors suggested that newborns weighing 1750 grams or more may safely stay in the room with the mother.

The included guideline\(^5\) recommends that 24 hour rooming-in be provided and skin-to-skin contact should be encouraged where possible. No guidelines were identified that discussed monitoring or nighttime breast-feeding policies when newborns are continuously rooming with mothers post-partum.
REFERENCES SUMMARIZED

Health technology assessments
No literature identified.

Systematic reviews and meta-analyses
No literature identified.

Randomized controlled trials


Non-randomized studies


Guidelines and recommendations


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APPENDIX – FURTHER INFORMATION:

Non-randomized studies – newborns of substance-using women


Guidelines and recommendations – methodology not specified


Review articles


Surveys and questionnaires