

# 4th International Conference on Pediatrics and Neonatal Care

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## The National Swedish Guideline on Immediate and Uninterrupted Skin-to-Skin Contact and Mother-Newborn Couplet Care

The aim was to develop a national guideline to ensure equal and best practice care by implementing immediate and continuous skin-to-skin contact and couplet care, preventing the separation of newborns and parents at or after birth. The project was governed by the Swedish Association of Local Authorities and Regions under the National Program Area for Child and Adolescent Health and approved by the National Program Areas for Gynecological diseases, Pregnancy and Childbirth, and Anesthesiology, Intensive Care, and Transplant medicine. The guideline was developed through a collaborative process with healthcare professionals from neonatal care, obstetrics, anesthesiology, and intensive care, and a patient representative. The guideline states that mothers and their newborn infants are receiving care together regardless of medical needs and complexity, with early or immediate initiation of uninterrupted skin-to-skin contact during the first hours after birth. To achieve this, consensus and cooperation across operational boundaries, a clear allocation of responsibilities, and appropriate and adapted facilities, equipment, and working methods are required. The guideline was published in Sweden in September 2024. It addresses staff and managers in the care chain of maternal health, obstetric care, neonatal care, anesthesia, surgery, and intensive care. It applies to all newborns and their mothers during the first hours after birth, as well as for the subsequent period when both are being cared for in a hospital setting.

The guideline includes a scientific background, an impact assessment, definitions, recommendations, guidance for the implementation and development of working methods, and indicators for quality follow-up. In the presentation the definitions and the major recommendations will be presented and some examples for the clinical practice will be discussed in more detail.

**Keywords:** Immediate Skin-to-Skin Contact, Mother-Newborn Couplet Care, Zero Separation Maternal- and Newborn care.

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### Biography

Stina Klemming, MD, neonatologist, Co-Director and NIDCAP Trainer for the Lund-Malmö NIDCAP Training and Research Center, Sweden. She chairs the organizing committee for the Swedish Conference on Ultra-Early Intervention since 2018. Dr. Klemming worked at the Astrid Lindgrens Children's Hospital and the Karolinska NICU for 20 years, between 2002 and 2022. She was Director of the Karolinska NIDCAP Training and Research Center 2018 to 2021. Dr. Klemming is active in the research group for the randomized clinical trial Immediate Parent Infant Skin-TO-Skin Study (IPISTOSS). Dr. Klemming is promoting Infant- and Family-Centered Developmental Care (IFCDC) according to the Newborn Individualized Developmental Care and Assessment Program (NIDCAP) on a national and international level. She chairs the IFCDC group within the Swedish Neonatal Society. The concept of care "mother-newborn couplet care" is one of Dr. Klemming's special interests and competencies. Together with a colleague neonatologist, Sofia Arwehed, she chaired a group assigned from the Swedish Association of Local Authorities and Regions that in September 2024 published national guidelines on the initial uninterrupted or immediate and continuous skin-to-skin contact and mother-newborn couplet care for zero separation.