

**UNDERSTANDING
PARENT'S KNOWLEDGE
OF
COMMON WINTER
ILLNESSES
AND RESPIRATORY
SYNCYTIAL VIRUS
[RSV]**

A National Poll


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Full report:
www.cpbf-fbpc.org/rsvreport

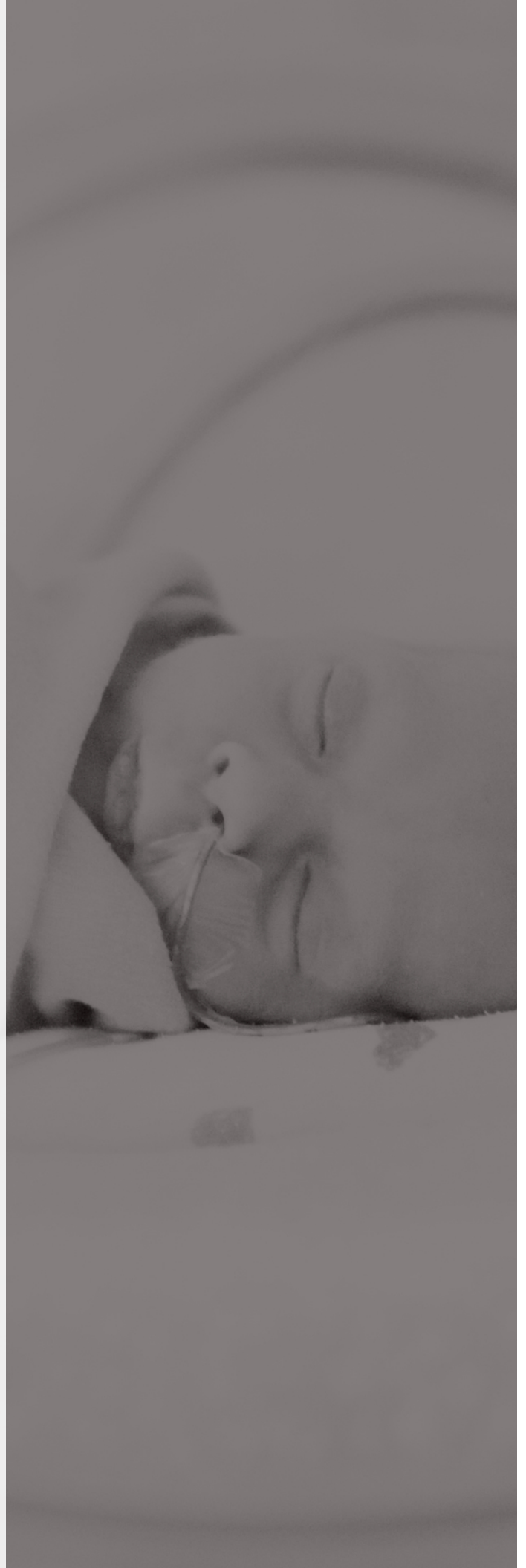


CPBF

Canadian Premature Babies Foundation



Respiratory syncytial virus, (RSV) can be more than a common cold. It is well known that it can cause a severe lower respiratory tract infection resulting in hospitalization, possibly life-long complications and in some cases death. Children, less than 2 years of age, specifically those less than 3 months old, and most importantly those whose who were born less than 35 weeks gestational age, and those with bronchopulmonary dysplasia, hemodynamically significant congenital heart disease, and pre-existing comorbidities are known to be at highest risk.



RSV NATIONAL SURVEY

by the Canadian Premature Babies Foundation and Préma-Québec

691 SURVEYS

(583 English, 108 French)

**THE MAJORITY
OF PARENTS HAD
NEVER HEARD
OF RSV PRIOR
TO THE NICU**



Yet, over almost 50%
had other children at
home.

**MOST PARENTS CONSIDERED THEIR
KNOWLEDGE RECEIVED IN THE NICU TO
BE GOOD, AND UNDERSTOOD RSV TO BE
SERIOUS. ONLY 13% BELIEVED IT COULD
BE A MAJOR PROBLEM**



83% (English), 78% (French) received information.

Over the course of the hospitalization 80% (English), 67% (French) felt their knowledge to be good to very good. Although, 30% (English), 82% (French) did not receive in-depth education, 50% (English), 75% (French) would have wanted more. 17% received no information on RSV.

**MORE THAN HALF OF
THE FAMILIES FELT
CONFIDENT TAKING
THEIR INFANT HOME,
YET MANY CONTINUED
TO SEEK MORE
INFORMATION**



51.2% (English), 65% (French) of the participants felt very confident or confident about their ability to protect their baby following discharge.

Yet 70% continued to seek more information after discharge. Most sought information from 3 or more resources.

RSV NATIONAL SURVEY

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691 SURVEYS

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PARENTS IDENTIFIED THE NURSE AS BEING THE MOST VALUABLE RESOURCE AND THEIR FIRST SOURCE OF INFORMATION

Parents overwhelmingly identified the nurse as the most valuable education and support resource, followed by the doctor and printed materials, both in hospital and following discharge. Other ways of obtaining information were parent education sessions, Canadian websites and social media.

92.1% IDENTIFIED THAT RSV BRONCHIOLITIS AND PNEUMONIA WERE THE LEADING CAUSE OF HOSPITALIZATION IN CHILDREN UNDER 1 YEAR, YET DID NOT FULLY UNDERSTAND THE IMPLICATIONS



691 parents participated in the survey (108 French, 583 English). At the time of the response 647 infants were discharged. The total number represented a cross section of parents in Canada, with the majority of infants born in large urban centres between the years 2015-2020.

RECOMMENDATIONS

To support staff:



MORE EDUCATION ON RSV

to reduce the spread both
in the NICU, clinics and
doctor's offices



Doctors and nurses
should be educated on

RESOURCES AVAILABLE FOR FAMILIES



SIGNAGE IN THE NICU

for staff, families and visitors
about the risks and how to
reduce the spread



Protocols to DECREASE INCONSISTENT TRANSFER OF KNOWLEDGE

between HCP's, hospitals,
clinics and community
doctors and families

RECOMMENDATIONS

To support and educate parents in the NICU:

Education regarding winter illnesses/ RSV should be provided all year, not only in the winter

All parents should receive this education regardless of infants' gestational age

Other modes of information should be provided. i.e. videos, websites

Parents whose babies qualify for RSV Prophylaxis (RSVP) should receive all the details about the program

Information and education on vaccinations for the infants and flu shots for the family should be included

Educational resources and printed materials, in multiple languages, easy to read, pictorial with limited prose should be provided

Parents whose babies do NOT qualify should understand the eligibility criteria, why they do not qualify and how to decrease the risk

RECOMMENDATIONS

To support ongoing confidence following discharge:

Provide information and support around

HOW TO COMMUNICATE TO FAMILY AND FRIENDS ABOUT THE RISKS AND DECREASING THE RISK



PROVIDE A TOOLBOX AT TRANSFER/DISCHARGE, TO ALL PARENTS, REGARDLESS OF WHETHER THE INFANT QUALIFIES FOR RSV OR NOT

This should include all information on protecting the health of the baby, i.e. Is the infant at risk of getting very sick from an RSV infection and why? What are the signs and symptoms? When should they call the doctor? What to do if baby gets sick, or the family becomes ill? How is RSV spread and how to decrease this from occurring?

PEER SUPPORT PROGRAMS/INFORMATION AND MENTAL HEALTH SUPPORTS



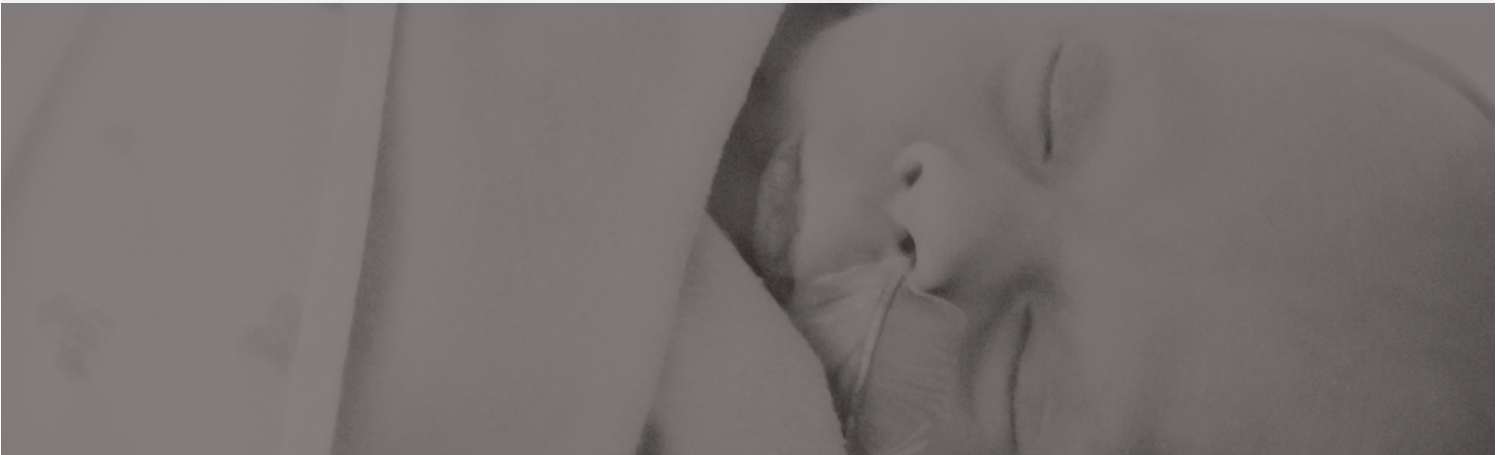
Canadian resources, (CPBF, Préma-Québec, other Canadian websites), should be provided.



CONCLUSION

As identified in the survey parents continued to feel anxious following discharge. The nurse, overwhelmingly, was the most valuable staff member and the first source of information for families. To support nurses in their endeavour to educate families, their attention should be drawn to CPBF and Préma-Québec websites.

Educational materials for families, printed materials, webinars, podcasts and videos including peer-to-peer support are available for in the NICU and post-discharge.



The Canadian Premature Babies Foundation, (CPBF), and Préma-Québec provide support and education to families of premature babies, before, during and after discharge from the NICU. The purpose of this survey was to get a better understanding of parent knowledge of obtaining information and their understanding of RSV and other winter illnesses.

The importance of targeted education and support was identified as a major need both in hospital and following discharge. This should be addressed through the ongoing delivery of educational tools and materials through CPBF, Préma-Québec and healthcare professionals.

TOOLS TO INCREASE AWARENESS FOR BOTH HCP AND FAMILIES

ENGLISH

CPBF:

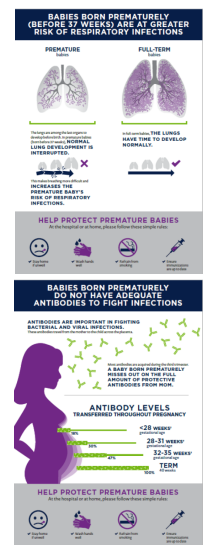
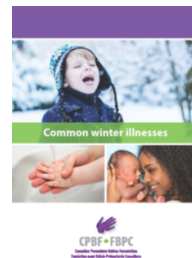
<https://www.cpbf-fbpc.org/common-winter-illnesses>

- Common Winter Illnesses booklet
- Infographics on lungs development and immune system
- Webinars, podcasts, videos
- Provincial Eligibility Criteria for RSVP

FRENCH

Préma-Québec :

<http://www.premaquebec.ca/fr/services/prevention/>



Full report: www.cpbf-fbpc.org/rsvreport

