

the fathering role, providing for the family, and balancing home life and work contributed to fathering being the “biggest job ever.” Fathers viewed fatherhood as an opportunity for personal growth and reflected on how their lives had changed since the arrival of their infant. Fathers in both groups liked the convenience of the home visits and the validation of their role as a father. Fathers in the intervention group liked the tailored feedback using the video-modelled play intervention. Health professionals need to consider the cognitive and emotional challenges experienced by fathers in their transition to parenthood and provide supports accordingly.

#### 0-140 THE ANXIETY LEVELS OF PARENTS OF PREMATURE BABIES AND RELATED FACTORS

R Celen, F Arslan Tas. *Pediatric Nursing, Selcuk University, Konya, Turkey*

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**Background** Having a premature infant in the parent brings about anxiety.

**Aims** A descriptive and correlational study was carried out to determine the levels of anxiety and associated factors of parents with premature infants.

**Methods** The research was performed at five hospitals with Neonatal Intensive Care Unit (NICU) located in the city centre of Konya between March 1 and April 30, 2012. The sample group was comprised of 97 parents with premature infants. The “Parent And Baby Information Form” prepared by researchers and Spielberger’s “State and Permanent Anxiety Scale” was used for data collection. The data were evaluated in terms of number, percentage, mean, standard deviation, t-test, Mann Whitney U and Kruskal Wallis-test.

**Results** The mean score of state anxiety of mothers was 40, 15 ± 11, 25 while that of fathers was 37, 32 ± 10, 87 and this difference was not statistically significant ( $p = 0.076$ ). The mean permanent anxiety score of mothers was 44, 30 ± 8, 98 while that of fathers was 39,45 ± 8,58 and this difference was statistically advanced significant ( $p = 0.000$ ). Current gestational week, feel sufficient condition related to baby care, current living situation anxiety about the baby care, counting the baby’s breathing and evaluation had a significant effect on the anxiety level of mothers (respectively  $p = 0,021$ ,  $p = 0,004$ ,  $p = 0,000$ ,  $p = 0,028$ ). Educational status, working, perceived income status and current living situation anxiety about the baby care was observed to have a significant effect on the anxiety level of fathers (respectively  $p = 0,012$ ,  $p = 0,010$ ,  $p = 0,016$ ,  $p = 0,017$ ).

**Conclusions** It found that mothers and fathers of premature infants experienced mild level of anxiety.

#### 0-141 EVALUATING PRENATAL EDUCATION PROGRAMS: A NEW MEASURE AND OUTCOMES

<sup>1</sup>K Benzies, <sup>2</sup>L Barker, <sup>3</sup>J Churchill, <sup>1</sup>S Horn, <sup>1</sup>J Smith. <sup>1</sup>Faculty of Nursing, University of Calgary, Calgary, Canada; <sup>2</sup>Early Childhood Team, Alberta Health Services, Calgary, Canada; <sup>3</sup>Antenatal and Perinatal Education, Alberta Health Services, Calgary, Canada

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There is limited evidence of the effectiveness of prenatal education programs, due to the lack of reliable and valid measurement evaluation tools. The *UpStart Parent Survey – Prenatal Version* was developed as a brief retrospective-pretest/posttest evaluation

tool designed to be administered electronically or on paper. The objectives of this study were to (1) conduct preliminary psychometric analysis of the *UpStart Parent Survey – Prenatal Version*, (2) determine outcomes of a prenatal education program, and (3) examine differences in scores between data collection methods, and mothers versus fathers. We recruited 277 expectant parents registered in a 6-week prenatal education program. Parents completed the survey at the end of the program using electronic tablets or paper copies. We uploaded electronic data to FluidSurveys, and imported into SPSS; data from paper copies were entered manually. Both the paper and electronic versions of the survey took a similar amount of time to enter/download, clean and analyse. Parents had mixed preference for electronic or paper versions of the survey, indicating provision of both options as desirable. The *UpStart Parent Survey - Prenatal Version* is internally consistent with Cronbach’s alphas of >0.89 for each scale. Parents demonstrated significantly increased knowledge and parenting experiences,  $ps < 0.001$ ; satisfaction with the program was high. There were no significant differences in pre- or post-test scores for knowledge or experience scales whether paper or electronic surveys were used, or mothers or fathers completed the survey. The *UpStart Parent Survey – Prenatal Version* shows promise as a tool to capture outcomes of prenatal education programs.

#### 0-142 A CLINICAL NEONATAL NURSING RESEARCH FELLOWSHIP: LINKING RESEARCH TO PRACTICE

K Spence. *Grace Centre for Newborn Care, Sydney Children’s Hospitals Network, Sydney, Australia*

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**Background aims** In nursing we are challenged to provide an evidence base for practice, however research for many nurses is challenging. Nurses have shied away from research choosing other career paths such as education, management or clinical practice. The aim was to establish an opportunity for clinical nurses to experience research in their workplace and to strengthen the link between research and practice.

**Method** A proposal was presented to management for a Clinical Neonatal Nursing Research Fellowship which would provide the opportunity for clinical nurses to experience research firsthand. The Clinical Nurse Consultant together with the Professor of Paediatric Nursing provided the supervision together with one of the Neonatologists. Applications were open to all registered nurses employed in the NICU. Corporate funding was obtained to enable the program to be established and not subjected to organisational budget constraints.

**Results** Five nurses have undertaken the Fellowship program. All are experienced neonatal nurses. The fellowship has fostered research studies examining; feeding trends following neonatal cardiac surgery, parental support, sleep in the NICU, RCT of securing ETTs and a weaning protocol for ventilated neonates. All have influenced practice in the NICU with presentations at research meetings with 3 receiving new investigator awards. The Fellowship program has fostered a nursing research culture within the NICU.

**Conclusion** The initiation and establishment of the Nursing Research Fellowship has led to changes in practice with clinical nurses becoming more active in research. I propose this is a good model for other NICUs to adopt.