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The Intervention with the Newborn Behavioral Observations in the Newborn, Infant and Family: a Scoping Review

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ABSTRACT

BACKGROUND: Brazelton created a development support Model, based on the child's behavior with a systemic and multidimensional approach. He developed the Newborn Behavior Observations (NBO), which focus its observation on the child's behavior, can be an important tool, used to support parents at a time parental functions are being established.

OBJECTIVE: Examine and map the knowledge about the use of the Newborn Behavioral Observations.

METHOD: This scoping review was carried out according of the Joanna Briggs Institute Reviewers' Manual: 2015. It includes studies with newborns (from 36 weeks gestation), infants (3 months) and families subjected to the NBO. All contexts were included. This scoping review considered systematic reviews, quantitative and qualitative studies. The search strategy aims to find both published and unpublished studies over 10 years, from 2006 (date of NBO conception) to 2016. A three-step search strategy was used in this review. Studies published in English, Spanish and Portuguese were considered during the search.

RESULTS: Twelve studies published in English were included in this review. Research designs were mainly quantitative, occurred in the United States of America, and published in the last 5 years. The majority of the studies were carried out in home visits by different health care providers (nurses and early intervention professionals). The

studies focus mainly the experience of the families after the NBO.

CONCLUSION: The NBO is a flexible instrument that can be applied by many professionals, in different contexts, which allows a bigger interaction between parents and child, higher self-confidence, satisfaction, superior child competence and development knowledge by the caregivers, also associated to a decrease on the post-partum depression and anxiety, enhancing also their relationship and confidence in the clinician. Perspective of professionals involved in the NBO intervention also felt more self-confident and with more knowledge on the intervention application.

BIOGRAPHY

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