

Characteristics of the Resilience in Mothers whose Children have been Admitted to NICU

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Background

Although mothers whose children had been admitted to NICU experience higher levels of childcare stress than those who have not had such an experience, some of them are able to overcome and adapt to the stress. Therefore, it is significant to examine the characteristics of maternal resilience.

Aim of the study

The aim of this study is to identify the characteristics of maternal resilience through observation of mothers whose children have been admitted to NICU.

Methods

A semi-structured interview method was carried out for 8 mothers whose children have been admitted to NICU. Then, a word-for-word record of the interviews was compiled based on the data of the mothers' narratives obtained from the interviews, which was then categorized with a focus on maternal resilience.

Results

Through the analysis of the resilience in mothers whose children had been admitted to NICU, the following categories were extracted: "support from professionals," "support from trusted family members," "existence and benefits of peer support," "ability to recognize the growth and development of the child," "ability to seek support," "ability to accept reality," "ability to overcome childcare challenges," "ability to cope with stress," and "positive perception of childcare."

Conclusions and implications

The resilience in mothers whose children had been admitted to NICU was characterized by support from professionals, existence and benefits of peer support, and ability to recognize the child's growth and development. It is suggested that nursing professionals need to practice appropriate support, bearing in mind the characteristics of the resilience in mothers whose children had been admitted to NICU.