**Qualitative evaluation of nursing E-learning program to support mother-infant attachment in the early post-partum period**

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Author: Yasue OTA, PhD; Faculty Juntendo University, Graduate School of Health Care and Nursing

(Abstract below published in English. Summary translation provided to HUG Your Baby by Prof. Yasue Ota, author of article.)

**Abstract**

This peer-reviewed study evaluated behavior changes in maternity nurses who participated in a 3-hour e-learning module that included HUG Your Baby’s online course in Japanese. Observations of 17 nurses’ interactions with infants and their parents before and after training were analyzed. Results confirmed a positive impact on nurses’ verbal, behavioral and cognitive function. Nurses demonstrated an increase in their attentiveness to baby’s behavior and their response to mother’s feelings and needs. The nurses’ care inspired mothers to imitate these enhanced interactions with their infants. Nurses reflected on their awareness of a shift from more limited, nurse-centered interactions with mothers to care that focused on baby’s behavior and maternal-child bonding. Ota, Y. (2021).

**Objective**

This study introduced an e-learning program for nurses engaged in mother and infant care in the early postpartum period. The studies goals were to facilitate mother–infant bonding in this period, and to qualitatively evaluate the effectiveness of the e-learning program. The study examined how nurses utilized the knowledge and skills they acquired through the e-learning program during care sessions with mothers. Verbal, behavioral, and cognitive changes of nursing professionals were noted.

**Methods**

Participant observations were conducted during care sessions to collect data about verbal and behavioral changes before and after the program intervention. Data were analyzed based on case analysis. Cognitive changes were assessed using reflective interviews.

**Results**

Seventeen nurses participated in the study. Fifty-two interactions before the intervention and 51 interactions after the intervention were analyzed. For verbal changes, 13 of the 17 participants appeared to improve their responsiveness toward infants by becoming more attentive to infant behaviors and responding to them in an appropriate manner. Results also showed enhancements in participant role model behaviors around building relationships with infants. The nursing professionals’ enhanced behaviors appeared to inspire mothers to imitate them.

Other enhancements were noted post-intervention. With respect to their relationships with mothers, the nurses were observed to respond more effectively to mothers' feelings and needs, and to relate to them with more affection and supportive attitudes. In terms of cognitive changes, nursing professionals recognized the importance of observing infant behaviors, and engaged in self-reflection about their previous methods of mother–infant care, which tended to over-emphasize breast management and nurse-centered activities.

**Conclusion**

Post-program results demonstrated verbal and behavioral enhancements in which nurses better encouraged behaviors that promoted mother-infant bonding. Cognitive transformation was also noted, resulting in new recognition and reflection on the mother-infant care that the nurses themselves had been providing.