**Evaluation of a nurse led daily playgroup in a mother and baby unit- perceptions of discharged mothers**

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**Background**

The Mother and Baby Unit (MBU) co-located at a tertiary maternity hospital in Western Australia opened in 2008 and has maintained a consistent structure and focus of the therapeutic program over eleven years. It was recognised that the MBU needed to provide an increased focus on infant mental health and identified gaps in therapeutic interventions targeting mother-baby relationship. Changes in nursing rostering practices provided an opportunity to refine the therapeutic structure to include a morning playgroup facilitated by nursing staff. Topics offered include ‘practical parenting education’, ‘play’ and ‘getting to know your baby’.

**Aim**

The aim of this evaluation is to seek feedback from attendees to determine mothers’ perceptions of the playgroup and how it can be improved to meet their needs.

**Process**

Over six months (April – September 2019), mothers will be sent an online survey link by SMS within two weeks of discharge. Data will be collected on age of baby, number of children, length of MBU stay, number of playgroup sessions attended, and satisfaction with the program. Open ended questions will capture mothers’ perceptions of how attending the program has affected their relationship with their baby, providing care to their baby and feelings about being a mother. Finally feedback will be sought on the helpfulness of group activities and feedback on how the program could be improved. Responses will be categorised against emerging themes. All information will be de-identified and the content analysis will be undertaken by a small team of clinicians not directly involved in the Mother Baby Unit.

**Conclusion**

Findings will be used to

* provide an active group program for patients focusing on play and enhancing parent-infant interactions
* better utilise the available skill set of nursing staff
* facilitate an improved patient-centred workflow and enable timely medical, nursing, social work and psychology reviews