

# **Factors Influencing Parental Involvement in Healthy Newborns' Pain Management: A Research Proposal**

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**Background:** Despite evidence-based analgesic strategies, healthy term newborns undergo routine painful procedures with inconsistent pain management. This early-life exposure to pain causes immediate distress to newborns and families and may result in long-term deleterious effects. Involving parents in their newborns' pain management (NPM) may increase the use of effective evidence-based analgesic strategies such as breastfeeding, skin-to-skin care, and small volumes of sweet solutions. Although educating parents about these pain-relief strategies is fundamental, education alone may be insufficient to change practices. Thus, investigating what factors influence parents' use of evidence relating to NPM is warranted. **Purpose:** To understand parent-reported factors related to parents' involvement in healthy NPM. **Methodology:** The Theoretical Domains Framework will be used to guide the research. A scoping review will help identify factors that may influence parents' use of evidence in healthy NPM, which will be further examined in a mixed methods study. A correlational survey design will be employed to examine parents' perspectives of factors (context, newborn, parental, educational) associated with parents' involvement in NPM during the newborn screening blood test. A convenience sample of 200 expectant mothers and their partners will be invited to receive online prenatal pain

education, complete a baseline survey between 28-36 weeks of pregnancy, and a follow-up survey 2-4 weeks postpartum. Descriptive and inferential statistics will be used to determine which factors hinder or facilitate parents' involvement in decision-making, advocacy, and use of analgesic strategies during newborn screening. A qualitative descriptive study, with 12-16 parents using semi-structured telephone or web-based interviews, will be conducted to explore parents' experiences of NPM to provide a deeper and nuanced understanding. Inductive content analysis will be used to analyze the interview data. **Contributions:** The proposed research explores in-depth mothers and partners' behaviour in healthy NPM, which is essential to inform future interventions to improve NPM practices.