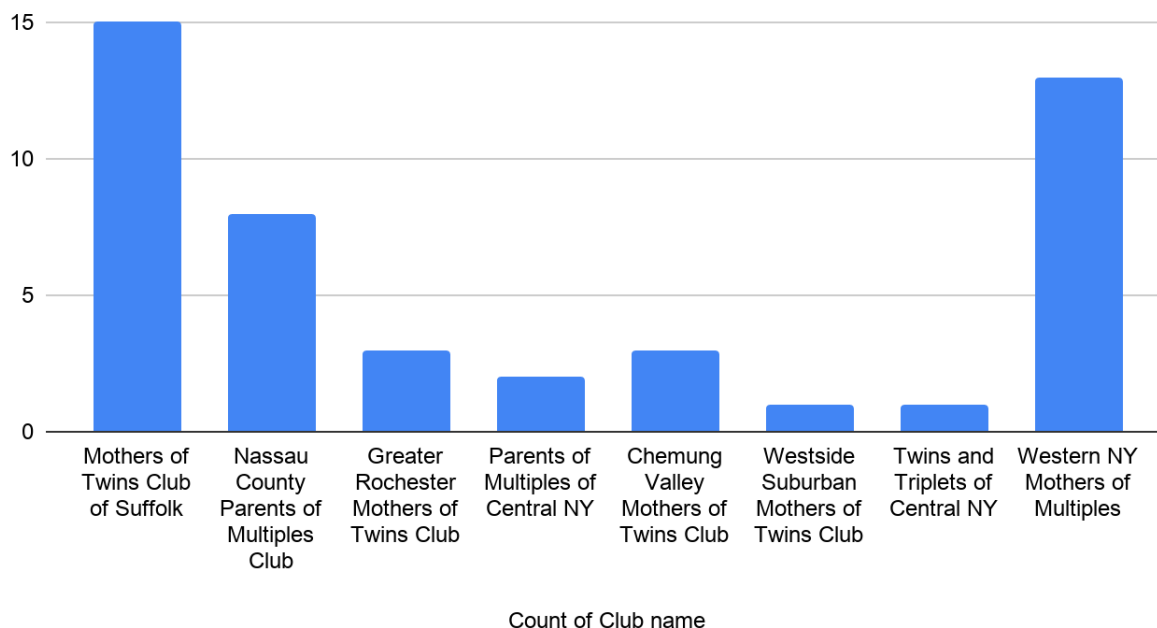


## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

A total of 46 responses were received. I received 30 surveys on Google Forms and 16 by email or a hard copy. The State Rep. for MOTC Queens said they received no surveys or feedback from their members. I did not hear anything from Southern Tier MOTC. Schenectady reported that none of their members had babies in the NICU. The nature of the survey, which was asking mothers about their experience in the NICU, limited the number of members who could participate.

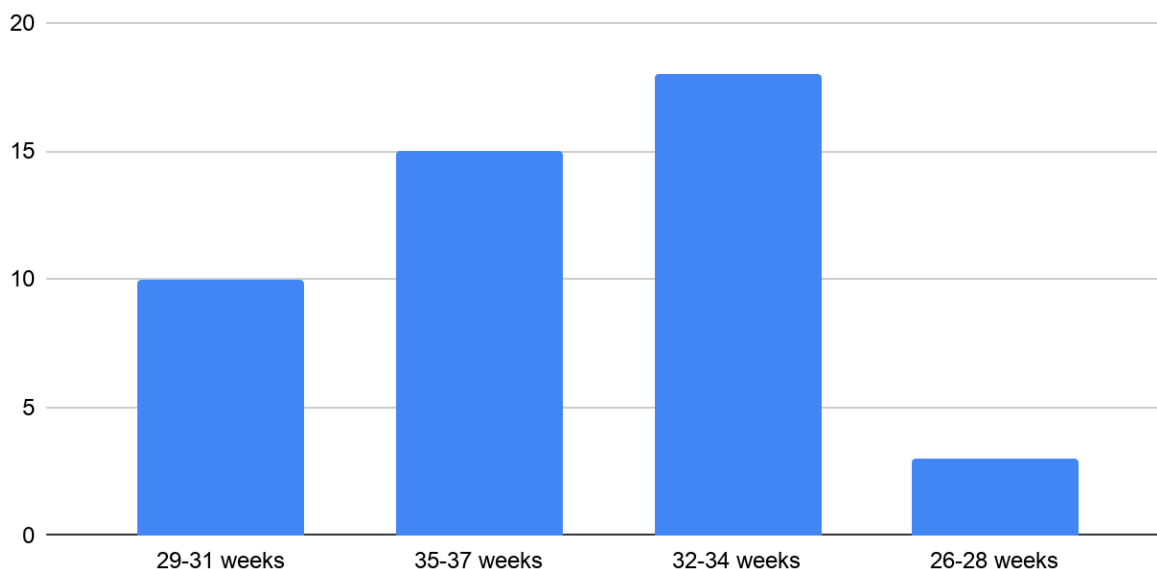
### Participating Clubs



MOTC Suffolk	15
Nassau Cty. POM	8
Greater Rochester MOTC	3
POM of CNY	2
Chemung Valley MOTC	3
Westside Suburban MOTC	1
Twins and Triplets of CNY	1
Western NY MoMs	13

## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

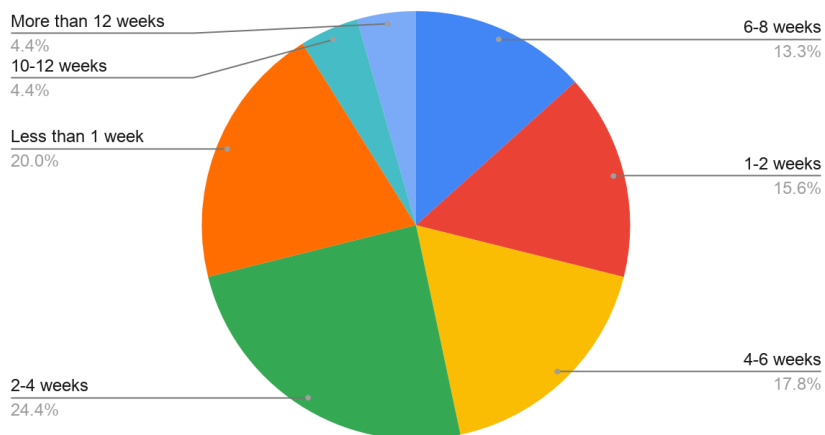
What was the gestational age of your multiples at birth?



Count of What was the gestational age of your multiples at birth?

The most common answers were 32-34 weeks followed by 35-37 weeks, which combined is 72% of respondents.

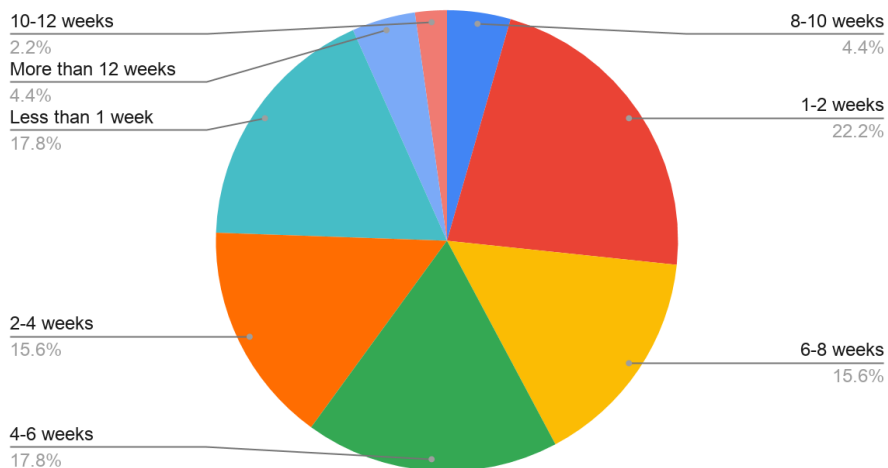
How long did each multiple spend in the NICU? [Baby A]



As you can see, the top answer for Baby A was 2-4 weeks followed by less than 1 week. Four - six (4-6) weeks, 1-2 weeks, and 6-8 weeks weren't far behind in the tally count.

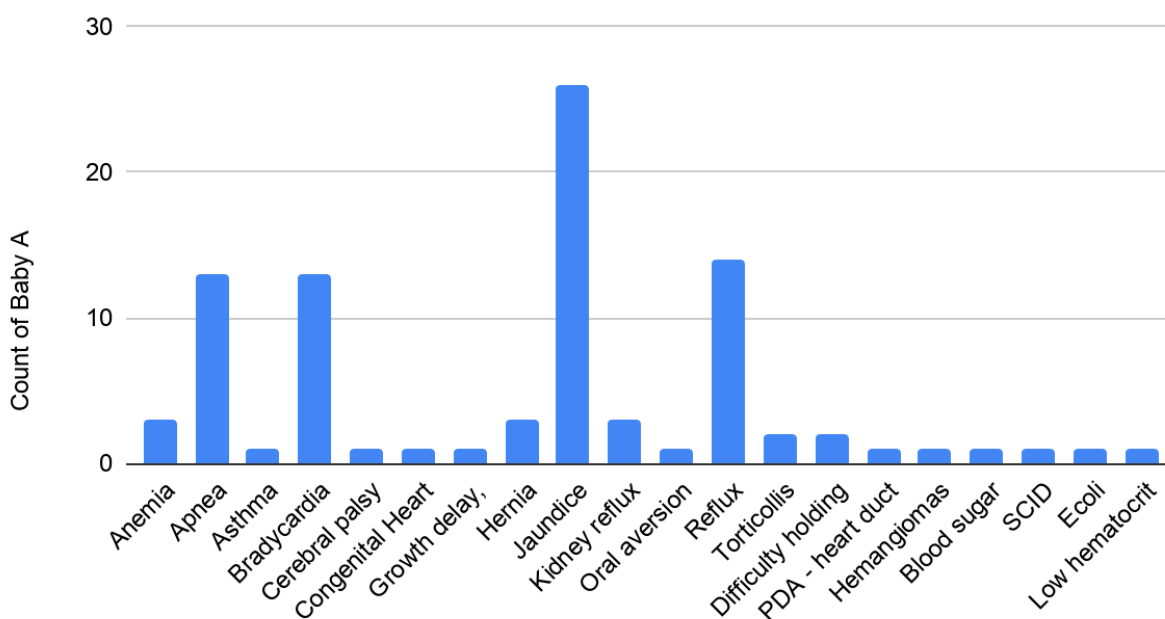
## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

How long did each multiple spend in the NICU? [Baby B]



The top answer for Baby B was 1-2 weeks followed by less than 1 week and 4-6 weeks (both 17.8%). Two - four (2-4) weeks and 6-8 weeks were both tied at 15.6%. There were 3 Baby C's. Two were in the NICU for 6-8 weeks and 1 for 4-6 weeks.

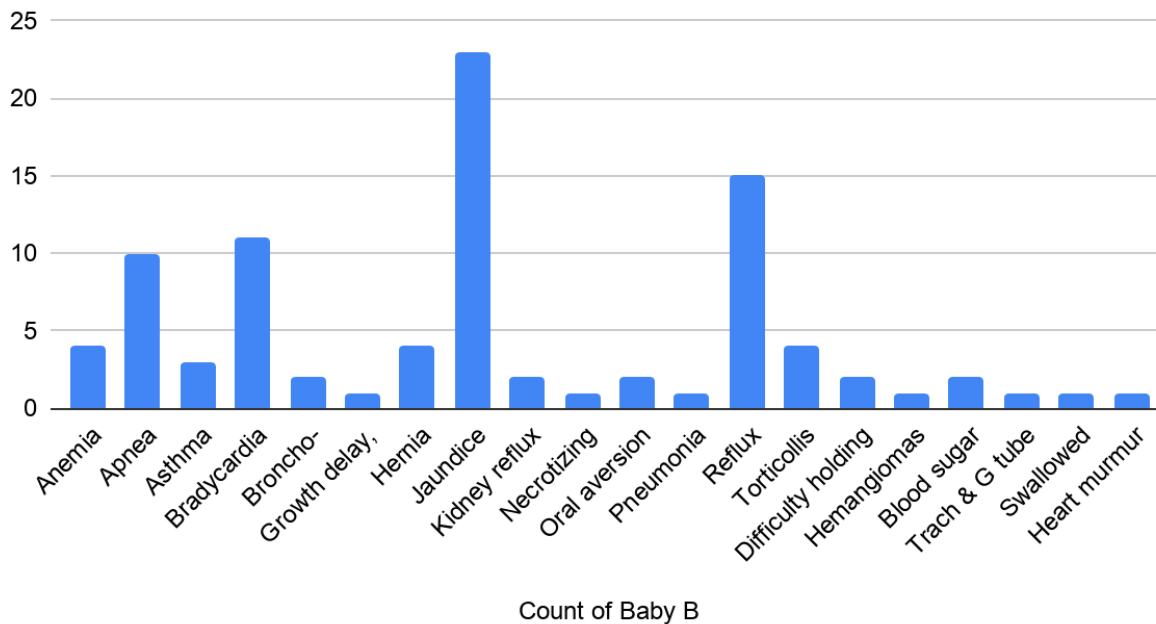
Count of Baby A



The most common medical issues for Baby A in the NICU were jaundice, reflux, bradycardia, and apnea.

## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

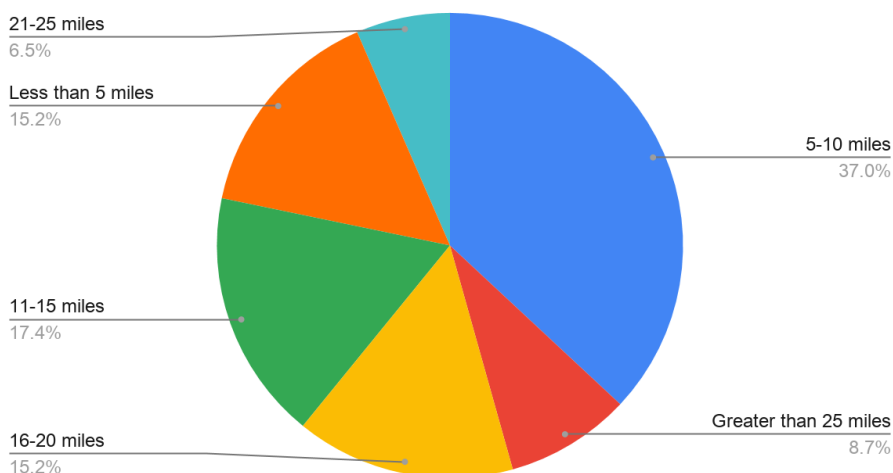
### Count of Baby B



Again, the most common afflictions for Baby B in the NICU were jaundice, reflux, bradycardia, and apnea.

All 3 of Baby C's had jaundice, 2 had bradycardia, anemia - 1, apnea - 1, pneumothorax - 1, kidney reflux - 1, and reflux - 1.

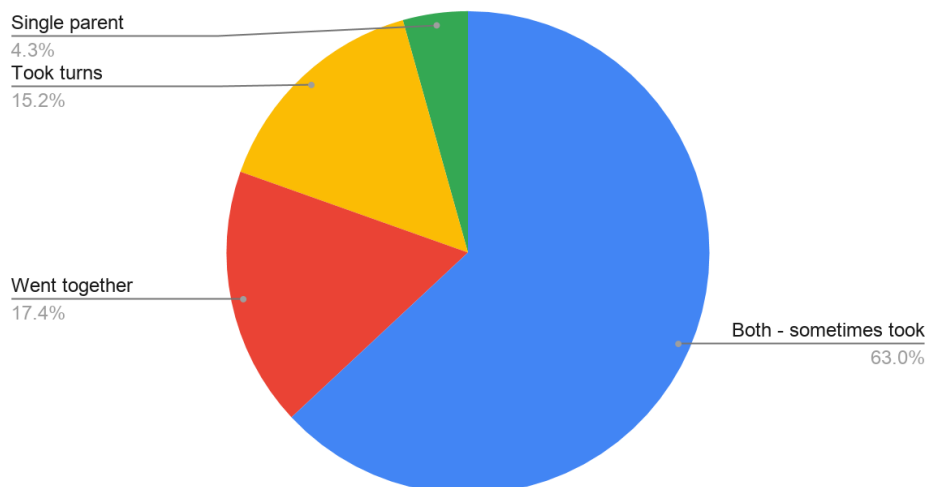
### How far was the NICU from your home?



The largest group of respondents (37%) lived 5-10 miles from the NICU. More than half of the families lived within 10 miles of the NICU. Only about 15% were more than 20 miles away.

## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

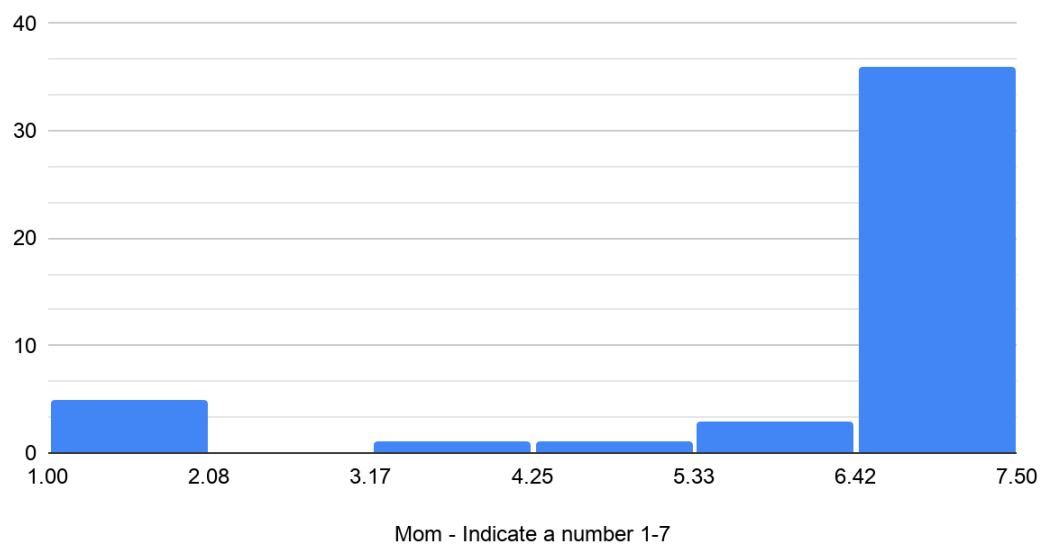
Did the parents take turns visiting the NICU or go together?



Most of the parents in the survey did both visiting separately and together when the babies were in the NICU.

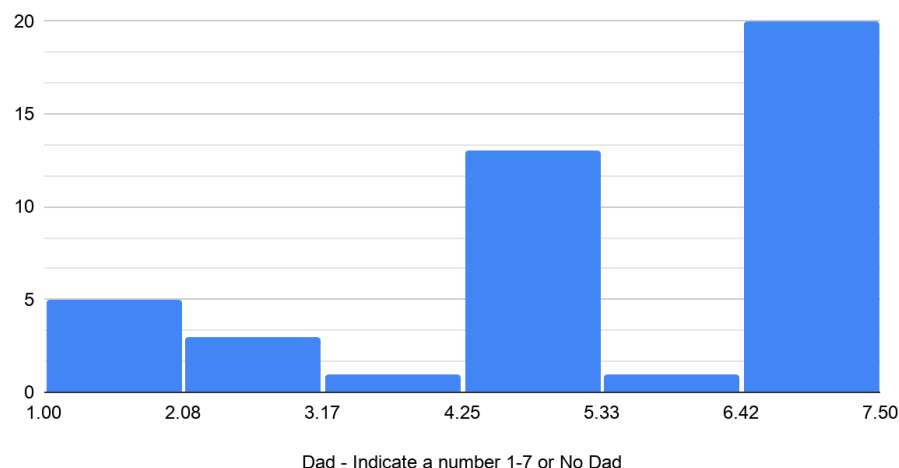
The following charts show how many days a week each parent visited the NICU.

Histogram of Mom - Indicate a number 1-7



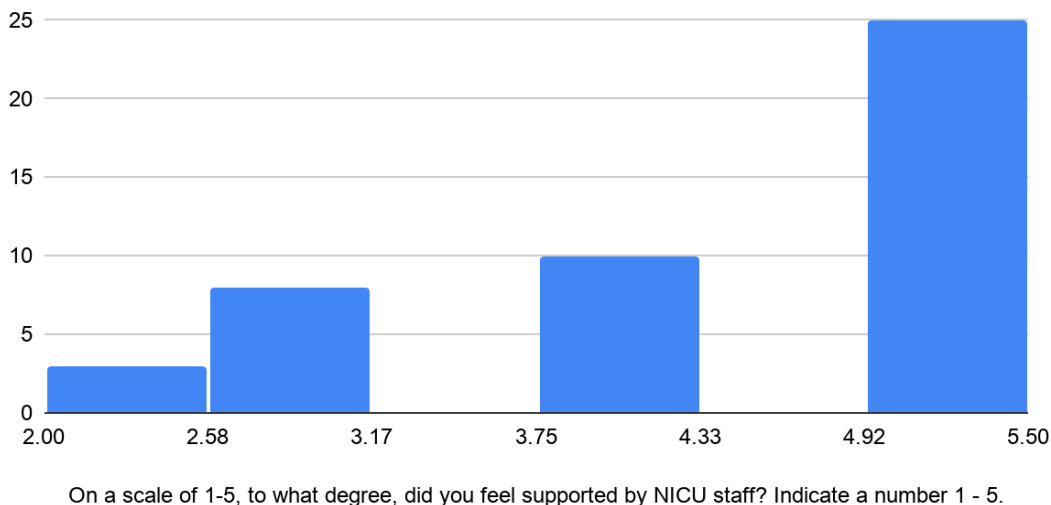
## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

Histogram of Dad - Indicate a number 1-7 or No Dad



There was also one single MoM and one set of multiples with two Moms. As expected, a very large number of Moms visited the NICU everyday. Although a good number of Dads visited everyday, not as many as the Moms. Contributing factors are most likely that Dads are less likely to be home on family leave and may have difficulty traveling to the NICU regularly, and also, of course, old fashioned maternal instinct.

Histogram of On a scale of 1-5, to what degree, did you feel supported by NICU staff? Indicate a number 1 - 5.

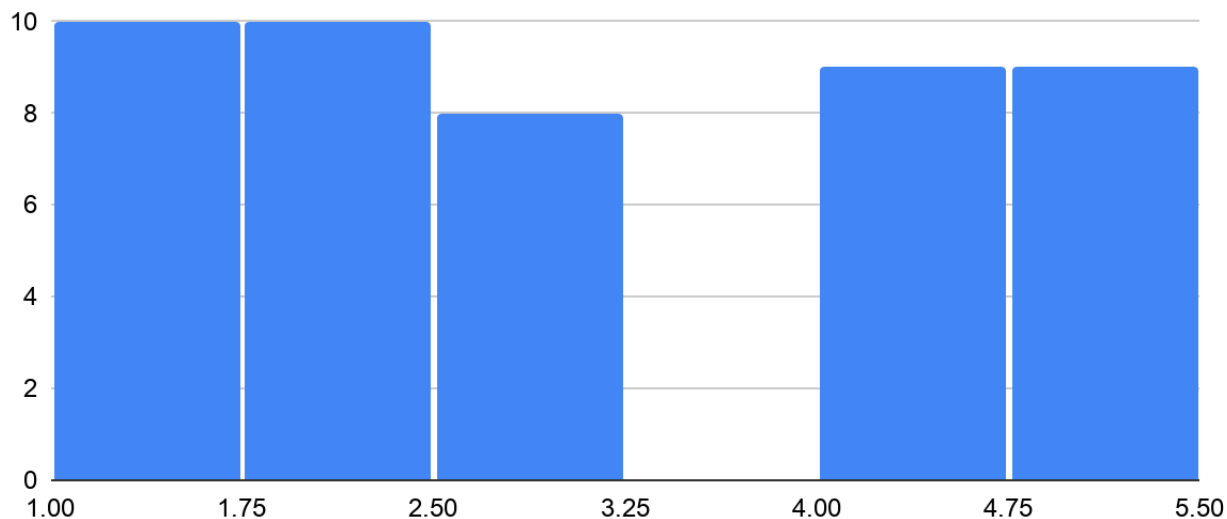


A large number of MoMs (76%) reported feeling highly supported by the NICU staff giving a

## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

score of four or better.

Histogram of On a scale of 1-5, to what degree did you feel guilty your babies were in the NICU?



On a scale of 1-5, to what degree did you feel guilty your babies were in the NICU?

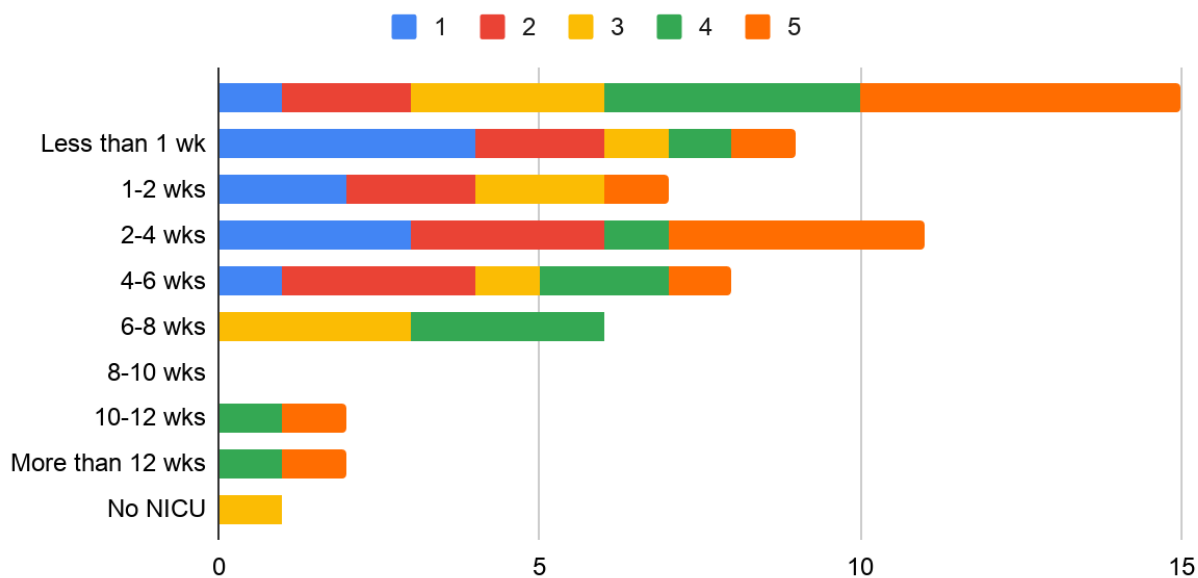
There were a variety of experiences reported with guilty feelings regarding babies being in the NICU. Between 8-10 Mom's each reported a different score on this question. Overwhelming guilt was a score of 5 and not guilty at all was a score of 1. The results of this question were very interesting. Therefore, I took some time to try to figure out if there was any connection between the babies' length of stay in the NICU and the degree of guilt felt by the MoMs. While there isn't a perfect correlation between the two, there is definitely a trend with the degree of guilt felt increasing with the babies' length of stay. Looking at the chart for Baby A, less than 1 week stays show 2 out of 9 or 22% reporting a 4 or higher on the guilt scale. 1 - 2 weeks is only 1 out of 7 or 14%, 2 - 4 weeks is 5 out of 11 or 46%, 4 - 6 weeks is 3 out of 8 or 38%, 6 - 8 weeks is 3 out of 6 or 50%, and 10 - 12 weeks and more than 12 weeks are both 2 out of 2 or 100%. The one that is for no NICU time is there because only the sibling was in the NICU.

Looking at Baby B, less than 1 week shows no reports of 4 or 5 on the guilt scale. 1 - 2 weeks is 3 out of 10 or 30%, 2 - 4 weeks is 5 out of 7 or 71%, 4 - 6 weeks is 3 out of 8 or 38%, 6 - 8 weeks is 3 out of 7 or 43%, 8 - 10 is 1 out of 2 or 50%, 10 - 12 weeks is 1 out of 1 or 100%, and greater than 12 weeks is 2 out of 2 or 100%.

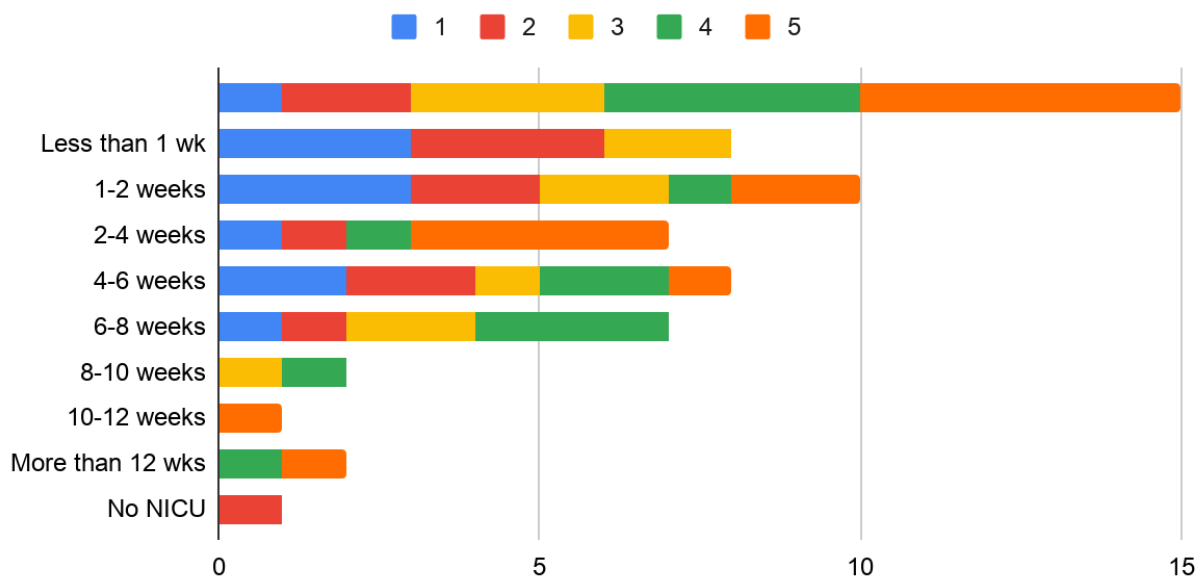
The three Baby C's were one 4 - 6 weeks and two 6 - 8 weeks. They were all at 3 and under.

## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

Connection between length of stay in the NICU for baby A and degree of guilt felt by MoM



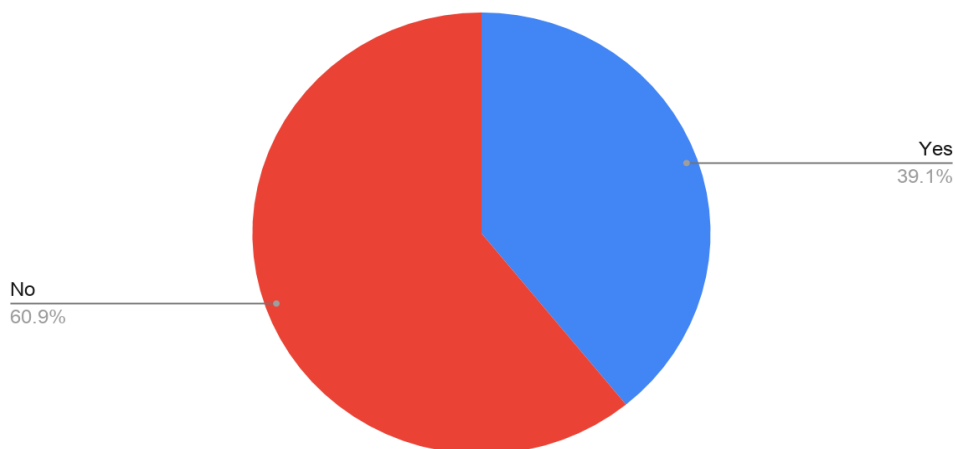
Connection between length of stay in the NICU for baby B and degree of guilt felt by MoM





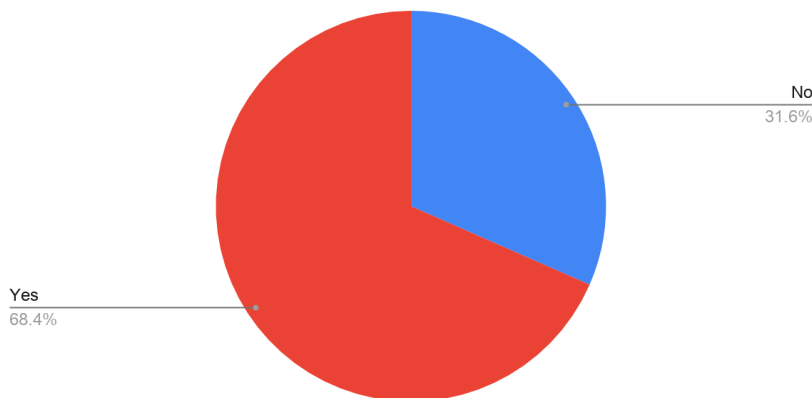
## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

Count of At the time your babies were in the NICU, did you belong to the local MOTC or MoMs Club?



Most respondents (60.9%) were not members of a local MOTC or MoMs Club when their babies were in the NICU. This is not surprising as most don't look into becoming members until after the babies are home, and/or the local club doesn't allow membership before the multiples are born.

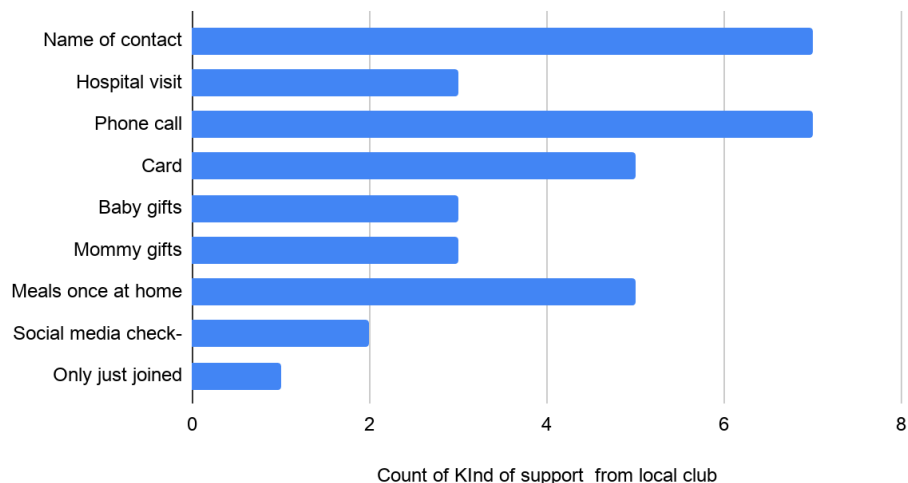
Count of If you answered yes that you belonged, did you feel supported by the local club?



Of the 19 that said they belonged to a club, 68.4% said that they felt supported by the local club. Although the majority said they felt supported, this shows that we need to do a better job with supporting our newest members and prospective members who have inquired, after they give birth. We must be sure to supply them with a contact person to call to notify the club when they have given birth and to report any needs they might have.

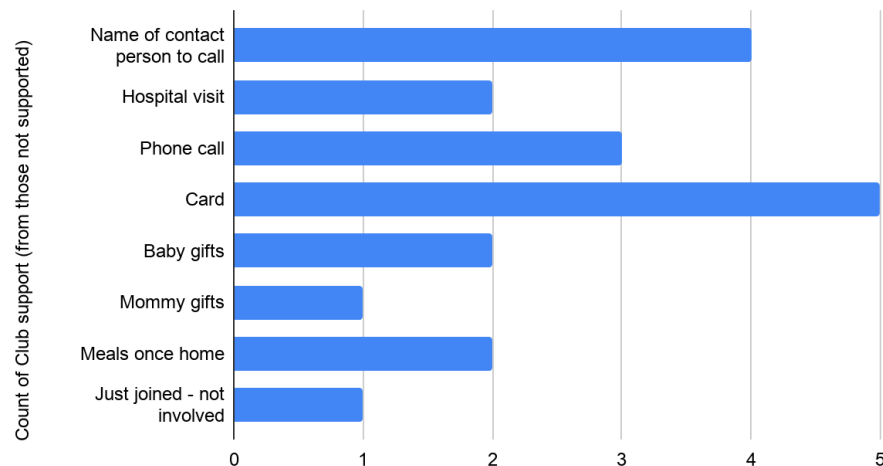
## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

Count of Kind of support from local club



Thirteen (13) people responded to, “If you felt supported by the local club, what kind of support did you receive? Check all that apply.” This is not a big sample, but the most popular answers were that they were given the name of a contact person to call to notify the club, and they received a phone call of support. Cards and meals were also common. One person reported that they had only just joined.

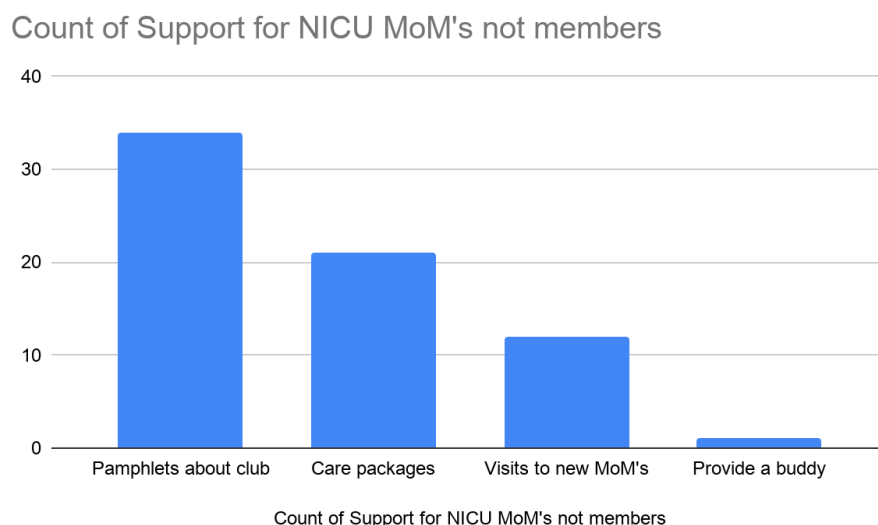
Count of Club support (from those not supported)



Seven (7) people responded to the question, “If you did not feel supported, what could the local club have done to provide support? Check all that apply.” The most popular answer was send a card, followed by the name of contact person to call, and getting a phone call. One person reported that they had just joined and were not involved in the club at the time. I would say that regardless of activity level of the member, giving some sort of support to the new MoM's should be an important function of the club. Most new members are not going to be that active

## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

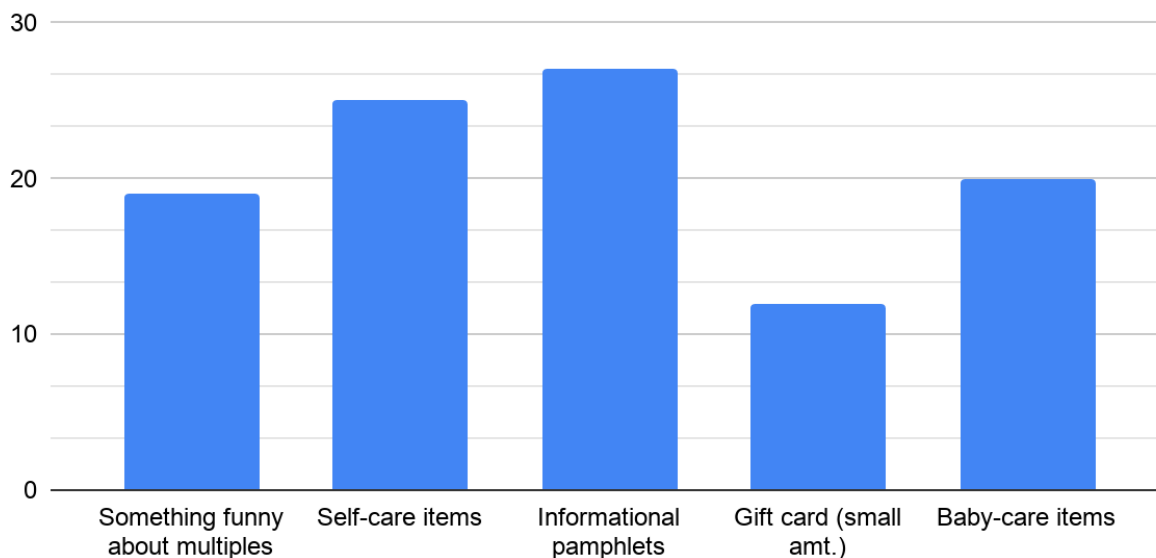
especially before the baby is born. I think some sort of contact from the club is the most important thing, and it doesn't have to cost more than a card and a phone call.



When asked, "What could the local MOTC club have done to reach out and support NICU MoM's who weren't members? Check all that apply," 37 MoM's answered. Thirty-four respondents thought pamphlets about the club with numbers to call for support and information were a good idea. Twenty-one (21) thought that providing the NICU with care packages for MoMs was a nice way to support NICU MoM's. Twelve (12) were supportive of providing visits to the new MoM's on request to offer support. One person suggested providing a buddy to the new MoM's to answer questions and provide support.

## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

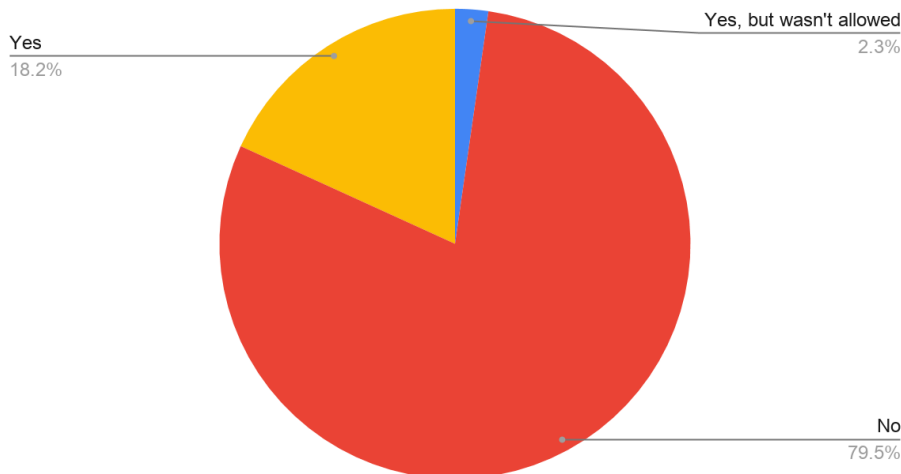
### Count of Care package for MoM's wish list



Count of Care package for MoM's wish list

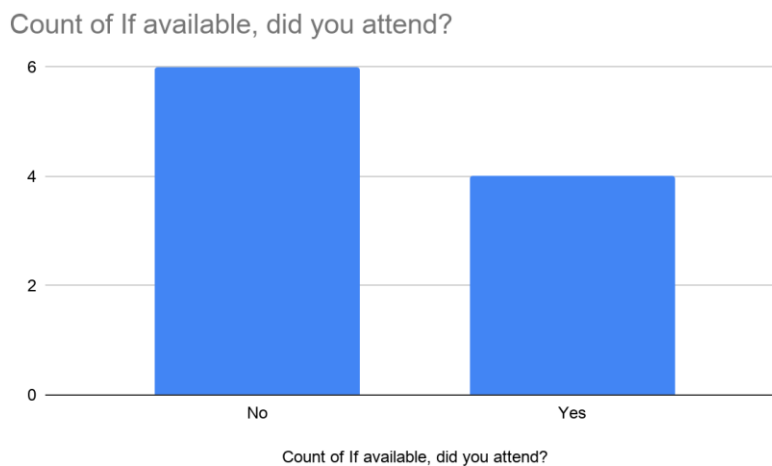
Forty-three (43) people answered this question. When asked, "What would you have liked to have received in a care package as a MoM with new babies in the NICU? Check all that apply," 19 respondents said that they would like something funny about multiples or preemies, 25 said comforting self-care items, 27 said informational pamphlets, 12 thought a gift card and 20 answered baby-care items. Most MoM's seemed to like the idea of getting a care package with not only pamphlets, but some self-care and/or baby-care items as well.

### Count of Was a NICU parent support group available to you?



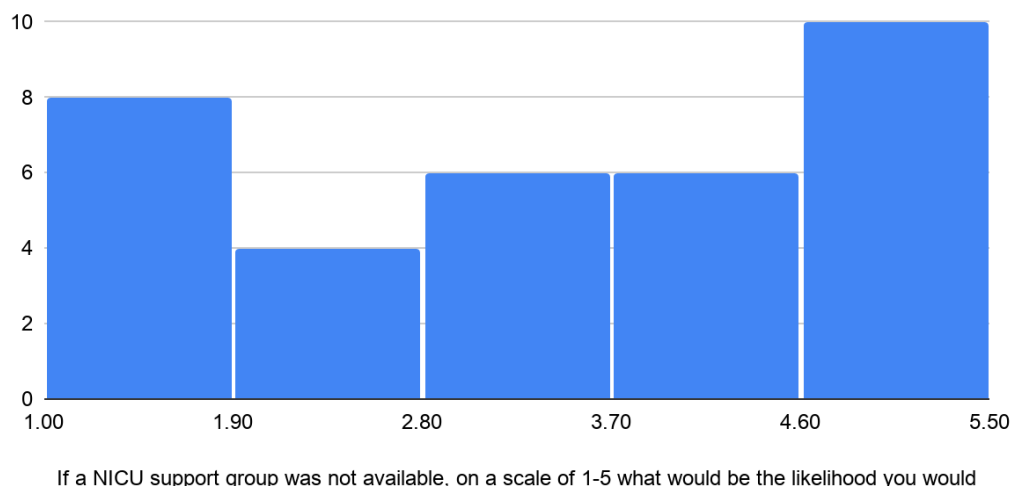
## Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs

Out of the 44 who answered, most respondents said that they did not have a NICU parent support group available to them at the time their babies were in the NICU. Only about 20% had that opportunity.



Out of the ten responses received for, “If a support group was available, did you attend?”, only 4 said they attended a NICU parent support group. Out of those four, three of them said they found the support group to be incredibly helpful and one said it was average.

Histogram of If a NICU support group was not available, on a scale of 1-5 what would be the likelihood you would have



There were 34 respondents to the last question, “ If a NICU support group was not available, on a scale of 1-5, what would be the likelihood you would have attended?” The most popular answer was a 5 for extremely likely, but it was pretty evenly distributed across the spectrum. In my opinion, while it is nice to have a support group available, you really want to use your time to visit with your babies and take care of any other children that are at home.

**Conclusion:** Some of the points that stood out in this survey were that the MoM's were very dedicated about visiting their babies in the NICU. The overwhelming majority visited every day.

## **Results of 2020 Survey on the NICU Experience of Twin/Multiple MoMs**

Over 75% of MoMs felt highly supported by the NICU staff giving a score of 4 or better. The degree of guilt that MoMs said they felt that their babies were in the NICU was pretty evenly split across the board from no guilt at all to extremely guilty. While most respondents were not members of a MOTC group at the time their babies were in the NICU, out of 19 people who said they were, 68.4% said they felt supported by the club. While that is a majority of people, we could do much better with supporting new members if they join or apply before the babies are born. Also, from the responses received, it would probably be welcomed by new MoMs with NICU babies, if they were provided with care packages with informational pamphlets and self-care and baby-care items.