

# The ESCCaPE Trial

## Enabling Safe and Close Care in Postnatal Environments: A Pilot

93 dyads were randomised to:

- Hospital Cot (n=40, 43%)
- First Days Pod (n=26, 28%)
- MaBim Side-Car (n=27, 29%)

Professor Jeanine Young<sup>1</sup> · Dr Lauren Kearney<sup>1</sup> · Ms Cheryl Rutherford<sup>2</sup> · Ms Stephanie Cowan<sup>3</sup> · Dr Kendall George<sup>1</sup> · Mrs Joanne Hoey<sup>1,2</sup>

### Background

Postnatal environments are challenged to promote maternal-infant closeness and skin-to-skin contact to support attachment and breastfeeding, whilst also providing an environment that reduces risk of infant falls and sleep-related accidents, and role models infant sleeping recommendations.

### Objectives

To pilot two neonatal infant sleep spaces designed to promote mother-baby contact and safe sleeping principles in the postnatal setting.

### Methods

**Design:** Pilot randomised controlled trial

**Setting:** A regional postnatal unit

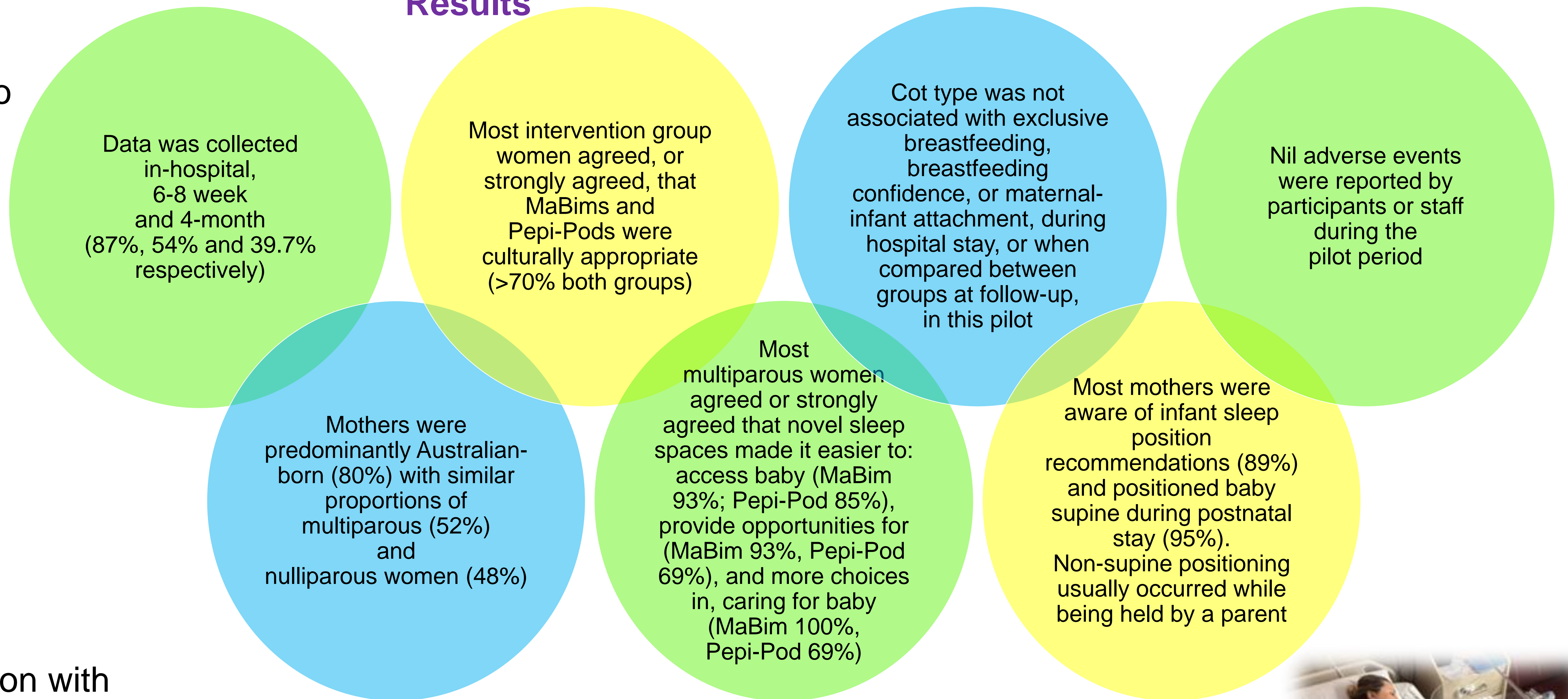
**Aim:** To assess acceptability and maternal satisfaction with alternative postnatal infant sleep spaces.

**Outcomes:** Measures of maternal satisfaction; breastfeeding initiation and duration; maternal-infant attachment; awareness of safe sleep recommendations; incidence of shared sleep.

**Recruitment:** Eligible mother- infant dyads were randomly allocated to one of three conditions: Mabim Side-Car Cot; First Days Pepi-Pod or standard hospital cot.

**Data Collection:** Mothers completed an in-hospital questionnaire about their experience of allocated sleep condition; with follow-up at 6-8 weeks and 4 months post-birth.

### Results



### Conclusions

Alternative infant sleep options within the postnatal unit were appreciated by mothers and facilitated maternal-infant sleep proximity to support breastfeeding.

Study results will inform a larger RCT powered to measure impact on breastfeeding outcomes.

