

**THE EARLY SUPPORT PROGRAM TO HELP ESTABLISH  
BONDING BETWEEN MOTHERS AND THEIR NEWBORNS WITH  
DOWN SYNDROME: EVIDENCE-BASED NURSING**



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ABSTRACT

This thematic paper aimed at summarizing current evidence about nursing intervention and significant advice for promoting bonding between mothers and their newborns with Down syndrome at Kurigram Sadar Hospital, Bangladesh. The method of study included searching electronic databases for intervention recommendations using PICO framework, appraising the validity and strength of the evidence, and synthesizing the evidence. Five research and review articles (including one systematic review, one controlled trial without randomization, one guideline, and two review articles) were selected to be included as evidence in this study. The significant findings from the reviewed evidence were adjusted for use in a clinical context in Bangladesh.

The recommendations for practice including proper timing to inform the diagnosis, psychological support relevant to the stage of acceptance of the baby with Down syndrome, early and subsequent skin-to-skin care and breastfeeding, discouragement of swaddling, facilitation of rooming-in are proposed. Certain in-service and short course training programs designed for Bangladeshi nurses at Kurigram Sadar Hospital to improve their competency needed for providing support to the mothers and families of Down syndrome children are also suggested.

KEY WORDS: BONDING/ DOWN SYNDROME/ EARLY SUPPORT PROGRAM/ EVIDENCE-BASED NURSING.

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