

## Nurses and parents perspectives on low birth weight infants discharge planning at a secondary government hospital in Jakarta, Indonesia: a case study

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### Abstrak

**Aim:** A current study aimed to describe recent discharge planning activities of low birth weight (LBW) infants in one referral hospital in Jakarta.

**Method:** A qualitative approach was used, using data triangulation: focus group discussions with five nurses and eight parents of hospitalised infants; direct observation; and documentation analysis.

**Findings:** Findings from nurses data highlighted four critical variables in discharge planning activities: limited human resources;

mothers' concerns; infants rehospitalisation; and inconsistent health education. Parents identified three issues: lack of structured educational programmes; difficulties In getting information; and topics needed by parents. Direct observation and document analysis demonstrated that discharge planning activities were mostly conducted on the discharge day. .

**Conclusion:** Discharge planning at this hospital was presently inadequate from the nurses and parents of hospitalised LBW infants perspectives. This phenomenon could be a general description of other Indonesian hospitals since the setting was a referral hospital. Changes are really needed to improve the situation.

**Implications for clinical practice:** Inadequate discharge planning programmes may influence the health status of LBW infants discharged from the hospital who require appropriate care from their parent at home.

A structured discharge planning programme urgently needed in the hospital.