

He's here and he's gone; he's here and he's gone.....

The lived experiences of new mothers in rural Newfoundland and Labrador whose partners work away.

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# Study Overview

- Researchers
- Identification of practice issue for research
- Timeline



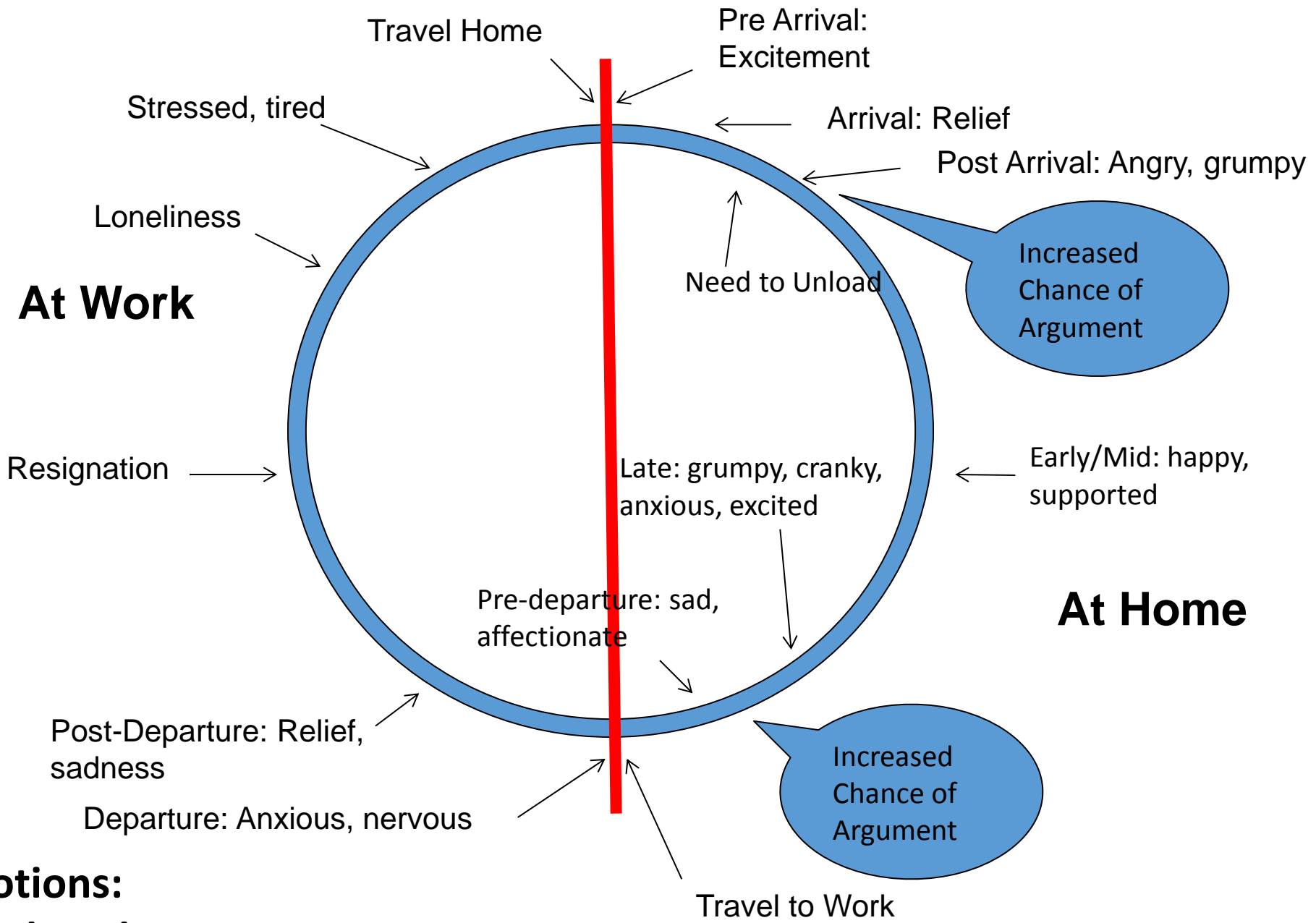
# Employment Related Mobility (ERM) – He's here and he's gone

Newhook et al. (2011) defined employment-related mobility as “. . . situations where workers regularly and repeatedly cross municipal, provincial or national boundaries to get to and from their place of employment . . . and work involving mobile workplaces such as cruise and cargo ships, planes, trains, trucks, and fishing vessels” (p. 122).



# Literature

- Effects of ERM vary depending on context.
- Continual transitioning for “at-home partner” from solo parenting to co-parenting.
- Employment for the “at-home partner” needs to be flexible.
- Loneliness and social isolation for the “at-home partner”
- Communication is important in mediating the impact.
- Reunions and partings are the most difficult times emotionally.
- Family support services, policy-makers and practitioners need to be aware of the unique challenges



**Spouse's emotions:  
Commute work cycle**

Source: Based on Gallegos 2006

# Literature

## Parenting:

- Transitioning to parenthood creates a period of change and instability.
- Many parents feel unprepared.
- Overwhelmed.
- Social, family and spousal resources are critical to managing stress and to successful adaptation.
- Social support is connected with better maternal mental health, improved functional status after childbirth and relationship satisfaction





# Design and Method

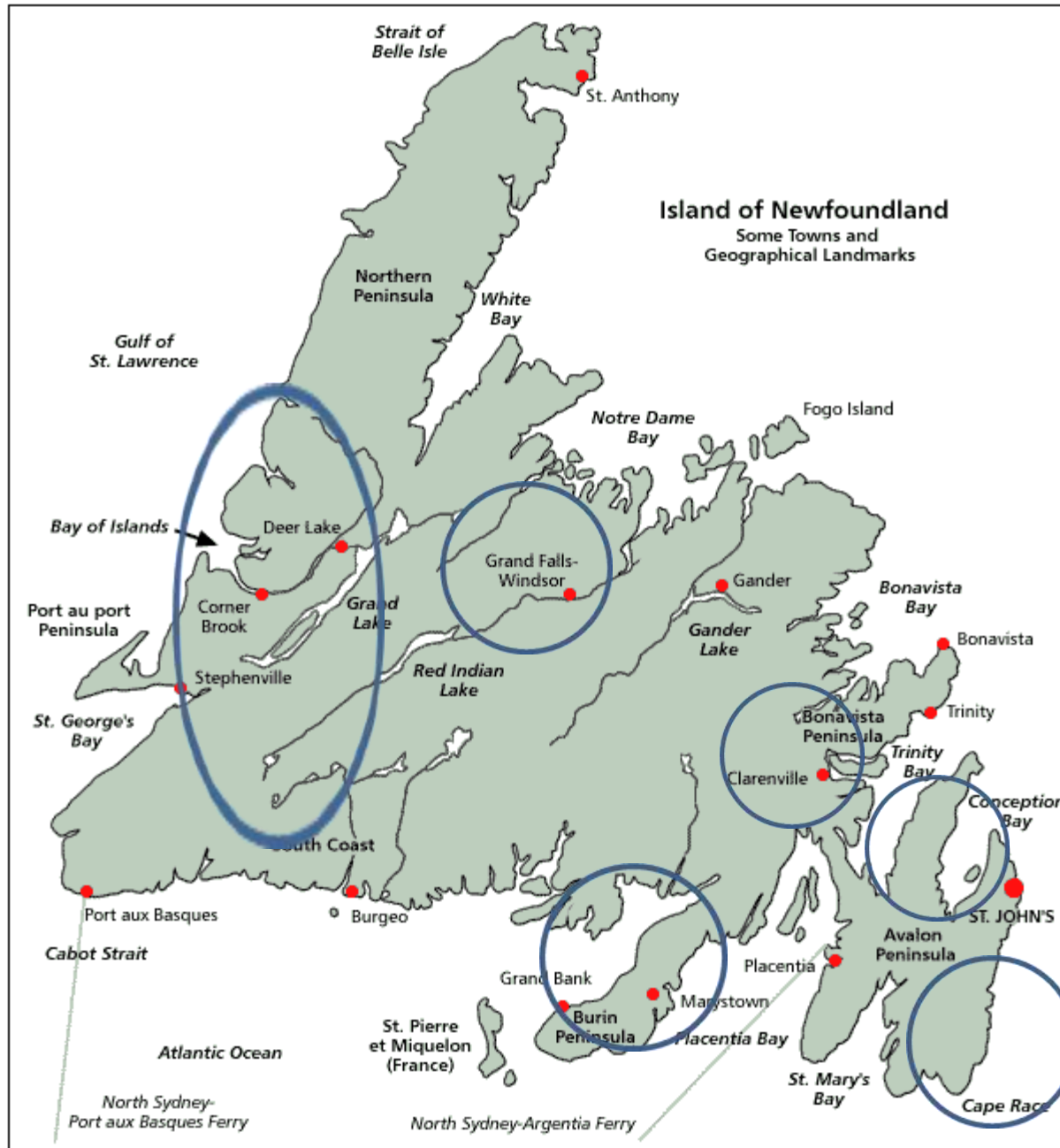
- Research Question
- Research Objectives
- Sample
- Recruitment
- Data collection
- Data Analysis



ARE YOU A NEW MOTHER WHOSE HUSBAND/PARTNER WORKS AWAY FOR LONG PERIODS OF TIME?

ARE YOU INTERESTED IN TAKING PART IN A STUDY WHICH LOOKS AT THE EXPERIENCES YOU HAVE WHEN CARING FOR YOUR CHILDREN ON YOUR OWN?

IF YOU ARE OVER 18, ONLY HAVE CHILDREN AGED 3 YEARS AND UNDER, LIVE IN RURAL NEWFOUNDLAND & LABRADOR (NL), AND YOUR HUSBAND/PARTNER WORKS AWAY, CONTACT:



# The Participants (n=19)

	Age	# of children	Age of children	Length of relationship	Duration of ERM
Range:	25-42 yrs	1 – 2	5 wks -47 mos	1 yr- 20 yrs	2 mos- 18 yrs
Mean:	31.84 yrs	1.21	17.55 mos	6.45 yrs	7.08 yrs
Median:	31 yrs	1	13 mos	4 yrs	6 yrs
Mom's Level of Education	Graduate school 4		Post secondary 14		Some post-secondary 1
Partner's schedule	Ranged from 10 days on – 4 days off to 6 months away at a time Most common 2 wks on – 1 wk off , 20 days on- 10 days off OR 1 month on – 1 month off				

# Data Analysis



*When he's gone.... Loneliness; I'm a one woman show*



# *Putting Myself on the Back Burner*





*When he's gone.... a routine*



***When he's home: Everything goes out the window***



***HE'S HERE ON VACATION***

# What helps?

- Personality traits – resilience and tenacity
- Planning, strong organizational skills and a schedule
- Proactive versus reactive
- Attitude and outlook
- Regular contact when Dad is away
- Support system
- Recognition of their unique situation

**MOVING  
FORWARD**





# For more information.....

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