

Kangaroo MOTHER Care



Describe:

When and how to use kangaroo mother care

- The procedure and benefits of kmc
- How to assist and support a mother using kangaroo mother care

What is kmc?

caring skin –to-skin low birth weight(LBW)

Babies

- It promotes:
 - ❖ Effective thermal control
 - ❖ Breast feeding
 - ❖ Prevention of infection
 - ❖ Parental bonding

Components of kmc:

1.Skin –to-skin contact:

Early,continuous and prolonged skin to skin contact



2.Exclusive breast feeding:

Promotes lactation and facilitates feeding



Pre-requisites of kmc

1.Support to the mother

- In hospital
- At home

2.Post –discharge follow-up

Benefits of kmc to the baby

- **Breast feeding**
- Increased breast feeding rates
- Increased duration of breast feeding
- **Thermal control**
- Effective thermal control
- Equivalent to conventional incubator care in stable babies



- Early discharge:
- Better weight gain leads to early discharge
- Lesser morbidity
- Regular breathing
- Less apnea
- Protection from nosocomial infections
- Stronger bonding with the baby
- Deep satisfaction
- More confident parents

Requirments for kmc implementation:

- Skills

Nurses,Physicians and other staff

Educational material

Information sheet,posters and video film on kmc

Furniture(optional)

Semi-reclining easy chairs beds with adjustable

Bck rest

Eligibility criteria:mother

- Willingness
- Lack of significant illness
- Hygiene
- Supportive family
- Supportive community

Preparing for kmc:

Counseling :

- Demonstrate procedure
- Ensure family support
- KMC support group
- Mothers clothing
- Front –open ,light dress per the local culture
- Baby,s clothing

Cap,socks,nappy and front –open sleeveless shirt

What should the babay wear?

- Cap
- Socks
- Nappy and front open sleeveless shirt



What should the mother wear?

any front open ,light dress as per local culture



Kmc procedure: kangaroo positioning

- Place baby between the mother's breast in an upright position.
- Head turned to one side and slightly extended
- Hips flexed and abducted in a **frog** position, arms flexed
- Baby's abdomen at mother's epigastrium
- Support baby's bottom

Kmc procedure: kangaroo positioning



Maintain privacy for the mother

Monitoring during kmc

- Neck position is neutral
- Airway is clear
- Breathing is regular
- Color is pink
- Temperature is being maintained

Head position in kmc



Initiation of kmc

- Baby should be stable
- Short kmc sessions alright even if the baby is receivin
- Iv fluids
- Oxygen therapy
- Orogastric tube feeding

Duration of kmc

- Start kmc sessions in the nursery
- Practice at on hour sessions initially
- Transit from conventional care to longer kmc
- Transfer baby to post –natal ward and continue kmc
- Increase duration up to 24 hours a day

Kmc during sleep and resting

Resting :

- Reclining or semi-recumbent position
- Adjustable bed
- Several pillows on an ordinary bed
- Easy reclining chair
- Sleep:
- Supporting garment restraint for baby

Kmc during resting



Any family member can do it !!



Father



grandmother

- Father and other family members can also provide skin –to-skin care

Discharge criteria

- Baby is well no evidence of infection
- Feeding well
- Gaining weight
- Maintaining body temprature
- Mother confident of taking care of the baby
- Follow up visits ensured

Discontinuation of kmc

- Term gestation
- Weight 2500 gr
- Baby uncomfortable

Mother can continue kmc after giving the baby a bath and during cold nights

Post –discharge follow up

- Once or twice a week till 37-40 wks/2.5-3kg
- Thereafter ,once in 2-4 wks till 3 months chronological age
- Subsequently every 1-2 months during first year
- More frequent visits if baby is not growing well(15-20gr/kg/day up to 40 weeks post-conceptual age and then <10 gr /kg/day)

Key messages

- Kmc is a safe and effective method for caring stable LBW babies
- In addition to providing thermal control ,it:
- Promotes exclusive breastfeeding
- Decreases risk of infections
- Promotes bonding between mother and baby

The natural habitat of the baby is its mother,s arms .return it to its habitat as soon as possible.

Taleghani Research Training and Treatment Center 2023