

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 temperature
- 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.

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