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KANGAROO MOTHER CARE

DEFINITION:

Kangaroo mother care is a very effective method of providing nursing and warmth through skin to skin contact to preterms/low birth weight infants, especially in resource limited countries.

BENEFITS:

- Maintenance of infants temperature
- Promotion of exclusive breastfeeding
- Promotes extrauterine adaptation
- Builds up mother's confidence.
- Better growth
- Protection against infection
- Reduction in frequency of apneic spells
- Better mother-infant bonding.

PREREQUISITES:

NEONATE-RELATED:

- The neonates should have no medical problem
- He should be hemodynamically stable
- He should be able to breastfeed, at least partially.

MOTHER-CENTRIC:

- The mother should be healthy, willing and cooperative
- She should maintain good hygiene

- She should maintain good dietary and supplement intake.

METHOD OF ADMINISTRATION:

- Essentially , the naked baby is placed between mother's breast in an upright position for skin to skin contact for many days at a stretch.
- Appropriate clothing is employed to hold the baby in position
- During sleep, the mother maintain a semi recumbent posture at an angle of 60 degree so that the baby remains upright . This assist in keeping the baby warm all times
- He is made to feed at the breast on demand [minimal 2 hourly]
- In between, when she has to take bath or take rest, father or some other family member may do kangarooing. Else, the baby may be wrapped in woollen clothing.
- KMC should be continued even after discharge from the hospital until the baby has reached 2.5kg weight and a gestation of 37 weeks.

TERMINATION OF ADMINISTRATION:

Kangaroo mother care may be withdrawn in the following circumstances:

Baby has reached a weight of 2.5kg and gestation age of 37 weeks

Baby has become quite active. This is indicated by the following action when the baby is offered KMC:

Crying

Pulling extremities out

Attempt to wriggle out.