Kangaroo Mother Care for Premature and Low Birthweight Infants

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Kangaroo Mother Care for Premature and Low Birthweight Infants

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PATIENT CARE ISSUE

- Millions of babies are born prematurely or at a low birth weight each year
- 60-80% of neonatal deaths occur because of this problem
- Traditional care requires expensive, high-tech equipment, and highly trained professionals
- Kangaroo Mother Care is a treatment for premature and LBW that includes prolonged skin to skin contact that supports thermal regulation, breastfeeding, and early intervention to complications

EVIDENCE-BASED PRACTICE QUESTION

- Is Kangaroo Mother Care more beneficial to the physiological and psychological health of mom and baby than conventional care?

REGISTERED NURSE INTERVIEW

- Interviewed a NICU nurse at Dayton Children's Hospital
- KMC is not a mandatory policy, but highly encouraged
- She has personally witnessed many of the benefits of KMC
- Dayton Children's policy reports many of the observed advantages of KMC

METHODS

- Databases searched: PubMed and Canadian Paediatric Society
- Keywords used: Kangaroo Mother Care, Kangaroo Care, preterm infants, morbidity, mortality, and low-income settings
- Exclusion Criteria: Publication date 5+ years ago or had a focus too specific for our research
- Inclusion Criteria: Studied relationship of KMC to mother-child well-being.

RESULTS OF KMC INTERVENTION

- Mortality: 51% decrease in neonatal deaths who weighed less than 2000g at birth
- Morbidity: Reduction of occurrence infection and hypothermia at discharge and upper respiratory tract infection at 6 months follow up
- Parental Involvement: Home environment after discharge of KMC families is more optimal than that of conventional families
- Maternal Health: Increased competency of care needs, increased confidence in their role and reduction of postpartum depression and hemorrhage
- Growth: Increases weight, length and head circumference measurements during neonatal period
- Breastfeeding: Babies have a better sucking reflex, breastfeed more exclusively and improved growth and neurological development
- Finances: KMC decreases preterm neonatal care costs by 50%
- Future Behavioral Effects: KMC infants scored better on the Mental Developmental Index and Psychomotor Development Index of the Bayley Scales of Infant Development at 6 and 12 months

SYNTHESIS OF EVIDENCE

- Overall, KMC produced benefits among all concepts researched.
- Implementation setbacks: Time commitment of family and encouragement and support from nurses

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- Facilities should ensure nursing staff knowledge and encouragement to candidates of KMC
- Nurses should work to offer a calming and welcoming environment for parents to provide care
- Breastfeeding should be a main goal and nurses should be there to assist if needed
- Parental education on proper technique and signs of distress to observe
- Based on these recommendations, Dayton Children’s should keep their KMC policy as is but should increase patient awareness

LIMITATIONS

- Minor gaps were found in 5 of our articles
- None of the 8 articles used blind studies
- There were few articles on KMC published in the US

REFERENCES

8. http://ije.oxfordjournals.org/content/39/suppl_1/i144.long