

School of Nursing

Course Code : BSCN3002

Course Name: Child health nursing

Kangaroo MotherCare



Name of the Faculty: DEEPIKA BAJWAN

Program Name: B.sc Nursing

DEFINITION

- It is a special way of caring low birth weight infants by skin to skin contact



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What is KMC ???

- A special way of caring for Low birth weight (LBW) babies
- **It promotes,**
- Effective thermal control
- Breast feeding
- Prevention of infection
- Parental bonding

Components of KMC

- Skin-to-skin contact
- Early, continuous and prolonged skin-to- skin contact
- Exclusive breast feeding
- Promotes lactation and facilitates feeding

Pre-requisites of KMC

- Support to the mother
- In hospital &
- At home
- Post-discharge follow up

Benefits of KMC

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

Benefits of KMC (cont..)

- **Early discharge**
- Better weight gain- Early discharge
- Lesser morbidity
- Regular breathing
- Decreased episodes of apnea
- Protection from nosocomial infections

Benefits of KMC (cont..)

- **Other benefits**
- Less stress to the infant
- Stronger bonding
- Deep satisfaction for mother
- More confident parents

Requirements for KMC

Training

- Nurses, physicians and other staff
- Educational material
- Information sheets, posters and video films on KMC

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Eligibility criteria: Baby

- Birth weight <1800 gm
- Start at birth
- Normal birth weight baby also

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Preparing for KMC

- Counseling
 - Demonstrate procedure
 - Ensure family support
 - KMC support group
 - Mother's clothing
- Front-open, light dress as per the local culture
 - Baby's clothing
 - Cap, socks, nappy and front-open sleeveless shirt

KMC procedure: Kangaroo

positioning

- Place baby between the mother's breasts 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



Monitoring during KMC Check if

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

initiation of KMC

- Baby should be stable
- Short KMC sessions can be initiated even if the baby is receiving

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Mother Care

- Start KMC sessions in the nursery
- Practice one hour sessions initially
- Transfer baby to post-natal ward and continue KMC
- Increase duration up to 10-12 hours a day

KMC during sleep



Any family member can do it !

- **Father & other family members can**
- **also provide skin-to-skin care**
- **Father**
- **Grandmother**

Discharge criteria

- Baby is well with no evidence of infection
- Feeding well (predominant breast milk)
- Gaining weight (15-20 gm/kg/day)

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- Maintaining body temperature (in room temperature)
- Mother confident of taking care of the baby
- Follow-up visits ensured

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REFERENCES

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