



PANNA DHAI MAA SUBHARTI NURSING COLLEGE
SWAMI VIVEKANAND SUBHARTI UNIVERSITY, MEERUT



Value Added Course

On

**Register
Soon**

Kangaroo Mother Care

From
December
2019

(Updates)

Course Coordinator:
HoD:- OBG Nursing

Beneficiaries: B.Sc (N)

Date: 14-22 Dec 2019 (2-4 PM daily)

Venue:

Advance Skill OBG Lab, Panna Dhai Maa Subharti Nursing College

position to avoid the reflux in more preterm infants. The kangaroo position is maintained until the infant no longer tolerates it- he sweats and refuses the Kangaroo position. When continuous care is not possible, the kangaroo position can be used intermittently, providing the proven emotional and breastfeeding promotion benefits. The kangaroo position must be offered for as long as possible (1-2 hrs at least), provided the infant tolerates it well. This 1-2 h span is important as it provides the stimulation that the mother needs to increase the milk volume and facilitate milk let-down. This is initiated in the hospital and continued at home. Kangaroo nutrition Kangaroo nutrition is the delivery of nutrition to "kangarooed" infants as soon as oral feeding is possible. It is based on exclusive breastfeeding by direct sucking, whenever possible. Goal is to provide exclusive or nearly exclusive breastfeeding with fortification if needed. Breastfeeding is an integral component of KMC and it might contribute to significant gains in neurological development and IQ. Kangaroo discharge and follow up Early home discharge in the kangaroo position from the neonatal unit is one of the original components of the KMC intervention. If not safely possible, the mother-infant dyad can room-in together in a minimal care facility (kangaroo wards) until safe discharge is possible. Mothers at home require adequate support and follow up hence a follow-up program and access to emergency services must be ensured. Finally it is a gentle and effective method that avoids agitation routinely experienced in a busy ward with preterm infants.

Benefits of KMC:

Physiological benefits Heart and respiratory rates, respiration, oxygenation, oxygen consumption, blood glucose, sleep patterns and behavior observed in preterm/LBW infants held skin-to-skin tend to be similar to or better than those observed in infants separated from their mothers. Clinical benefits Effect on breastfeeding: An important main stay of kangaroo mother care is breastfeeding encouragement. Although evidence shows countless benefits of breastfeeding for preterm babies, the prevalence of breastfeeding in this group is quite low. Studies carried out in areas where KMC is done show that mothers who establish skin to skin contact with their preterm babies have a significantly higher milk production than their control group. Furthermore these studies have also revealed that interruption of breast feeding was more frequent among mothers who were not submitted to this method. Whitelaw et al carried out a randomized trial among babies less than 1500 gm and found higher breastfeeding rates at 6 weeks in KMC group (55% vs. 28%).

Kangaroo mother care Procedure:


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5 KANGAROO MOTHER CARE

Introduction:

The problem – improving care and outcome for low-birth-weight babies Some 20 million low-birth-weight (LBW) babies are born each year, because of either preterm birth or impaired prenatal growth, mostly in less developed countries. They contribute substantially to a high rate of neonatal mortality whose frequency and distribution correspond to those of poverty. LBW and preterm birth are thus associated with high neonatal and infant mortality and morbidity. Of the estimated 4 million neonatal deaths, preterm and LBW babies represent more than a fifth. Therefore, the care of such infants becomes a burden for health and social systems everywhere. In affluent societies the main contributor to LBW is preterm birth. The rate has been decreasing thanks to better socioeconomic conditions, lifestyles and nutrition, resulting in healthier pregnancies, and to modern neonatal care technology and highly specialised and skilled health workers

Kangaroo mother care – what it is and why it matters

Kangaroo mother care is care of preterm infants carried skin-to-skin with the mother. It is a powerful, easy-to-use method to promote the health and well-being of infants born preterm as well as full-term. Its key features are: early, continuous and prolonged skin-to-skin contact between the mother and the baby; exclusive breastfeeding (ideally); it is initiated in hospital and can be continued at home; small babies can be discharged early; mothers at home require adequate support and follow-up; it is a gentle, effective method that avoids the agitation routinely experienced in a busy ward with preterm infants.

Components of KMC Kangaroo position :

The kangaroo position consists of skin-to-skin contact (SSC) between the mother and the infant in a strictly vertical position, between the mother's breasts and under her clothes. SSC should be started as early as possible after birth and can be of two types depending upon the duration: continuous or intermittent. The continuous modality is usually employed as an alternative to minimal care in an incubator for infants who have already overcome major problems while adapting to extra-uterine life, are able to suck and swallow properly and are thriving in neutral thermal environment. To replace incubators the kangaroo position should be maintained as long as possible, ideally 24 hr/day. The provider must sleep in a semi-reclining


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Kangaroo positioning procedure – Baby should be placed between the mothers breast in an upright position.

The head should be turned to one side and in a slightly extended position. This position keeps the airway open and allows eye to eye contact between the mother and her baby. The baby's hip should be flexed and abducted in a frog position, the arms also to be flexed.

The baby's abdomen should be at the level of the mother's epigastrium.

Mother's breathing stimulates the baby, thus reducing the occurrence of apnoea.

Monitoring of kangaroo mother care

Babies receiving Kangaroo mother care (KMC) should be monitored carefully especially during the initial stages.

Nursing staff should make sure that babies neck position is either too flexed or too extended, airway is clear, breathing is regular, colour is pink and baby is maintaining temperature.

Duration for kangaroo mother care

When it comes to duration, skin to skin contact should start gradually in the nursery, with a smooth transition from conventional care to continuous kangaroo mother care (KMC). Sessions last less than one hour should be avoided because frequent handling may be stressful for the baby. The mother can sleep with the baby in Kangaroo mother care position in reclined or semi recumbent position about 30degrees from horizontal.

When to stop kangaroo mother care (KMC)

(KMC) kangaroo mother care is continued till the baby finds it comfortable and cosy. KMC may be stopped once the baby attains a weight of 2.5kg or a gestation of 37 weeks.



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Value Added Course on Updates in Kangaroo Mother Care

The value added course on Updates in KMC was conducted at Panna DhaiMaa Subharti Nursing College at Multipurpose Hall for the BSc Nursing final year students. The programme was conducted on 14th of Dec 2019. The course code is VAC/SNC 07.

The total number of students registered is 20 and all the students were participated, completed the course and awarded the certificate.

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A constituent college of

SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)




(2019-2020)

Updates in Kangaroo Mother care

S. No.	List of Students Enrolled	S. No.	List of Students Enrolled
1	Aarti Rani	11	Mamta Khatri
2	Abhipriya Chaurasia	12	Mansi Rohilla
3	Akansha	13	Megha Nehra
4	Akansha Gupta	14	Megha Singh
5	Anjali Singh	15	Mohini Taliyan
6	Apoorva Mittal	16	Neha Rani
7	Ekta	17	Neha Sinha
8	Himanshi Saini	18	Nishi Sharma
9	Kanika	19	Pratibha
10	Madhu Saini	20	Priya Harit

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Certificate of Participation

This is to certify that Ms. /Mr. / Mrs Kanika of B.Sc Nursing has attended the value added course (SNC-VAC-07) Updates in Kangaroo Mother Care organized by Faculty of Nursing, Swami Vivekanand Subharti University during academic session 2019-20

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Certificate of Participation

This is to certify that Ms. /Mr. / Mrs Madhu of B.Sc Nursing has attended the value added course (SNC-VAC-07) Updates in Kangaroo Mother Care organized by Faculty of Nursing, Swami Vivekanand Subharti University during academic session 2019-20

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