



A Study on Effect of Kangaroo Mother Care on Preterm Infants

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ABSTRACT:

This study focuses on the therapy of Kangaroo Mother Care given to newborn/preterm babies with low birth weight. As we all know, India has the world's largest population, which raises concerns about abnormalities that the new newborn may experience. As a result, the therapy would assist the newborn in coping with the circumstances and integrating successfully into society. The mother's practice will have a positive influence on the other vulnerable women. The primary goal was to encourage skin-to-skin therapy, prolonged breast-feeding to the infant, and a healthy lifestyle for the newborn. The data was acquired using an interview schedule. The study was done at SSG Hospital and is exploratory and descriptive in nature. The census sampling approach was utilized in the study. It was discovered that the mother refused to compromise on giving the KMC Treatment. Husbands also supported the KMC Treatment based on the mother's assertion that they had benefitted from it; nonetheless, it was discovered that the meal quality was occasionally poor. Measurements were taken, and routine inspections were performed in the kitchen where the food was produced.

KEY WORDS:

- Kangaroo Mother Care, Preterm- Infants, Breastfeeding, Low Birth Weight, Gestational Age, Pregnancy, Neonatal.

INTRODUCTION:

Each year, approximately 20 million babies are born with low birth weight (LBW), primarily in less developed or developing countries. India accounts for twenty percent of the world's preterm births worldwide (3.02 million), making it the leading contributor globally. Kangaroo mother care is one of the most often used therapies by medical experts, in which preterm newborns get care through skin-to-skin contact with the mother or a close relative of the baby. Touch works like magic in treating the infant with the utmost attention and yielding favorable effects quickly. It was first initiated in the mid 1970 by Rey and Martinez in Bogota Colombia Then they began exploring the same care system, which they named "Kangaroo Care" (KC). Infants are held upright, skin-to-skin, against the mother's exposed chest.

Numerous studies have demonstrated the application of KMC. This technique is notably effective in reducing neonatal mortality, promoting weight gain, enhancing sleep duration, and stabilizing neonatal physiological indices. Consequently, it leads to an increase in mothers' self-confidence and the establishment of a stronger parent-neonate emotional bond.

Low birth weight newborns require supplementary attention and thermal support. Kangaroo Mother Care represents a pragmatic and economical approach to delivering such support, particularly in scenarios of power interruptions and within households lacking electricity infrastructure. The advantages associated with KMC; it is imperative to provide parental education to ensure its effective adoption.

It is also recommended and seen that now a days father of the preterm infant has started supporting their wives and without any shame they take the privilege and pride to help their women in front of other family member without any shame. They don't care about what people will say or think about them. Thus, accompanying them the grandmothers, sister, sister-in-law also take initiative in giving this Kangaroo Treatment.

Kangaroo Mother Care (KMC) offers numerous benefits to the baby, such as maintaining warmth, fostering and maintaining breastfeeding, reducing the risk of infection, and enhancing the bond between a baby and its mother. Research has shown that KMC leads to an increase in both the rates and duration of breastfeeding. Sustained skin-to-skin interaction between the mother and her low birth weight (LBW) baby helps keep the baby's temperature within the normal range, which is as effective as using an incubator. Infants who receive KMC tend to be healthier during infancy compared to those who do not. KMC also offers protection against infections. KMC is beneficial to both newborns and parents. Mothers experience less stress during kangaroo care compared to once the baby is in incubator care. They also feel a stronger connection with the baby, gain confidence, and derive a deep sense of satisfaction from being able to do something special for their babies. Fathers also report feeling extra stress-free, calm and well-bonded while providing kangaroo care. The World Health Organization (WHO) defines a less gestational mass as beneath two thousand five hundred grams.

KMC therapy might be delivered in referral units at various private and public hospitals, in partnership with established authorities, by enforcing various laws and rules. Implementing national strategy ensures the practice's easy and efficient integration into the health system's existing educational and training programs.

A mother's kid is humanity's most priceless gift, and every woman dreams of becoming the mother of a healthy child. At the start of her pregnancy as soon as she books for antenatal care. There is a chance for every pregnant woman that she might deliver preterm and need to give KMC. The mother of a 1500 g newborn infant visits the nursery for the KMC treatment. The KMC Treatment also works with the collaboration of the incubator care given to the infant which increases or sets the correct thermal body temperature of the infant. Through extensive breast-feeding also, the infant will get to know about their mother and a motherly bond would be created in between them.

REVIEW OF LITERATURE:

Sr. No	Name of Author	Year of Publication	Findings/ Outcome
1.	Charpak	2001	These findings confirm previous research indicating that KMC has a positive effect on survival and development. This method would improve the neonatology field, encourage nursing, and minimize newborn hospital stays while maintaining longevity, development, and progress.
2.	Eun-Sook Cho	2001	Kangaroo care helped to stabilize preemie neonates' respiration, improve mother-infant connection, and reduce stress on the mom. As a result, kangaroo care can be utilized to strengthen emotional bonds between moms and their newborns while also stabilizing preterm babies' physiological processes. Furthermore, kangaroo care might be among the most successful nursing treatments in the neonatal intensive care for the care of newborns born prematurely and mamas.
3.	Gupta M & Bhatia R	2007	Their investigation revealed that kangaroo mother care had a considerable influence. When care was provided simultaneously with the use of incubators, it was discovered that it had a significant influence on premature newborns. Thus, when it was utilized, it not only aided in the development of mental and social well-being, but also formed a relationship between the mother and her kid.

RESEARCH METHODOLOGY:

The research is exploratory and descriptive in nature. Descriptive research is a type of research in which data is collected without changing the environment. This essentially means that there is no manipulation involved and it just describes the data and characteristics of the population or the phenomenon being studied. Questionnaire method was used. Census sampling method was used in this research.

IMPORTANT FINDINGS:

- KMC is benefiting the mother and the child. Slowly and eventually the child is progressing and that is only because with the proper help and guidance provided by the doctors and nurses their 24 by 7 surveillance is there and Doctors are available.
- While giving KMC treatment it was seen that as soon as the baby comes in contact with the skin, and chest of the mother the child feels safe and the warmth that is created within, the feeling of oneness helps the baby to develop faster level and SSG Hospital is doing great in providing free and best Quality Services.
- Post- Pregnancy is like a roller coaster of emotions and feelings. Sometimes the mother may feel jolly and the very next moment she would be tired of the entire situation. While giving KMC to the baby the mother felt Sleepy, Stressful, Relaxed, and Comfortable. Most of the

respondents (17) said they got all of the feeling of Sleep, Stress, Relaxed, and Comfortable. (12) The respondent felt sleepy while giving KMC Treatment. (7) respondent felt stressful. (5) The respondent felt relaxed. And three respondents felt comfortable.

- Husband is the main pillar and support system of a woman. Thus, while giving KMC treatment some women got support from their husbands and some didn't due to reasons like living in a nuclear family, the husband being the bread earner of the family, and hence can't take leave from work, due to the clashing of the time when relatives are allowed and after that no one is entertained and some men by their own will didn't entertain this. (28) respondents' husbands supported KMC and (16) respondent husbands didn't give KMC.

CONCLUSION:

From the above research, it could be concluded that Kangaroo care, a universal and biologically significant method, is crucial for providing comprehensive care to infants, especially those with below-average birth weights. Skin-to-skin (STS) touch is a technique where the newborn is placed on the bare chest of the mother or father immediately after birth. This method not only enhances the rate of infant feeding but also stabilizes the baby's respiratory rate and heart rate. Kangaroo care promotes closeness between the newborn and family members through direct skin contact. It provides psychological and physical warmth and fosters bonding. The parent's body temperature helps regulate the infant's body heat more effectively than an incubator and facilitates accessible infant feeding when the mother holds the child in this manner.

SUGGESTIONS:

- The policies and initiatives about patient safety and health worker safety must be coordinated.
- Enjoy moments with your family and friends. Connecting with those you value deeply can help you stay grounded in the moment, lessen worry, and pressure. Communicating to a close companion is also an excellent opportunity to get several chuckles, which may have a positive impact on your mood. Getting together with your loved ones might make you feel more acquainted with them as well.
- The food quality must be checked and then given to the patients. Some patients felt that the food provided was not good for them. And they had to buy food from outside.

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