



RAMA
UNIVERSITY

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FACULTY OF NURSING

KANGAROO MOTHERCARE



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KANGAROO MOTHER CARE (KMC)

- **Kangaroo mother care (KMC) is a special way of caring for low birth weight babies**
- **It improves health their babies**

**The baby is continuously kept
in skin to skin contact with
the mother and breast
feeding exclusively**

PROBLEMS OF LBW BABIES

- **High mortality rate**
- **Hypothermia**
- **Hypoglycemia**
- **Apnea**
- **Hypoxia**
- **Infection**
- **Poor weight gain**
- **Prolonged NICU stay**

BENEFITS TO THE BABY

- **Offers prolonged skin to skin contact between the mothers**
- **KMC facilitates physiological stability in baby**

- **KMC reduce apnea, oxygen requirement and risk of infection to the baby**
- **KMC help in early discharge of babies from NICU**

ADVANTAGES OF KMC

BENEFITS TO THE BABY

BENEFITS TO MOTHER

BENEFITS TO THE FAMILY

BENEFITS TO THE NATION

BENEFITS TO MOTHER

- **KMC promote better mother infant bonding**
- **Mother is less stressed during KMC as the mother is more actively involved in the care**

BENEFITS TO THE FAMILY

- **KMC is economical to the family**
- **KMC promotes early discharge of baby**
- **KMC facilitates bonding between the baby, mother and the family**

BENEFITS TO THE NATION

- **KMC decrease neonate and infant mortality and morbidity**
- **KMC is simple easily applicable, cost effective**
- **KMC results in healthier and more intelligent babies**

COMPONENTS OF KMC

- **Three major components are:**
- **Kangaroo position: Skin to skin contact**
- **Kangaroo nutrition: exclusive breast feeding**
- **Kangaroo early discharge and regular follow up**

1.KANGAROO POSITION-

- **Skin to skin contact for 24 hours in a vertical position between mothers breasts & her clothes.**
- **Baby's head turned on one side in slight extended position. Hands are kept above the breasts & legs beneath in frog position.**
- **Slight extended head position keeps airways open and allows eye to eye contact between mother & baby.**

2.EXCLUSIVE BREAST FEEDING-

- **Mother's milk provides all necessary nutrients for physical & mental growth.**
- **Colostrum- initial thick milk.**
- **Prevents infection, malnutrition & allergies.**

3.EARLY DISCHARGE AND REGULAR FOLLOW UP-

- **Weight gain of 15-20 gm/kg/day for 3 consecutive days.**
- **Successfully breast feeding or expressed breast milk.**
- **Baby in kangaroo position for 24 hours.**
- **Maintaining temperature without assistance.**
- **No evidence of illness.**
- **Educate the mother regarding danger signs of apnea, difficulty breathing, convulsions, decreased feeding, decreased activity, hypothermia/hyperthermia.**

THANK

YOU