

# WEIGHT AND GROWTH OF HEAD CIRCUMFERENCE IN NEWBORNS HOSPITALIZED AT THE KANGAROO INTERMEDIARY CARE UNIT, WITH AND WITHOUT EXCLUSIVE BREASTFEEDING

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## B ACKGROUND

The Kangaroo Method is based on individualize care of preterm/low birth weight newborn (LBW), family care, kangaroo position and breastfeeding. In this study, the weight and head circumference (HC) growths in LBW are compared in exclusive breastfeeding (EBF) and in non-exclusive breastfeeding (NEBF).

## M ETHODS

Cross-sectional study, with 196 mother-LBW dyads, between April 2012 and May 2016, at the Odete Valadares Maternity Center. The data collection was carried out during hospitalization and discharge from the Kangaroo Unit (KU). The analysis has included average and median frequency, besides the T-Test or Mann-Whitney test for comparison. The study was approved by the Ethics Committee.



	Exclusive Breastfeeding	Non-Exclusive Breastfeeding	P
Maternal Age - years (Mean/SD)	26.08/7.30	27,68/6.26	0.22
Gestational Age - weeks (Mean/SD)	32.34/2.13	31.24/2.26	<b>0.005</b>
Birth Weight - grams (Mean/SD)	1.590/344	1.408/395	0.006
Head Circumference - cm (Mean/SD)	28.8/2.24	27.7/2.4	<b>0.04</b>
Kangaroo Unit Admission Corrected Gestational Age - weeks (Mean/SD)	34.6/1.6	34.78/2	0.63
Kangaroo Unit Admission Weigh - grams (Mean/SD)	1.694/209	1.752/201	0.14
Kangaroo Unit Mean Birth Increase - grams (Mean/SD)	16,9/9,4	20.8/10.42	<b>0.03</b>
Days at the Kangaroo Unit (Mean/SD)	8,7/5.1	9.8/5.3	0.23
Birth Weight at delivery – grams (Median/Minimum - Maximum)	1.820 (1560 - 2545)	1887 (1.610 - 2.725)	0,06
Head Circumference at delivery - cm (Mean/SD)	31.5/1,33	31.85/0.9	0,18

**Table 1** - Demographic and Clinical data of Kangaroo Unit admitted newborns in a reference center, compared considering Exclusive Breastfeeding and Non-Exclusive Breastfeeding, 2012 - 2016.

## R ESULTS

Maternal age ranged from 14 to 43 years, 179 (91.3%) performed prenatal and 112 (57.1%) were primigravidae. Gestational age ranged from 24 to 38 weeks (Average 32, SD: 2.26), average birth weight of 1535 g (SD: 362) and average HC of 28.4 (SD: 2.35). The average weight gain in newborns in NEBF was higher for those in EBF ( $p = 0.04$ ). However, hospital discharge, the median weight, and average HC for children in EBF and in NEBF showed no statistical difference ( $p = 0.06$  and  $p = 0.18$ , respectively).

Data are presented in Table 1.

## D ISCUSSION/CONCLUSION

Discussion/Conclusion: Although the NEBF provides greater weight gain while at the KU, weight and HC showed no significant difference between LBW groups at discharge.

## R EFERÊNCIAS

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