

EFFECT OF KANGAROO MOTHER CARE ON RETINOPATHY OF PREMATURITY

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Background

Retinopathy of prematurity (ROP) is a developmental proliferative retinal vascular disorder occurring in preterm infants. Kangaroo mother care (KMC) is an evidence-based approach to reducing mortality and morbidity in preterm infants. This study was conducted to know the prevalence of ROP and to find various risk factors associated with ROP.

Research question

Does KMC protect infant from developing ROP?

Methodology

A prospective study was conducted in the tertiary care NICU of a public hospital from June 2012 to December 2014. All eligible babies were screened for ROP with Retcam camera. KMC was advised to all the patients. Multivariate analysis was carried out using the Statistical software SPSS 20.0 .

Results

The prevalence of any-stage ROP in 500 babies screened was 16%. Lower birth weight and lower GA were found to be significant risk factors (OR of 1.5 and 1.0 and 95% CI 0.44-5.21 and 0.39-2..52, respectively). Neonatal risk factors like anemia, thrombocytopenia, apnea, neonatal resuscitation, blood transfusion were not significantly associated with ROP, while KMC was found to have a beneficial effect in protecting from ROP. Babies who did not receive KMC were at 1.5 times higher risk of ROP as compared to babies who received KMC (p value 0.380, OR : 1.472and 95% CI : 0.621-3.488).

Conclusion

KMC was found to have a beneficial effect in protecting from ROP. Further larger studies can help us in understanding the exact impact of KMC on ROP.