

Kangaroo Family Care

Dr. Deepa Banker, Dr. Hiral Shah, Dr. Bijal Shah

Kangaroo care is universally accepted and scientifically proven versatile intervention for preterm care especially in developing countries with limited resources. Kangaroo Family Care (KFC) is a kangaroo care given by mother, father, grandparents, aunty or any other responsible care taker. With kangaroo Family care and father's involvement in taking care of low birth weight infant mother feels supported and feels her responsibility of taking care of her baby is shared.

Aims & objectives:

To study the effect of KFC in low birth weight babies admitted in NICU with special reference to effect on mother's lactation and total duration of hospitalization of baby.

Methodology: Prospective cohort study of 162 neonates with birth weight <2000 grams admitted in NICU . They were divided into two groups. In group I (KMC) Kangaroo care was given by mother .In Group II (KFC) kangaroo care was given by mother, father or any responsible family member . Detailed history was recorded on a predesigned proforma. Kangaroo care was initiated once the baby was stable. Mother and family members were explained in detail about method and advantages of kangaroo care. And were encouraged to give kangaroo care as long as possible. Duration of Kangaroo care was recorded. Mother's expressed breastmilk was measured daily.

Observation: Total duration of Kangaroo care was increased by 6 hours in group II (KFC). The results reveal that KC intervention helped in facilitating early breastfeeding and increased exclusive breastfeeding rate in LBWI. The expressed breast milk (EBM) at discharge was significantly more in KFC group than KMC group($p < 0.001$). Total hospital stay was reduced by 40 hours in KFC group as compared to KMC group.

Conclusion: Involvement of parent or family member other than mother helped in decreasing parental stress, improved success with breast feeding and early discharge from hospital.

Keywords: Kangaroo Mother Care, Kangaroo Parent Care, Expressed Breast Milk.