

THE PERCEPTION OF MOTHERS WHO USED THE KANGAROO POSITION AT HOME IN THE HEALTHY TERM INFANTS

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BACKGROUND

Kangaroo mother care (KMC) is a care that is efficient and easy to use to promote health and well-being of premature babies, as well as the term newborn⁽¹⁾. The main components of the KMC are: hold the skin to skin contact (kangaroo position) early, continuous and prolonged between mother and baby; stimulating exclusive breastfeeding; start the skin to skin contact in the hospital and can be continued at home⁽¹⁾.

The method was implemented in Brazil in early the 1990 and is currently the only country to have KMC as a public policy, such as perinatal care model to promote humane attention to the preterm and low weight⁽²⁾ newborn.

Kangaroo position is a KMC component where the baby is placed upright in prone, on mother's chest (or on other family members that wish be with the baby) in an early, continuous and prolonged way from birth to the domicile, for as long as pleasurable for both. This position may be performed by using kangaroo bags (like slings and other baby carriers) or only with a band or the apron of the mother⁽²⁾.

In several countries of the world the focus of KMC is facing for preterm and low weight baby because of the higher morbidity and mortality risk in this population and because of public policies for reduction of neonatal mortality and infant. Thus, there are many scientific evidences of the benefits of KMC during hospitalization and after discharge for this specific population, such as temperature regulation, increased duration of breastfeeding, improved bond with mother/relatives^(3,4,5), reduction in hospitalization time⁽⁶⁾, among others.

Unlike the preterm baby, the healthy term newborn can maintain thermal stability⁽⁷⁾. However, a more frequent body contact with their mothers can encourage breastfeeding⁽⁷⁾, and that no mother-baby separation and family can also help in other benefits, such as increased mother-baby bonding and family, among others.

Regardless of gestational age, the baby needs body contact, because after birth the baby abruptly loses uninterrupted contact and the mother's body heat; the movement that rocked incessantly inside the mother's womb; and the rhythmic sound of the mother's heart beats. So the baby, even if he/she is a term newborn can be considered premature because of the suffering of separation from the mother's body and can be benefited by prolonged maternal contact^(8,9).

We therefore consider that the kangaroo position (one of the components of the kangaroo method) carried out in a long run through the kangaroo bag or other baby carriers, is an intervention that can also benefit the healthy term newborn, their parents and other relatives.

The use of baby carriers is still not widespread in Brazil, and the lack of knowledge among mothers and among the general population is often generating many questions and sometimes even aversion to the practice.

Western culture can not let the baby for a long time near the mother or other family, the question of "pamper the children," the fear of dropping, suffocate, hurt the baby, it makes many Brazilian mothers not use the kangaroo bag or any other baby carrier. These thoughts can be reconstructed positively if the use of kangaroo bag is experienced properly.

Thus, the aim of this study is to show the perception of mothers who used the kangaroo bag in the healthy term newborn, through a positive approach, the appreciative inquiry, to expand the capacity of understanding and reflection on the mother-baby approach and the family through the use of the bag, looking for success stories to overcome appearances, focusing on useful and functional, without denying the presence of the problems.

The results of this study will extend the benefits of kangaroo position for the healthy term newborn, strengthening national and international public policies, and improving the quality of care delivered to the baby to term and family rooming and at home.

OBJECTIVE

The aim of this study was to analyze the maternal perception of the kangaroo position, using kangaroo bag in the healthy term newborn from birth until the fifth month of postnatal life.

METHODS

Qualitative descriptive study that used as a methodological reference the appreciative inquiry, which proposes that the term suggests, exploration, discovery of something by recognizing the very best in people and things that are around you, that is, a method that aims to assess the object to be studied through the recovery, with main focus on linguistic descriptions appreciative ⁽¹⁰⁾.

The method is based on social constructionism which states that reality can not be reproduced, but built, so they believe that through positive, success reports, can build successful realities ⁽¹⁰⁾.

To put into practice the appreciative inquiry method, there is a cycle consisting of four phases, known as 4D cycle. In the first phase is the discovery (appreciate and value what there is the best, evaluation moment), the dream (what could it be? Moment to see results, "think big"), the planning phase (what should be ideal? Building together) and the destination phase (support what will be the imagined future, how to empower, learn and adjust; requires the creation of an action plan) ⁽¹¹⁾. For this work, we used only the first stage, of discovery.

The focus of the discovery phase is to explore, investigate the facts through affirmative stories, appreciative speeches and, at this stage, discussions are usually held about the chosen topic and can be conducted through interviews, narration and discussion groups ⁽¹²⁾.

The guiding questions were: 1) Tell us a little about how they have been the experience of using the bag kangaroo with her baby 2) What has improved the relationship or baby care from this experience? And with the family? 3) What could have been done to improve this experience?

Mothers selected to participate in the study were admitted to a municipal maternity of the city of Goiânia, state of Goiás, Brazil. The Maternity received in 2015 the title of Friendly Hospital and has humanization practices. All 10 mothers who participated in the survey, had normal birth and were hospitalized in rooming for at least 48 hours in the hospital (according to the rules of

motherhood). The babies were born between January and February 2016, all were healthy terms newborns, in other words, they were born at 37 weeks gestation or more, and had no genetic or neurological abnormality; or neonatal asphyxia.

After accepting participate, mothers signed an Informed Consent Form, received the bag kangaroo as a research donation and were trained in the maternity to use the bag during hospitalization and at home. We orientate the use of the bag for at least 1 hour a day, three times a week. After discharge we accompany mothers through calls to know about the use of purse and encourage them to use.

Between June and July 2016, when the babies were between 4 and 5 months of age, home visits and interviews were conducted. All interviewed mothers used the kangaroo bag 3 to 4 times a week, especially during the first 3 months of life baby. All interviews were recorded after consent of the mothers, and later transcribed.

For the development of analysis, we gather similar and appreciative nature stretches, the concerns of mothers and we build the units of meaning, by reading and rereading every interview. After grouped as according units of meaning with such regularities and similar elements in three subcategories that originated the category presented this work, "The use of the kangaroo bag: a take care of the baby new form."

RESULTS

At the time of the meeting between researcher and mother / other family members present in the house, we seek to enhance the maternal experience with the use of kangaroo bag. Thus, the information collected through the interviews allowed to deepen the knowledge of this new form of take care of the baby through the use of kangaroo bag. The following, we presented the three subcategories contributed to this understanding.

The use of the Kangaroo bag joins mother and baby in one: promotes improvement in mother-baby care and mother's autonomy

Mothers reported that by being closer to the baby through the use of bag strengthened the contact, the bond with the baby, facilitated breastfeeding, in addition to providing greater knowledge baby to provide a more effective and attentive care.

Attention is greater, motherhood is more cozy (...) has the great advantage that (the use of the kangaroo bag) was the contact, the approach, the affection, the issue, contact the same, intimate contact. (M3)

Thus, because when I have put the kangaroo bag, He already knew the right way he was going to be. He was already for the course this breast here (...) because it already took the breast and was about breastfeeding, it know? (M9)

Mothers reported although the fact to use the kangaroo bag to get around with the baby brought convenience at home, and to facilitate out to solve

something and conduct tours, making them become more autonomous and independent.

(...) I showering quiet, I did my quiet things and Pedro in kangaroo bag with his father. (M2)

(...) Clear house, wash the dishes, I used a lot with her in the house. Make her sleep too. (M8)

Easy for you too, because you, the baby's here, and you're with your hands free to do anything (...) Then now I took to go the supermarket, I took to go in public health center... to go at the bakery, go early in the morning early, got it? (...). The kangaroo mother with wallaby inside. (M17)

To use the kangaroo bag makes the baby more calm and less pain

To promote a closer look at the baby, the mother noticed that they were calmer, cried less and slept better with the use of the kangaroo, which brought more quality of life for babies and, consequently, for mothers. In addition to a perception of a more sociable and smart baby.

(...) He cried one hour then without stopping. Then I put the kangaroo on the third day, it was 5 minutes, 7 minutes he stopped crying (M2)

(...) Above all I think it is to a child she is very quiet and calm, without stirring any, without being nervous is not a nervous child. Yeah, so it was very good to me, to her. (M3)

The night she slept better when I wore (the kangaroo bag) daytime (M7)

I do not know if the sling (kangaroo bag) or not, but he is very smart, very sociable. (M12)

The fact that the contact belly to belly, and the promotion of heating, made mothers identify great improvement in colic babies, who influenced the baby's sleep pattern and mother. And that being together, bound and firm, also provided a sense of security and comfort.

Until the very day when she felt (colic) we put (the kangaroo bag), then she stopped, stood quietly, slept better, then when I woke up, wake up more joyful. (M7)

(...) He is calmer, gives a sense of security for him, for me, too (... especially when I go out, I go out with him, I'll take a walk with him on the street, if I put on Kangaroo I see that it's safer, it's more comfortable. (M5)

Shared motherhood: The nearest baby's father and family

As this study recommend that in addition to the mothers, fathers and other family members used the kangaroo, there was maternal reports of improved contact between baby-family, reinforcing the bond.

(...) My husband came home from service, I put the kangaroo on it. He (the father) loved, so much so that he did not want to take. (...) Then just took the dawn because he wanted to stay all the time with the baby in kangaroo too. (M2)

(...) But, with the other her aunt who already use (the kangaroo), so I think it has helped, right? She more like aunt. She knows, I think, smells. So I think it helped her closer her aunt. (M7)

DISCUSSION

In this study, the mothers reported the change that the use of kangaroo pouch provided in their lives, revealing a new vision of care, a new maternity, with benefits for the baby, mother and family.

This new form of take care of the baby coincides with the theory of "extero pregnancy" (exterogestação), which began with Ashley Montagu, reiterating immature birth of any human baby, regardless of gestational age, due to immaturity of some organs (like the brain) and development, compared to other mammals ⁽¹³⁾. This theory demonstrates the importance of having someone next baby for maintenance of life and for its development.

The human being is born immature, unable to sustain life alone, with the need for "a pregnancy outside the womb", as a fourth trimester, and thus, the kangaroo bag is an instrument that assists in the process adaptation to extra-uterine life, as with the marsupials, such as kangaroos themselves ⁽¹³⁾. Mothers realized that babies are calmer, less tearful and even sleep better, factors that can contribute to the use of the kangaroo position is easier to adapt to the extra-uterine life, reducing the suffering of not having the uterus, which rocked him, protected him, leaving shrunk and embraced.

The mothers highlighted in their speeches the mother-baby bond, to say that the use of kangaroo bag brings greater contact, attachment, affection and greater knowledge of the baby. The touch, the physical contact between mother and baby are essential for the formation of the bond, as well as the body, visual, vocal and facial expressions are central in the mother-child interactive process, resulting in the establishment and strengthening emotional bonds ⁽¹⁴⁾.

The benefits of mother-baby bond are already widely identified. Among them, it is known that an increase is breastfeeding, reducing child mortality and the incidence of abuse and neglect ^(15,16). In addition to the bond is unique condition so that children become healthy adults and independent ⁽¹⁷⁾.

In a systematic review of qualitative studies, which evaluated the experience of parents who underwent skin contact their children at birth and hospitalization, it was observed that the main and common content of the categories in this theme are the positive components and restorers. Feeling good is the dominant part in literature, beyond the experience of doing good to the child and a sense of family unification ⁽¹⁸⁾.

The baby to term which use of the kangaroo position (canguruzado) is a baby receives several benefits of the approach to another body, similar to the benefits proven by systematic reviews on the use of kangaroo position in preterm babies and low birth weight term newborn, the reduction of crying, pain relief, encouragement of breastfeeding, among others ^(4,5).

Parents of preterm infants hospitalized in neonatal units, who used the kangaroo bag, also claim that the KMC helped achieve and have better understanding of their paternal role, aided by contact and approach, becoming active agents in baby care ^(19,20). To reveal the baby's closeness with his father and other family members, it is proposed the current need for a shared maternity. The father's presence in the education and care of children is paramount, and is still somewhat in its infancy, but their presence in this

approach and greater educational and emotional care of the children, have driven the breaking old paternal and maternal stereotypes, favoring participatory fatherhood, in addition to the family financial support ⁽²¹⁾.

CONCLUSION

It is concluded that the kangaroo position results in benefits for the term newborn, and can be a simple, no-cost strategy to improve the baby's development.

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