

**Title of the abstract**

Effectiveness of kangaroo mother care educational package on risk of postnatal depression
---

**Authors**

Suman Rao PN, Annu Josey, Sr. Celcy
-------------------------------------

**Name & credentials of the primary author**

Name	Suman Rao PN
Organization affiliation	Professor & Head, Department of Neonatology, St. John's Medical College Hospital, Bangalore
Country	India
Email	<a href="mailto:raosumanv@gmail.com">raosumanv@gmail.com</a>
Address	Department of Neonatology, St. John's Medical College Hospital, Sarjapur Road, Koramangala, Bangalore

**Background:**

Postnatal period is a time of intense stress for the postnatal preterm mother. Kangaroo mother care (KMC) reduces postnatal depression.

**Hypothesis:** A structured educational package regarding KMC reduces the risk of postnatal depression.

**Design:** One group pre-test-post test design

**Sample size:** Forty three mother-baby dyads were required for the study to have a power of 80% with  $\alpha$  error of 5%.

**Data collection method:** Mothers of low birth weight (LBW) babies > 4 days (n=43) who were advised KMC and had risk of postnatal depression as assessed by Edinburgh postnatal depression scores (> 10) (EDPN) were included in the study. The structured educational package included a video demonstration and one-to-one communication, reinforcement and monitoring. The EDPN score was reassessed after 1 week.

**Statistical plan:** Student t test was used to compare the pre and post EDPN scores. The EDPN scores were correlated with the number of hours of KMC Pearson correlation.

**Results:** The intervention increased the duration of KMC from  $2.93 \pm 1.75$  to  $6.24 \pm 1.46$  hours. The EDPN scores reduced from  $14.05 \pm 2.58$  to  $10.3 \pm 2.46$  ( $p < 0.001$ ). There was a negative correlation between EDPN scores and duration of KMC; however this was not statistically significant ( $r = -0.222$ ,  $p = 0.153$ ). The EDPN scores were higher in mothers whose babies required mechanical ventilation.

**Conclusions:** The structured educational package regarding KMC reduced significantly the risk of postnatal depression among mothers of LBW babies admitted in NICU.