

## EFFECT OF KANGAROO MOTHER CARE (KMC) IN COMPARISON WITH CONVENTIONAL METHOD OF CARE (CMC) ON GROWTH AND BREAST FEEDING IN VERY LOW BIRTH WEIGHT (VLBW) INFANTS AT 40 WEEKS OF GESTATIONAL AGE: A RANDOMIZED CONTROLLED TRIAL

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### Background:

There is insufficient data on the effect of Kangaroo Mother Care (KMC) on growth, acceptability and long-term outcomes in very low birth weight (VLBW) infants. This study was intended to determine if use of KMC for stable VLBW infants is an effective alternative to conventional methods of care in the hospital.

### Objective:

To study the effect of Kangaroo Mother Care (KMC) in comparison with conventional method of care (CMC) on growth and breast feeding in very low birth weight (VLBW) infants at 40 weeks of post-menstrual age (PMA).

### Design/Methods:

Design : Open label randomized controlled trial.

Methods : Inborn singleton, VLBW (birth weight <1500gms) infants tolerating spoon feeds of 150ml/kg/day and hemodynamically stable were randomized to KMC or Conventional Method of Care (CMC). Infants in KMC group were shifted to a special ward, subjected to skin to skin contact for a minimum of 8 hours per day till discharge from the hospital and were supervised by a trained nurse. Infants in CMC were managed in the neonatal unit under radiant warmer/incubator, supervised by a team of doctors and nurses and mother was involved in routine care activities till discharge from the hospital. Feeding by expressed breast milk, ad libitum, was encouraged in both the groups. Discharge to home happened, when the infant weighed >1300 g, had weight gain > 10g/day for 3 consecutive days and mother was confident in day to day care of the baby.

### Outcomes :

Growth and Breastfeeding rate at 40 weeks of PMA.

### Results:

One hundred and forty infants were enrolled in the study (KMC n=71 and CMC n=69). Average weight gain per day post randomization (20.2 g vs. 17.6gm, p=0.08), weight (2449gm vs. 2532gm, p=0.30), length (46.5cm vs.47.4cm, p=0.08) and occipito frontal circumference (33.0 vs.33.3, p=0.21)



