

KANGAROO MOTHER CARE (KMC) AND MASSAGE THERAPY (MT): PROSPECTIVE RANDOMIZED CONTROLLED TRIAL OF 103 CASES IN WESTERN INDIA

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Purpose: To study the effect of Kangaroo Mother Care (KMC) and massage therapy (MT) on breast feeding rates, weight gain, length of hospitalization, morbidity and mortality of low birth weight (LBW) neonates.

METHODS: Prospective randomized control trial in 103 neonates with birth weight of less than 2000 grams. They were randomly divided into 2 groups according to interventions given. The KMC and massage group (KMC+MT)(n = 60) was subjected to KMC of at least 6 hours per day and massage of 15 minutes once a day with coconut oil once baby was stable. The control group (n = 43) received only conventional mother care (CMC) (incubator or open care system).

RESULTS: Neonates in the KMC+ MT group demonstrated better weight gain at discharge than CMC group(1.881 & 1.523gm respectively p <0.014). Duration of hospitalization in KMC+MT group was shorter by 2 days than CMC babies . At discharge biochemical profile showed better results in KMC+MT group as compared to CMC group. Incidence of hypothermia was significantly less in KMC+MT group as compared to CMC group(p<0.006). Babies in CMC group were 2.79 and 1.82 times at higher risk of apnea and septicemia, respectively as compared to KMC+MT group.

CONCLUSIONS: KMC and MT promotes early and successful exclusive breastfeeding. KMC and MT managed babies had better weight gain and earlier hospital discharge . KMC and MT also improved the biochemical profile and significantly decreased the morbidity in low birth weight babies.

