

## THE ROLE OF THE NURSE IN THE KANGAROO MOTHER CARE PROGRAM (KMCP)

A twenty years' experience

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### Objective:

To identify and describe the activities and interventions completed by the nurses during the application of the KMC method in the neonatal intensive care unit (NICU) and in the ambulatory setting of the KMCP in Bogota.

### Method:

Observational descriptive study based on the records of the KMCP in Bogotá during the last twenty years.

### Results:

During professional practice, nurses take care not only of the newborn, but also of the parents who face a difficult time because of the admittance of the preterm infant to the NICU. This admittance generates anxiety and the need of emotional support.

During the hospitalization, the parents must adapt to a strange environment and to a specialized language. Some parents had to move to different cities and attend unknown hospitals facing problems they didn't understand. This situation generated a loss of the role of primary caregiver, and increased the fear of the parents for the general well-being and prognosis of their newborn children.

The timely intervention of the nurse has come to show the ability to strengthen family-centered newborn care, and has encouraged proper communication between the family and the interdisciplinary team responsible for the over all care of the newborn.

The oportune intervention of the nurse has demonstrated an improvement in the ability of the parents towards newborn care, and it has also improved the communication between the family and the interdisciplinary team responsible for the care of the newborn.

### Conclusion:

The nursing staff plays a vital role in the KMCP because they establish a bridge in communication between health care professionals and family. Nurses have the important task to restore the confidence of the parents regarding the care of newborns according to the specific needs of preterm infants. The training of nurse practitioners with excellent technical skills will facilitate the adaptation of families, help their communication skills with health personnel and ensure healthier newborns.

