

**Kangaroo Mother Care counseling in VLBWI: Advice or A Prescription?  
Study from Resource limited-setting in Western India**

**Dr. Deepa Banker, Dr. Krupa Vekaria, Dr. Hemant Tiwari. Dr. Shachi Patel**

**Purpose:** To compare the effect of counseling given either as structured verbal prescription or informative advice for continuous KMC. **Methods:** Prospective comparative observational study of 80 neonates ( $\leq 1500$  grams) in a resource-limited setting divided into two groups according to type of counseling. Prescription (P) group was given counseling as structured verbal prescription and Advice (A) group as Informative advice. Outcome measures included duration of KMC, family compliance, breastfeeding and weight gain. **Results:** There were 41 neonates in P-group and 39 in A-group. Mean duration of KMC was significantly more in P-group than A-group (17.2 hours v/s 12.9 hours,  $p < 0.0001$ ). There were significantly more number of KMC providers in P-group as compared to A-group (3.03 v/s 2.26,  $P < 0.04$ ). Lactation was significantly more in mothers of P-group than A-group (40 mL v/s 34mL,  $p < 0.0013$ ). 86% in P-group were exclusively breastfed as compared to 67% in A-group. Mean weight gain per day was significantly more in P-group as compared to A-group (31.37 gram/day v/s 26 gram/day,  $p < 0.0025$ ). **Conclusion:** KMC counseling in the form of well-structured verbal prescription was found to be more effective than informative advice in terms of mean duration of KMC, parental and family involvement in giving KMC, lactation and breastfeeding rates and weight gain per day.