

## **P 22. THE EFFECT OF KANGAROO MOTHER CARE (KMC) ON BREASTFEEDING AT THE TIME OF NICU DISCHARGE.**

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**Background:** KMC is a comprehensive and low cost method for caring for low birth weight babies. Studies of the effects of KMC on breastfeeding show that, where KMC is practiced, the duration of breastfeeding are prolonged. **Objectives:** The objective of this study was to determine the association between KMC and breastfeeding

**Methods:** There were total 251 preterm infant eligible for KMC and the study was conducted at NICU of Alzahra University Hospital in Tabriz. Data were collected through using paper forms and inquiries that mothers were required to fill prior to hospital discharge of their preterm infants. **Results:** The mothers who practiced KMC (157, 62.5%) had exclusive breastfeeding at the time of hospital discharge (63.2%) ( $P < .000$ ), versus the mothers who didn't practice KMC (30.8%). KMC has been giving other benefits such as increase in the rate of breast-feeding at discharge (75.5%), decrease in the rate of artificial feeding (2.1%) and mixed feeding (22.4%) compared to the group that didn't practice KMC. **Conclusion:** KMC program implemented in Alzahra University hospital was more effective for VLBW exclusive breastfeeding and the programme could be used in hospital and at home to improve breastfeeding.

**Key words:** KMC, exclusive breastfeeding, NICU, VLBW