

**P 40. KANGAROO MOTHER CARE FOR LOW BIRTH WEIGHT INFANTS:
A RANDOMIZED-CONTROLLED TRIAL**

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Objective: To compare the effect of Kangaroo mother care (KMC) and conventional methods of care (CMC) on growth in LBW babies (<2000 g).

Study design: Randomized controlled trial.

Setting: Level III NICU of a teaching institution in western India.

Subjects: 206 neonates with birth weight <2000 g.

Intervention: The subjects were randomized into two groups: the intervention group (KMC-103) received Kangaroo mother care. The control group (CMC 103) received conventional care.

Outcome measures: Growth, as measured by average daily weight gain and by other anthropometrical parameters at 40 weeks postmenstrual age in preterm babies and at 2500 g in term SGA infants were assessed.

Results: The KMC babies had better average weight gain per day (KMC: 23.99 g Vs CMC: 15.58 g, $p < 0.0001$). The weekly increments in head circumference (KMC 0.75 cm Vs CMC 0.49 cm, $p = 0.02$) and length (KMC 0.99 cm Vs CMC 0.7 cm, $p = 0.008$) were higher in the KMC group. A significantly higher number of babies in the CMC group suffered from hypothermia, hypoglycemia, sepsis. There was no effect on time to discharge. More KMC babies were exclusive breastfed at the end of the study (98% Vs 76%). KMC was acceptable to most mothers and families at home.

Conclusions: KMC improves growth and reduces morbidities in low birth weight infants. Kangaroo mother care is simple, acceptable to mothers and can be continued at home.

Key words: Breastfeeding, Kangaroo mother care, low birth weight, postnatal growth