

Webinar: Knowledge of KMC

Hello everyone, in this webinar we shall try to learn what is kangaroo mother care and what are its benefits?

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What is KMC?

- **Kangaroo Mother Care** is a simple method of care for low birth weight infants that includes early and prolonged skin-to-skin contact with the mother (or a substitute caregiver) and exclusive and frequent breastfeeding.
- KMC is a comprehensive, low cost method of care of the stable low birth weight infant.

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What is KMC?

- KMC is a low cost standard way for care of stable low birth weight infants
- KMC is an effective way for:
 - Provision of warmth
 - Promoting breastfeeding
 - Protection from infection
 - Promoting bonding

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What are the essential components of KMC?

Kangaroo mother care has following essential components:

- Early, continuous and prolonged Skin-to-skin contact between mother and newborn.
- Exclusive breast feeding
- Close follow up at home

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Having understood the essential components let us now try and Is KMC and routine skin to skin care at birth same?

- KMC should not be confused with routine skin-to-skin care at birth. World Health Organization (WHO) recommends skin-to-skin care immediately after delivery for every newborn, irrespective of the birth weight to ensure warmth and early initiation of breast feeding in the delivery room KMC is meant for stable LBW infants and denotes a sustained, long duration skin-to-skin contact.

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What are the advantages of KMC to the baby?

- Provides effective thermal control with a reduced risk of hypothermia.
- Decreases hypoglycemia, apnea, oxygen requirement & infection
- Alleviates pain in preterms, increases alertness as well as quiet sleep
- Attains better weight gain, reduces hospital stay & achieves better follow up rates
- **And thus**
- Facilitates physiological stability & thus fosters baby's health and well being.

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What are the advantages of KMC to the mother?

- Promotes lactation and facilitates the feeding interaction
- Increases rate & duration of exclusive breastfeeding
- Reduces maternal stress
- Empowers parents: stronger bonding, increased confidence, and deep satisfaction due to active involvement in care of the baby.

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What are the advantages of KMC to the family?

- KMC saves money as the baby is discharged early from hospital and hence father can resume duty early
- KMC babies are more healthy and have better IQ
- KMC decreases child abuse and abandonment

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What are the advantages of KMC to the community?

- Reduces the health care cost significantly as KMC saves money on artificial feeds, antibiotics and other medicines, equipment as well as prolonged hospital stay required during conventional care.

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What is the current recommendation for KMC?

Evidence of the effectiveness and safety of KMC for clinically stable preterm newborns, is now formally established.

In 2011, an updated Cochrane review (Conde-Agudelo, Diaz-Rossello, Belizan 2011) assessed 35 studies. This review demonstrated even more convincing results than the previous one published in 2008. Compared with conventional neonatal care, KMC was found to reduce:

- Mortality at discharge and at the latest follow-up,
- Severe infection/sepsis, nosocomial infections, lower respiratory tract disease,
- Hypothermia and length of hospital stay.

The 2011 review also revealed that KMC resulted in:

- Improved weight, length and head circumference,
- Increased breastfeeding rates,
- Better mother-infant bonding and maternal satisfaction with the method of care, as compared with conventional methods.

Above review included seven trials that assessed mortality at discharge or 40–41 weeks and reported a statistically significant reduction in the risk of mortality among KMC infants (3.4%), compared with 5.7% for infants receiving traditional care. The review ultimately concluded that KMC should be used for all stabilized LBW infants.

There is now sufficient evidence to recommend the routine use of KMC for all low birth weight infants. However in our country newborn infants weighing less than 2,000 grams should be started on KMC, on priority in view of the high burden of LBW infants.

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What is the effect of KMC on neurodevelopment of the baby?

- KMC is actually our normal biology & brain development is only normal in the normal place; skin to skin contact on the mother.
- KMC satisfies all five senses of the infant. The infant feels the mother's warmth through skin-to-skin contact (touch), listens to her voice and heartbeat (hearing), sucks breast milk (taste), has eye contact with her (vision) and smells her odor (olfaction).
- KMC reestablishes the synchrony between mother & fetus interrupted by preterm birth
- KMC promotes neuromaturation & cognitive & neurologic competence. Early KC influences neural connections or epigenetic pathways to such a degree that patterns established during the newborn period, a period of neural plasticity, are sustained beyond the newborn period and into childhood.