

Kangaroo Mother Care (KMC): Transforming Neonatal Care By Power Of Touch

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What is KMC?



Defined as early, prolonged continuous skin to skin contact with the mother (or any caregiver) in preterm babies.



Objective

To evaluate the effectiveness of Kangaroo Mother Care in transforming the neonatal care by power of touch (skin to skin contact between mother and the neonate) in low resource settings.

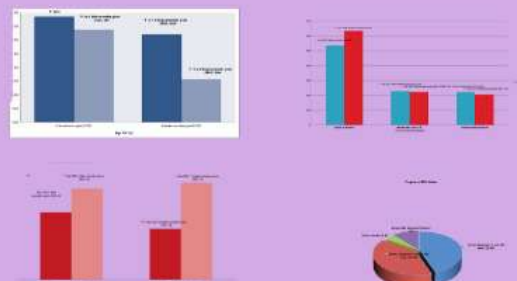
Methods

The data was collected from departmental record of DHQ Hospital, Rawalpindi, Pakistan after approval from ethical review board of Rawalpindi Medical University. This data was observed for the trends in neonatal care interventions in two years and it represented delivery outcomes, neonatal care practices, and KMC utilization.

Study Design

Descriptive retrospective cross sectional study. Descriptive retrospective cross sectional study.

Data Analysis



Results

In 2023, of the 4,505 deliveries, 2,285 (50.72%) male and 2,220 (49.27%) female neonates received ENNC. Among these, 37 (0.82%) male and 28 (0.62%) female neonates received KMC (1.44%), and 3 neonates were referred to NICU. In 2024, of the 5,291 deliveries, 3,237 (61.17%) male and 2,054 (38.82%) female neonates received ENNC, while 50 (0.94%) male and 53 (1.01%) female neonates were provided with KMC (1.94%). NICU referrals increased to 11 in 2024. Despite the overall increase in deliveries, KMC utilization remained low relative to ENNC rates and indicated increase in KMC adoption between 2023 and 2024; however, it still represents a small fraction of overall neonatal care practices.

Conclusion

Kangaroo Mother Care (KMC) has emerged as a pivotal intervention for improving neonatal health outcomes, particularly in preterm neonates. The low KMC utilization highlights the importance of addressing maternal and family perceptions, as well as system barriers, to promote KMC adoption in low resource settings.

