



Saving Newborn Lives in Pakistan Implementing Kangaroo Mother Care

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Background

Preterm infants face heightened risks from hypothermia, infections, and hypoglycemia —contributing to about 12 deaths per 1,000 live births. Kangaroo Mother Care (KMC) offers a cost-effective solution in resource-limited settings by promoting thermoregulation, breastfeeding support, and early discharge, thereby reducing neonatal mortality compared to conventional care. Substantial progress has been made in its implementation in many developing countries including Pakistan where facility-based KMC has been institutionalized.

Objectives

To demonstrate the implementation of KMC in Pakistan since 2016, and its outcome.



KMC – Criteria

- Weight of baby
- Gestational age < 37 weeks
- Babies who don't need NICU

KMC – Components

- Skin-to-Skin contact in Kangaroo Position
- Kangaroo Nutrition
- Early discharge
- Support mother and family
- Follow-up

KMC – Monitoring

Daily monitoring

- Weight of neonate once daily
- Temperature of Neonate every two hourly
- Breastfeeding two hourly

Weekly Monitoring

- Head circumference
- Length of baby

KMC - Discharge Criteria

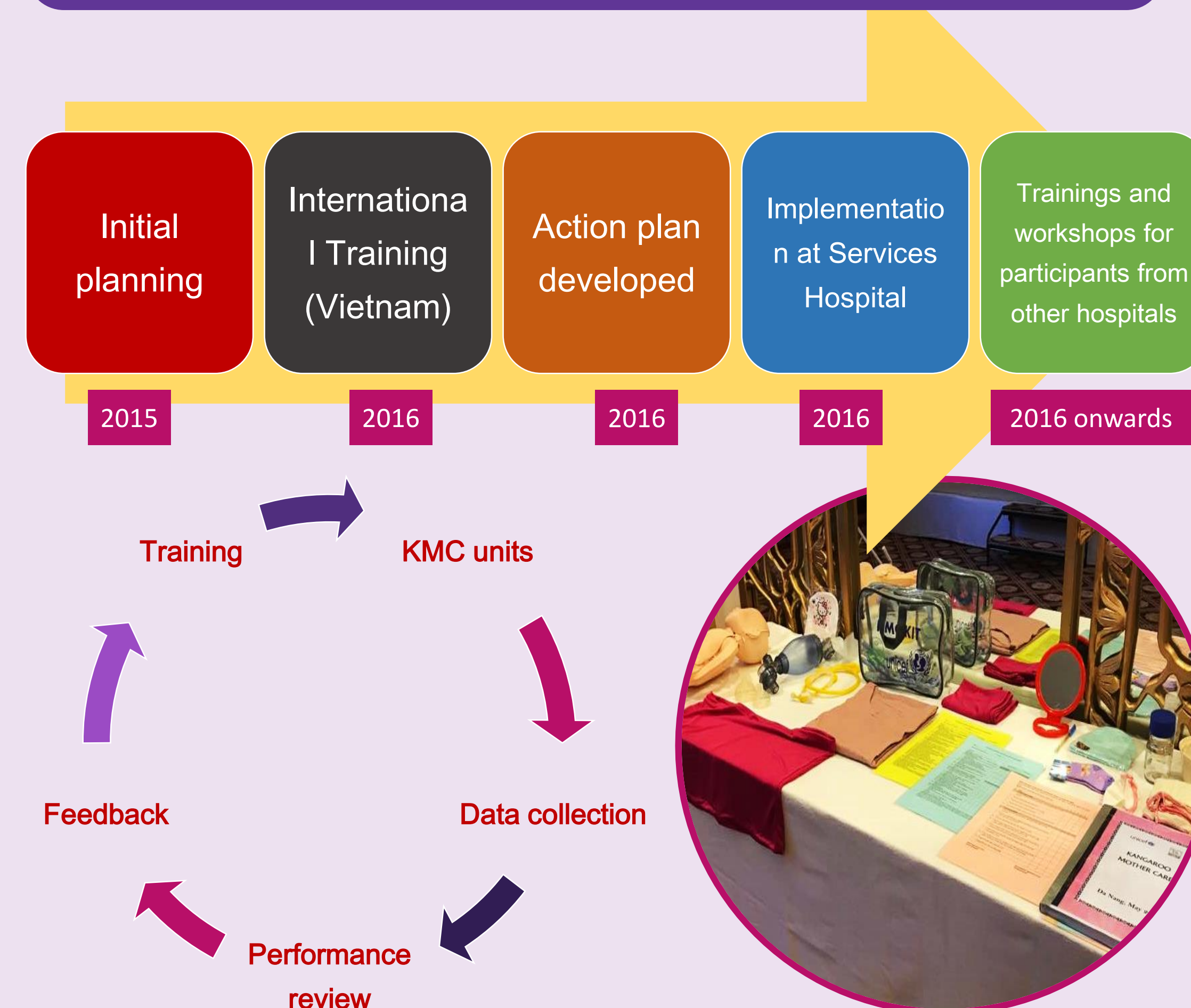
- Weight gain 15-20 gms/ day for 3 consecutive days
- Established breastfeeding 2-3 hourly for 20-30 mins
- Comprehensive counselling for continued KMC at home
- Ensured support of the family for KMC after discharge

KMC - Follow-Up

- 1st Follow up One week
- 2nd follow up One month
- 3rd follow up Three months
- 4th follow up Six months



Implementation in Pakistan



KMC – Data Sheet

KMC Data Sheet									
Department of Obstetrics & Gynaecology Unit I+II + III									
Aug 2016 - June 2021									
Months	Total Deliveries		Pre-Term		KMC		Sent to Nursery		Directly Discharge
	Number	%age	Number	%age	Number	%age	Number	%age	Number
2016 (Aug-Dec)	3754	241	6.4%	88	37%	63	26%		
2017 (Jan-Dec)	7792	563	7.2%	284	50%	54	10%		
2018 (Jan-Dec)	10899	644	5.9%	298	46%	47	7%		
2019 (Jan-Dec)	10987	1018	9.3%	266	26%	70	7%		
2020 (Jan-Dec)	8595	751	8.7%	118	16%	43	6%		
2021 (Jan-Jun)	4284	337	7.9%	227	67%	46	14%		
TOTAL	46833	3287	7.0%	1308	40%	328	10%		

EENC Data Sheet									
Department of Obstetrics & Gynaecology Unit I + II + III									
Aug 2016 - June 2021									
Months	Deliveries			Total Deliveries	SVD EENC	LSCS EENC	Total EENC	Percentage	
	G-I	G-II	G-III						
2016 (Aug-Dec)	1708	1959	1795	5462	2196	665	2861	52%	
2017 (Jan-Dec)	3871	4285	3507	11663	4100	2599	6699	57%	
2018 (Jan-Dec)	3465	4195	4016	11676	4382	3384	7766	67%	
2019 (Jan-Dec)	3938	3657	3346	10941	4525	4367	8892	81%	
2020 (Jan-Dec)	2919	3144	2606	8669	2204	1678	3882	45%	
2021 (Jan-Jun)	1554	1401	1329	4284	824	477	1301	30%	
Total	13599	14762	13155	30714	18231	3696	18452	60%	

KMC Follow Up									
Department of Obstetrics & Gynaecology Unit II + III									
Aug 2016 - June 2021									
Total KMC Babies	Physical Follow Up		Telephonic Follow up		Not Reachable		Present Status		
	Number	%	Number	%	Number	%	Baby Expired		
1308	544	42%	602	46%	145	11%	17	1.3%	

Lack of follow up 11%

Expired 1.3%

Implementation Achievements

KMC Master Trainers Workshop

Year	# of Workshops	# of Participant
2016 & 2017	25	805
2018	9	190
2019	4	152
Total	38	1147

2016 - 2024

	Number
Districts	36
Centers – total	61
KMC babies to date	37898
Workshops	92
Trained	2300

KMC - Lessons Learnt

- Training alone is insufficient, effective implementation requires robust planning paired with supportive supervision
- Prioritize consistent data collection and follow-up
- Sustain momentum through Teamwork!
- Project should be implemented more widely across additional districts and scaled up throughout Pakistan.

References

1. Sohail R, Rasul N, Naeem A, et al Kangaroo mother care: need of the day BMJ Case Reports CP 2019;12:e228402.
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3. Pakistan has the worst infant mortality rate in the world, reveals UNICEF report by AFP published: February 20, 2018. Available: <https://tribune.com.pk/story/1639445/3-babies-born-poorest-countries-still-face-alarming-risks-unicef/> [Accessed 12 Nov 2018].