



CODEN [USA]: IAJPBB

ISSN : 2349-7750

**INDO AMERICAN JOURNAL OF
PHARMACEUTICAL SCIENCES**

SJIF Impact Factor: 7.187

<https://doi.org/10.5281/zenodo.5527522>Available online at: <http://www.iajps.com>

Research Article

**KNOWLEDGE AND ATTITUDE OF NURSES REGARDING
KANGAROO MOTHER CARE**¹Tahira Sakhawat, ²Nasreen Latif, ³Tahira Shaheen¹Charge Nurse, Mayo Hospital Lahore, Email ID: tahirashahid0@gmail.com²Head Nurse, DHQ Hospital Pakpattan, Email ID: hamadch100@gmail.com³Nursing Instructor, Post Graduate College of Nursing Punjab, Lahore,
Email ID: ushnaumna@gmail.com

Article Received: July 2021

Accepted: August 2021

Published: September 2021

Abstract:

Introduction: Kangaroo mother care is a convenient, time tested and economical technique to prevent a newborn from the fatal effects of hypothermia. Therefore, it is imperative to possess adequate knowledge and practice of Kangaroo mother care in developing countries like Pakistan to combat the reversible causes of infant mortality. This study was conducted to find out knowledge and attitudes of nurses regarding kangaroo mother care. **Methods:** This cross-sectional study was carried out in Mayo Hospital Lahore during the period from January 2019 to April 2019. 100 nurses working in pediatrics, neonatal ICUs, Obstetrics and Gynecology wards were approached using a self-structured and validated questionnaire. **Results:** 100% response rate was observed. 92.0% of the respondents had knowledge about kangaroo mother care. 53% of the nurses thought that this method is only used for neonates with low birth weight (<2500grams) ($p= 0.023$). **Conclusions:** It was found that the level of knowledge and attitude among nurses regarding kangaroo mother care was satisfactory. Since the proximity with the mothers and the family the nurses ought to possess firm grasp over benefits of KMC to respond to all their concerns and expectations. We recommend devising proper guideline and establishing Kangaroo Mother Care units in all health facilities.

Keywords: nurses; kangaroo mother care; low birth weight**Corresponding author:****Tahira Sakhawat.**

Charge Nurse,

Mayo Hospital Lahore,

Email ID: tahirashahid0@gmail.com

QR code



Please cite this article in press Tahira Sakhawat et al, Knowledge And Attitude Of Nurses Regarding Kangaroo Mother Care., Indo Am. J. P. Sci, 2021; 08(9).

INTRODUCTION:

Kangaroo Mother Care (KMC) is an in hospital technique employed by maintaining skin-to-skin contact between the mother and the newborn and initiating breast feeding. [1] Both the preterm and full-terms infants can be handled to prevent them from hypothermia. [2] Literature review has shown that it is useful in reducing mortality and morbidity especially in low birth infants. [3-6] A study by Subedi et al. in the Special Care Baby Unit of Paropakar Maternity and Women's Hospital at Kathmandu found that by practicing KMC low birth infants showed better growth and development. [7].

Several studies were conducted on knowledge, attitude and skills regarding Kangaroo Mother Care in India,

Sweden and Australia. [8-11] The aim of this study was to find out knowledge and attitude of KMC among nurses working in Mayo Hospital Lahore.

METHODS:

This cross-sectional study was carried out in Mayo Hospital Lahore during the period from January 2019 to April 2019. 100 nurses working in pediatrics, neonatal ICUs, Obstetrics and Gynecology wards were approached using a self-structured and validated questionnaire from Australian [11] study after necessary amendments. Ethical approval was sought from the ethical review board of the Mayo Hospital Lahore. Informed consent was taken from all the participants prior to the study. Data entry and analysis was done by SPSS version 21.

Table.1 Socio demographic details of the respondents

Variables	Frequency(n)	Percentage (%)
Age (Years)		
20-29	34	34
30-39	30	30
40-49	26	26
50-59	10	10
Sex		
Female	77	77
Male	23	23
Department		
Gynae/Obs	56	56
Neonatal ICU	24	24
Paeds	20	20
Training courses		
Attended	68	68
Not Attended	32	32

Table.2 Knowledge and attitude regarding the Kangaroo Mother Care among the respondents

Statement	Agree n (%)	Disagree n (%)	Don't know n (%)
Have you come across the term KMC in your career	95 (97)	2 (2)	3 (3)
KMC means to maintain close contact between mother and the newborn	95 (95)	4 (4)	1 (1)
KMC maintains child's temperature, heart beat and respiration	94 (94)	4 (4)	2 (2)
KMC helps to make breast feeding more beneficial	91 (91)	5 (5)	4 (4)
KMC is only useful for the infant having low weight, <2500 grams	62 (62)	28 (28)	10 (10)

KMC must be initiated as soon as possible after the birth	86 (86)	8 (8)	6 (6)
Parents must be encouraged to adopt KMC	96 (96)	3 (3)	1 (1)
KMC could be the most satisfactory if it is made easy accessible.	95 (95)	3 (3)	2 (2)
It would overburden the healthcare workers if KMC is made easily accessible	23 (23)	66 (66)	11 (11)

RESULTS:

The response rate of the survey was 100%. Table 1 shows the socio demographic details of the study participants. Mean age of the participants was 28.23 year (SD= 6.57) and 77% of them were female.

Majority (56.0%) of them were from obstetrics and gynecology department. Regarding the knowledge of KMC almost 95% of the nurses stated that they have heard the term Kangaroo Mother Care during their professional life. 68% of the participants had attended training courses regarding the KMC.

Table 2 illustrates knowledge of KMC among nurses. About 86% of participants believed that KMC should be initiated immediately after birth. 62 % perceived that KMC is only useful for the infant having low birth weight i-e < 2500 gm (p= 0.023). 94% agreed that it helps prevent hypothermia after delivery. 91% considered it beneficial for making breast feeding effective. 96 % advocated it for endorsing it to the parents of newborns whereas 23% believed it would over burden the healthcare workers if it is made easily accessible.

DISCUSSION:

Kangaroo Mother Care (KMC) is a smart alternative in the developing world due to the lack of access of well-equipped nurseries in the peripheries. [1]

In our study, almost all the participants have heard about KMC, and their knowledge and attitude towards KMC was found to be satisfactory. Study conducted by Rosant C. at University of the Western Cape in Eastern Sub-district, Cape Town found that the majority of the paramedics possessed sound knowledge and a positive attitude about the benefits of KMC. [12] Similarly, Bang KS in a study done in the hospitals of Korea mentioned that nurses and doctors agreed that Kangaroo mother care encouraged bonding, confidence and the growth of the infants. [13] Study by Strand et al. in the neonatal intensive

care unit found that unrestricted access was offered by the on duty staff on the basis of sound knowledge regarding KMC. [14]

Bera et al. identified the improvement in the vital signs of the low-birth-weight infants in during KMC session. [3] The phenomenon was acknowledged by our participants, as majority of them believed that KMC produced healthy effects in the newborns, like it maintains infant's body temperature, heart beat and respiratory rate.

An Australian study by Chia et al. revealed that almost all the nurses facilitated and encouraged parents to practice KMC and agreed on the benefits of KMC accorded to the mother and the baby. [11] About 96% of the respondents in our study encouraged the mother especially of low birth weight infants to practice Kangaroo care. The findings of our study are identical to the one conducted by Muddu et al. at a teaching hospital in India where they concluded that mothers of preterm babies are more receptive to follow the instruction related to KMC. [15] A study done by Nguah et al. in Kumasi Ghana found that mothers initially possessed low knowledge but after the commencing KMC their infants began to gain weight worth mentioning in the discharge instructions. [16]

Srinath et al. in their study concluded that Kangaroo Father Care may be as safe and effective as Kanagaroo Mother Care. [17]

Majority of our respondents, 86% favored to start kangaroo care to neonates soon after birth. According to a study by Sharma et al. in a hospital of Hyderabad, initiating early shifting to Kangaroo ward is a smart option in the developing countries. [18]

Nagar et al. in their study found that neonatal nurse's guideline has the potential to decipher the determinants of infant health. [19] Vesel et al. in 2015 concluded in its study that a dozen of countries

worldwide are practicing national KMC programme, which is being evolved by evidence based learning. [20]

CONCLUSIONS:

It was found that the level of knowledge and attitude among nurses regarding kangaroo mother care was satisfactory. Since the proximity with the mothers and the family the nurses ought to possess firm grasp over benefits of KMC to respond to all their concerns and expectations. We recommend devising proper guideline and establishing Kangaroo Mother Care units in all health facilities.

REFERENCES:

1. Department of Reproductive Health and Research, World Health Organization: A kangaroo mother care, practical guide. Geneva Switzerland; 2003;1-10.
2. Flacking R, Ewald U, Wallin L. Positive effect of kangaroo mother care on long-term breastfeeding in very preterm infants. *J Obstet Gynecol Neonatal Nurs.* 2011;40(2):190-7. [\[Full Text\]](#)
3. Bera A, Ghosh J, Singh AK, Hazra A, Som T, Munian D. Effect of Kangaroo Mother Care on vital physiological parameters of the low birth weight newborn. *Indian J Community Med.* 2014;39(4):245–249. [\[Full Text\]](#)
4. Cattaneo A, Davanzo R, Uxa F, Tamburini G. Recommendations for the implementation of kangaroo mother care for low birthweight infants. *Acta Paediatrica.* ; 87:440-445. [\[Full Text\]](#)
5. Anderson GC. Current knowledge about skin-to-skin (kangaroo) care for preterm infants. *J Perinatol.* 1991;11:216-226. [\[Full Text\]](#)
6. Lawn JE, Mwansa-Kambafwile J, Horta BL, Barros FC, Cousens S. ‘Kangaroo mother care’ to prevent neonatal deaths due to preterm birth complications. *Int J Epidemiol.* 2010;39(suppl_1):i144-54. [\[Full Text\]](#)
7. Subedi K, Aryal DR, Gurubacharya SM. Kangaroo Mother Care for Low Birth Weight Babies: A prospective Observational Study. *Journal of Nepal Paediatric Society.* 2009;29(1):6-9. [\[Full Text\]](#)
8. Rao S, Udani R, Nanavati R. Kangaroo Mother Care for Low Birth Weight Infants: A Randomized Controlled Trial. *Indian Pediatr.* 2008;45:49-54. [\[Full Text\]](#)
9. Dalal A, Bala DV, Chauhan S. A cross - sectional study on knowledge and attitude regarding kangaroo mother care practice among health care providers in Ahmedabad District. *Int J Med Sci Public Health.* 2014;3(3):253-256. [\[Full Text\]](#)
10. Strand H, Blomqvist YT, Gradin M, Nyqvist KH. Kangaroo mother care in the neonatal intensive care unit: staff attitudes and beliefs and opportunities for parents. *Acta Paediatr.* 2014 Apr;103(4):373-8. [\[Full Text\]](#)
11. Chia P, Gan S, Sellick K. The attitudes and practice of neonatal nurses in the use of kangaroo care. *Aust J Adv Nurs.* 2006;23(4):20-27. [\[Full Text\]](#)
12. Rosant C. Knowledge of and attitudes towards kangaroo mother care in the Eastern Sub-district, Capetown. [Master’s thesis]. Cape town, South Africa, University of the Western Cape, School of Public Health. May 2009;viii. [\[Full Text\]](#)
13. Bang KS. Perception of Nurses and Physicians in Neonatal Intensive Care Units on Kangaroo Care. *J Korean Acad Child Health Nurs.* 2011;17(4):230-7. [\[Full Text\]](#)
14. Strand H, Blomqvist YT, Gradin M, Nyqvist KH. Kangaroo mother care in the neonatal intensive care unit: staff attitudes and beliefs and opportunities for parents. *Acta Paediatr.* 2014;103(4):373-8. [\[Full Text\]](#)
15. Muddu GK, Boju SL, Chodavarapu R. Knowledge and awareness about benefits of Kangaroo Mother Care. *Indian J Pediatr.* 2013;80(10):799-803. [\[Full Text\]](#)
16. Nguah SB, Wobil PNL, Obeng R, Kerber KJ, Lawn JE, Plange-Rhule G. Perception and practice of Kangaroo Mother Care after discharge from hospital in Kumasi, Ghana: A longitudinal study. *BMC Pregnancy Child birth.* 2011;11:99 [\[Full Text\]](#)
17. Srinath KB, Shah J, Kumar P, Shah PS. Kangaroo care by fathers and mothers: comparison of physiological and stress responses in preterm infants. *J Perinatol.* 2016;36(5):401-4. [\[Full Text\]](#)
18. Sharma D, Murki S, Oleti TP. To compare cost effectiveness of Kangaroo Ward Care with Intermediate intensive care in stable very low birth weight infants (birth weight <1100 grams): a randomized control trial. *Ital J Pediatr.* 2016;42(1):64.(M). [\[Full Text\]](#)
19. Nagar SE, Lawend J, Mohammed H. Impact of Neonatal Nurses’ Guidelines on Improving Their Knowledge, Attitude and Practice Toward Kangaroo Mother’s Care. *Journal of Natural Sciences Research.* 2013;3(7):175-186.
20. Vesel L, Bergh AM, Kerber KJ, Valsangkar B, Mazia G et.al. Kangaroo mother care: a multi-country analysis of health system bottlenecks and

potential solutions. BMC Pregnancy
Childbirth.2015;15(Suppl_):S5. [\[Full Text\]](#)