

Kangaroo Care Guidelines & Literature Summary



Benefits



For baby

- Reduces morbidity and mortality (Conde-Aguelo *et al*, Cochrane review, 2016)
- Maintains physiological stability (WHO, 2003)
- Regulates heart beat and breathing (Johnson *et al*, 2017)
- Longer quiet sleep periods (Bastani *et al*, 2017)
- Improved breastfeeding (Cunningham *et al*, 2018)
- Shorter hospital stay & decreased risk of re-admission (O'Brien-Abel 2016; Conde-Aguelo *et al*, Cochrane review 2014)
- Decreased incidence of infection and increased immunity (Cochrane review, 2014)

For parents

- Increased maternal milk production (Baley, 2015)
- Reduced maternal stress (Eun-Sook *et al*, 2016)
- Facilitates closeness and bonding (Poppy, 2009)
- Reduced incidence of post-natal depression and improved parental mood (Feldman *et al*, 2002)
- Initiates maternal role identity (Roller, 2005)
- Reduced breast feeding problems (Conde-Agudelo, 2003)
- Enhanced sense of parental empowerment (SHO, 2003)
- Reduced feelings of inadequacy, anxiety, and frustration experienced by father (Nev, 2004)

Literature

Recommendations for care of the preterm or low-birth-weight infant. WHO. Nov 2022

Developmental care guidelines v4.0. North Devon NHS trust. Sept 2018.

Occupational therapy in neonatal services and early intervention – practice guideline, second edition. Section 5.4. RCOT. 2022.

Guidelines Summary



Kangaroo care (KC) is defined as early, continuous and prolonged skin-to-skin contact between the mother (or other caregiver) and the baby, and exclusive breastfeeding.

KC is considered a key element of developmentally supportive care for its many benefits for both parents and baby. WHO estimates that if the new guidelines (2022) were adopted globally, they could save 150,000 lives a year. KC is recommended by WHO as routine care for all preterm or low-brith-weight infants that should be provided daily for as many hours as possible, commencing as soon as possible after birth, without an initial period in an incubator. They also stress the importance of families being together in intensive care units, and providing enhanced emotional support for families of preterm babies.

Baby should have as much skin-to-skin contact as possible with the caregiver, and so should be dressed in a nappy, a blanket covering their back, and if baby is very small, a hat. For ventilated babies, it is essential that the caregiver feels supported and able to safely hold their baby without being too concerned about the risk of tugging on tubing and cables. A reclined position is ideal for helping support the weight of tubing, and for the comfort of the caregiver. Throughout KC, staff should monitor baby's wellbeing. Staff should use clinical stability as an indication of how well baby is tolerating KC. These recommendations are based on the results of over 200 studies.



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Supportive Products

Our role is to support you in providing the best possible care for your tiniest patients from admission through to discharge. Our evidence based DandleLION products align with intrauterine sensations, which has been shown to have a positive impact on the physical, cognitive and social emotional outcomes of premature babies. Neotech products are specifically designed to be effective, easy-to-use, and help staff to create a homely space for necessary medical care whilst facilitating the nurturing bond and love between baby and family.



NeoBar

Gentle security for ET tubes. Reduces the chance of accidental extubation & protects baby's palate



NeoGrip

Tubing and cable organiser to keep tubes in place, prevent dislodging and entanglement. Attaches easily to clothing without damage



Dandle WRAP Stretch

Keeps baby securely contained in a womb-like, flexed, midline position that promotes calming and self-regulatory behaviors



Thermal hats

Triple-layered fabric hats to keep baby's head warm and cosy during kangaroo care. Made with 2 soft layers of yarn and a polyethylene liner



NeoLead

ECG electrode with hydrogel centre and hydrocolloid boarder for minimised slipping and enhanced sensor stability



NeoSmile


Temperature cover with hydrogel centre and hydrocolloid boarder for minimised slipping and enhanced sensor stability

Here to help

 <https://aghealth.co.uk/neonatal-range>

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Video Resources



Kangaroo care at UHCW



Kangaroo care at Children's Mercy



Kangaroo care How-To for parents