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### Kangaroo mother care: Key intervention to reduce neonatal morbidity and mortality at PPHI Sindh

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**Introduction:** Low birth weight (<2500 grams) is often associated with prematurity (<37 weeks) which is most common cause of neonatal morbidity and mortality in Pakistan. *Kangaroo Mother Care* (KMC) is non-conventional, low cost method intimates skin to skin care between mother and baby, exclusive breastfeeding and early discharge from hospital. PPHI is first organization to initiate KMC intervention in Sindh and established total 150 KMC units out of 300 BHU Plus (24/7 services).

**Purpose:** To determine proportion of low birth weight and prematurity and to evaluate the effectiveness of KMC intervention.

**Methodology:** The retrospective study was conducted in the all health facilities of PPHI Sindh, Pakistan and comprised data from structured registers (DHIS, KMC register and additional summary tools) from July 2017 to March, 2018. Frequencies and proportions were calculated to assess the low birth weight, premature babies versus KMC admission.

**Results:** From July 2017 to March 2018, the total cumulative number of LBW and premature babies was 6434 respectively among total 110466 live births. Among total low birth and premature babies 3699 were admitted to KMC units. KMC was successful intervention as out of total admission 65% were normally discharged.

**Conclusion:** Though KMC intervention has shown significant results but with proper follow up visits additional results can be achieved

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