

## Kangaroo care in neonatal intensive care

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### Abstract

**I**ntroduction: Kangaroo Care (KC) or Kangaroo Mother Care (KMC) was introduced more than 25 years ago in Bogota, Colombia, as an alternative to conventional Neonatal Intensive Care Unit (NICU) care for low-birthweight infants in resourcelimited settings. In developing countries, KC for low-birthweight infants has been shown to reduce mortality, severe illness, infection and length of hospital stay. Practice of skin-to-skin contact between the preterm infant and parent KC has been adopted in many NICUs, initially as a means of promoting maternal-infant bonding and breastfeeding. KC is most often offered for stable preterm infants who are 30 weeks' gestational age at birth, but nowadays KC is offered also to infants on ventilator and extreme preterm infant 26 weeks' gestational age at birth.

**Aim:** To examine first the literature and guidelines for KC in very premature infants (<32 weeks) in NICU and after that application and barriers of KC in our NICU.

**Result:** KC in preterm and sick infants in NICU has benefit in physiological stability (thermoregulation, cardiorespiratory stability, behavioral (sleep, breastfeeding duration and degree of exclusivity) domains, better nutrition, earlier discharge from hospital and increase parental satisfaction. Barriers to implementation of KC include lack of staff and time, poor knowledge and inadequate training staff and parents, medical concerns including the unstable clinical condition of the newborn or mother, lack of privacy and parental reluctance.

**Conclusion:** KC facilitates bonding and may improve infant nutrition and neurodevelopment and reduced neonatal morbidity and mortality and decrease length of hospital stay and should therefore be encouraged in clinical practice. Identification of barriers to implementation KC is an important step in the successful implementation.



### Biography:

Brankica Vasiljevic is the Head of Maternity and Child Health Services in NMC Royal Hospital DIP in Dubai, UAE. After completing her MD, she had completed her clinical postgraduate education (Pediatric and after that Neonatology fellowship) and academic postgraduate education (MSc in Pediatric and Ultrasonography field and PhD in Neonatology field) at Belgrade University School of Medicine in Belgrade, Serbia. She also completed Safety, Quality, Informatics and Leadership Program at Harvard Medical School in Boston, USA. She had won the ESPNIC Educational Grant at 5th World Congress on Pediatric Intensive & Critical Care in Geneva Switzerland (2007). She was a local coordinator for International Neonatal Immunotherapy Study-INIS for Serbia and Montenegro and participated in SIOP 93-01 Study, ITP Study and Twin Birth Study. She has published more than 35 international publications in international indexed journals (100 citations), 5 chapters in various fields of neonatal medicine and has more than 30 presentations in international conferences. She is a Member of Editorial Board of different international journals.

### Speaker Publications:

1. "A Randomized Trial of Planned Cesarean or Vaginal Delivery for Twin Pregnancy"; Asian J. Chem. / 2018 / 30(8) / pp 1731-1735
2. Isolation and characterization of four novel Gram-positive bacteria associated with the rhizosphere of two endemorelict plants capable of degrading a broad range of aromatic substrates, Applied Microbiology and Biotechnology, 2011
3. Didehydroroflomycoin (DDHR) pentaene macrolide family from Streptomyces durmitorensis MS405(T) : Production optimization and antimicrobial activity. Journal of Applied Microbiology 08/2013; DOI:10.1111/jam.12326

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