



ORIGINAL RESEARCH PAPER

Health Science

EFFECTIVENESS OF KANGAROO MOTHER CARE ON STRESS AMONG POSTNATAL MOTHERS WITH PRETERM BABIES

KEY WORDS: effectiveness, kangaroo mother care, post natal mother, stress, preterm babies

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ABSTRACT

Postpartum depression is a serious problem with considerable effects on the mothers and more common in mothers of preterm infants. But it is commonly underestimated. Postpartum depression is defined with symptoms like feelings of sadness, anhedonia, irritability, anger, and low self-esteem. It is a problem which affects 10%-15% of women. Regarding a study in Iran, the prevalence of postnatal depression was 22% in Sari. Another study conducted in Kerman reported this rate 31.1%. Postpartum depression is high in mothers with sick and premature babies. Low birth weight neonates lead to severe stress and sense of inefficiency in the mother and decrease her self-esteem. Depression is anticipated to be the second most common disease after cardiovascular diseases in 2020 and include 15% of all the patients. As an important issue, about two-thirds of depressed patients think of suicide and 10%-15% of them commit suicide. In addition to maternal health; neonate health is also at risk. So treatment is vital to the health of both. The risk of depression in mothers of preterm infants is higher than mothers with term infants. Therefore, this group needs more care. Premature neonates are mainly monitored in intensive care unit and it is accompanied with the separation anxiety both for new born and mother. One of the interventional strategies in the care of the newborns is Kangaroo mother care (KMC), based on skin to skin contact between mother and newborn in order to improve confidence and self-esteem of the mother. KMC method is a cheap and convenient way to take better care of premature neonates and has better effect on neonate's health. In addition, KMC facilitates the relationship between neonate and mother and makes the mother feel more comfortable. A few studies have also suggested that KMC can affect mothers' mental health, improve their self-esteem and reduce stress and postpartum depression. This kind of care provides skin to skin contact and breastfeeding, and reduces the side effects of separation. It makes both the mother and the baby ready to establish a pattern of mutual and coordinated interaction. Applicability of it in the hospital and the possibility of continuing at home, and the possibility of early discharge in premature neonates, makes it an effective way to reduce stress in the busy neonatal wards. In addition, KMC is an easy, safe, inexpensive, and secure way for both new-born and mother; decreases the number of the neonatal hospitalization days and increases the ability of the mother in the care of newborns. Kangaroo mother care (KMC) is a human-based technique with well-established short- and mid-term effectiveness and safety, suitable for use in all settings.

OBJECTIVE:

To evaluate the effectiveness of KMC on stress among postnatal mothers with preterm babies.

Hypotheses

There is significant difference between pre and post-test level of stress among postnatal mothers with preterm babies those who have carried out KMC intervention.

Inclusion and exclusion criteria

- All mothers those who have delivered babies less than 37 weeks of gestational age with 1500-2250 gms of birth weight at karpaga vinayaga institute of medical sciences and Research centre
- Mothers who had babies were admitted in the NICU
- Mothers those who had interested to participated in this study
- Babies whose have normal activity during assessment
- Babies free from congenital malformations

MATERIALS AND METHODS:

In this pre experimental study, 30 mothers of pre-term infants who were hospitalized in neonatal intensive care unit (NICU) and carried out KMC at karpagavinayaga medical science and research institute in kancheepuram Dt. were selected. All mothers were required to complete the Edinburgh Postnatal Depression Scale (EPDS) on the 10th, 20th and 30th days after the delivery. The changes in mothers' depression scale were evaluated.

Table 1 Comparison of pre and post-test level of stress among postnatal mothers with preterm babies

No:30

S.No	Observation	Mean	SD	Paired 'T' Value	P Value
1.	Pre-test	16.53	3.09	14.054	0.000
2.	Post-test	25.93	2.05		

P<0.001

The above table revealed that mean value of pre-test and post test score on stress among postnatal mothers were 16.53 and 25.93 respectively. The paired t value on comparison of pre and post test score on stress among postnatal mothers with preterm babies was 14.054 with the p value of 0.000 which was statistically significant at level p<0.001

KMC not only gave the mother a chance to hug their child in order to be able to process the emotional connection with the baby, but also reduced the maternal anxiety and stress and this study the KMC method was more effective in controlling and reducing the feelings of fear and anxiety of having premature new-born. They even found that a sense of tranquillity has passed to the child's father. After considering the above results, it could be concluded that the KMC method is suitable for reducing the mother's stress during the postpartum period.

RECOMMENDATION;

- A study can be conducted to assess the knowledge and practice among father of kangaroo mother care with large sample size.
- A comparative study can be conducted among postnatal mothers of the rural and urban areas.

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