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Effect of kangaroo care on physiological measurements and weight in low birth weight infants

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Low birth weight infants are highly vulnerable as they have to make several adjustments to achieve equilibrium in metabolic processes, circulation and breathing. Therefore, the aim of this study was to examine the effect of Kangaroo Care on physiological measurements and weight in Low birth weight infants. The study was conducted at the neonatal Intensive Care Units in Menoufia University hospital (Shebin El-Kom) and Mansheat Sultan village (Menoufia). The study sample was composed of sixty Low birth weight infants. A simple random sample was done to assign them into study and control groups (n=30). A quasi experimental design was used. The results of this study showed that low birth weight infants who attended kangaroo care sessions had better weight gain (2.06 ± 0.21 Vs 1.90 ± 0.26), fewer duration of hospitalization (11.33 ± 1.81 Vs 15.57 ± 2.81) and better physiological adjustments than low birth weight infants in the control group. Therefore, it was concluded that low birth weight infants who attended kangaroo care sessions had better physiological measurements, weight gain and shorter duration of hospitalization than low birth weight infants in the control group. It was recommended that kangaroo care sessions should be conducted at neonatal intensive care units.

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