



BENEFITS OF THE KANGAROO-MOTHER CARE METHOD IN PREMATURE NEWBORNS

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1 INTRODUCTION

- Kangaroo Mother Care (**KMC**) → continuous skin-to-skin contact between newborn and caregiver to promote **warmth, comfort, and bonding** (1).
- Aim: to simulate the mother's womb environment to promote thermoregulation, stabilize vital signs, encourage breastfeeding... (2).
- Particularly critical in **preterm infants** → <37 weeks of gestation, at high risk of instability and long-term complications (3,4).
- Prematurity, leading cause of infant **morbidity** and **mortality** (5).
- Barriers to implementation: limited resources, lack of staff training, and parental hesitancy (2).
- Need for a family-centered approach: **parental involvement** → improved newborn development and emotional well-being (6).

2 AIM

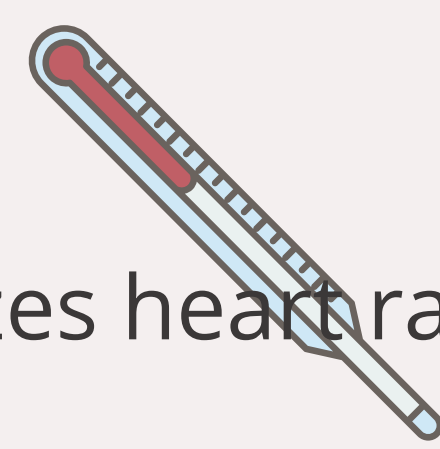
To analyze current evidence on the **benefits** of Kangaroo Mother Care (KMC) in preterm newborns.



4 RESULTS

1. Physiological Benefits of KMC for the Preterm Baby

- Improves thermoregulation.
- Enhances cerebral oxigenation (7).
- Cardiorespiratory functions: stabilizes heart rate and breathing (8,9).
- Reduces stress responses (7,10).
- Lowers the incidence of: nosocomial infections (11).



2. Impact on Breastfeeding and Nutrition

- Earlier breastfeeding initiation (12).
- Increased maternal milk production:
 - prolactin, oxytocin (13)
- Greater weight gain (2).



3. Emotional Impact on Parents and Parent-Infant Bonding

- Reduces maternal stress during painful procedures (10).
- Strengthens parent-infant emotional bonds.
- Parents report feeling more involved (6).
- Reduced cortisol levels in parents = emotional regulation (9,10).

4. Long-term Outcomes

- Better cognitive and motor development at 12 months (4).
- Larger brain volumes = emotional regulation memory (3).
- Greater emotional resilience and social skills (3,9).



6 BIBLIOGRAPHY



3 METHODOLOGY

Research question: **PIO**

What are the **benefits** of **Kangaroo-Mother Care (KMC)** method for **premature newborns**?

Premature OR Premature birth	Newborn OR Neonate OR Baby OR Infant	Skin-to-Skin Care OR Skin-to-Skin Contact OR Kangaroo-Mother Care Method OR Kangaroo Care	Benefits OR Advantages OR Favorable results OR Favorable outcomes
AND	AND	AND	
OR	OR	OR	
"Premature birth" (Mesh)	"Infant" (Mesh)	"Kangaroo-Mother Care Method" (Mesh)	

Narrative
Literature
Review



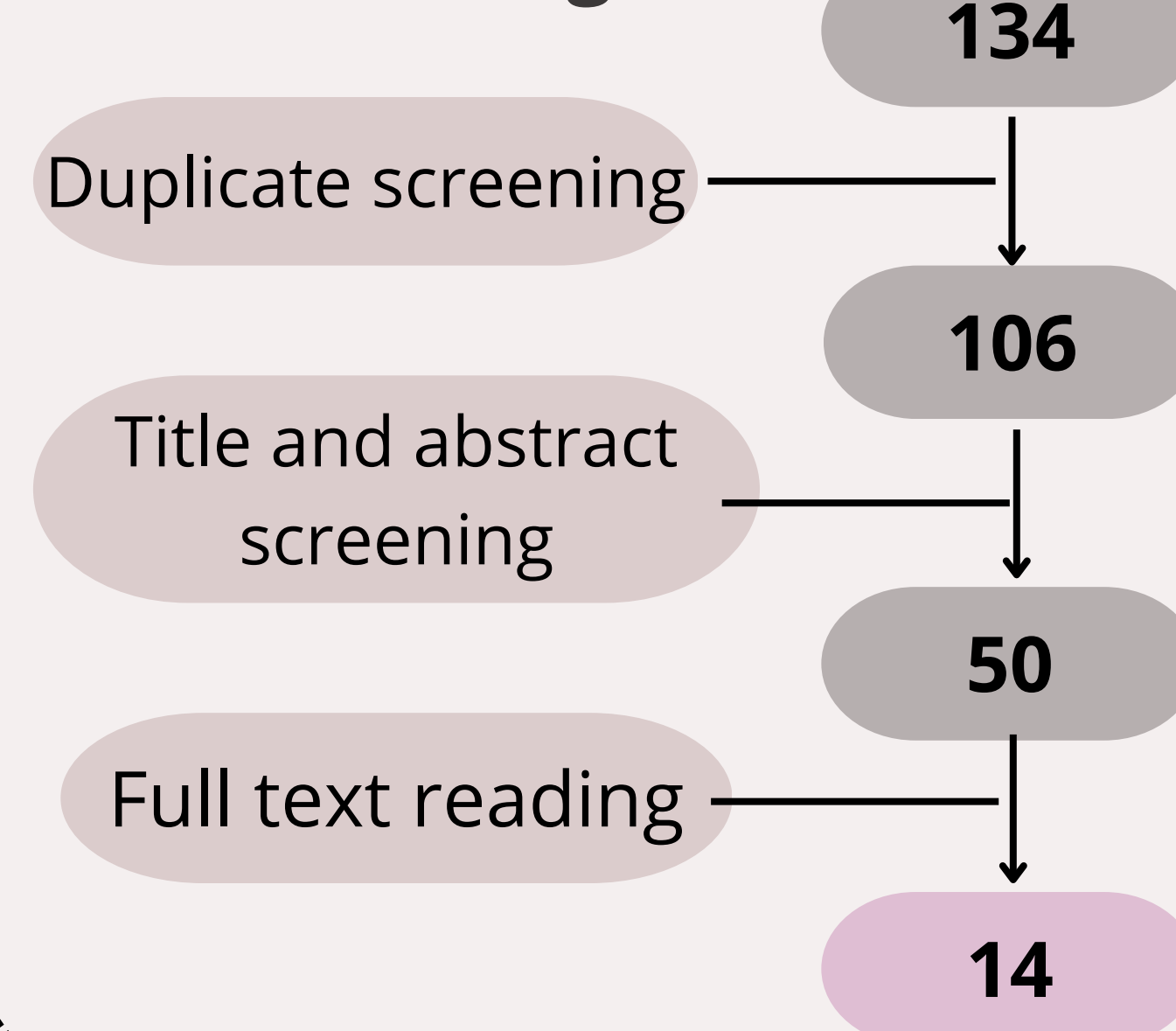
Inclusion:

- Published between 2014-2024
- Language: English and Spanish
- <37 weeks of gestation
- Short-term and long-term studies

Exclusion:

- Full term newborns
- Studies focused on healthcare professionals' beliefs
- Home births
- Studies focused only on low birth weight (LBW) babies
- KMC + additional therapies

Flowchart diagram:



5 CONCLUSION

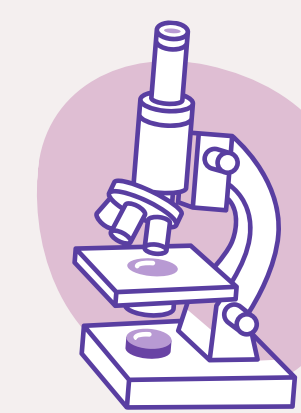
IMPLICATIONS:



- Healthcare **professionals** should be trained = not only in the technical aspects of KMC but also in **supporting** families emotionally.



- Educational programs** for nurses, midwives, and pediatricians.



- Further **studies** are required to **standardize** KMC protocols regarding optimal duration, frequency, and initiation timing.

CONCLUSIONS:

- KMC improves **physiological** stability, **nutritional** outcomes and parent-infant **bonding**.
- In the **long term**, it is associated with = better cognitive development + neurodevelopment + emotional regulation abilities.
- Further research is needed to standardize its practice.
- Evidence supports its integration into **neonatal care**: effective + low cost strategy,

