



RESEARCH ARTICLE

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THE IMPACT OF THE KANGAROO MOTHER METHOD ON NURSING CARE FOR PRETERM AND LOW BIRTH WEIGHT INFANTS IN BRAZIL

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ABSTRACT

Objective: to analyze the impact of the kangaroo mother method on nursing care for preterm and low birth weight infants in Brazil. **Methodology:** qualitative study, exploratory character, based on bibliographic studies. **Results:** Nineteen articles were identified in national journals that met the inclusion criteria, which deal with the kangaroo mother method. After reading the abstracts of the articles, eight were selected for the analysis. After the analysis, three categories emerged: newborn physiology in the kangaroo mother method; mother-baby binomial and the contributions of the kangaroo mother method to Nursing. **Conclusion:** the known benefits of the Kangaroo Mother Method are great and among these benefits the bond that strengthened during the realization of the method became clearer.

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INTRODUCTION

The Kangaroo Mother Method is a strategy for the care of premature newborns (gestational age less than 37 weeks) and low weight (<2500g). According to Technical Manual Humanized Attention to Low Weight Newborn - Kangaroo

Method, ministry of health is a model of perinatal care aimed at improving the quality of care, according to Ordinance GM/MS no. 1,683, of July 12, 2007 that: part of the principles of humanized care; reduces the separation time between mother and newborn and favors bonding; it allows adequate thermal control; contributes to the reduction of the risk of

hospital infection; reduces the stress and pain of the newborn; increases breastfeeding rates; improves the quality of neurobehavioral and psycho development-the newborn's affective; provides a better family relationship with the health team; enables greater competence and confidence of parents in their child's care even after hospital discharge; reduces the number of readmissions; and contributes to the optimization of intensive care units beds and Intermediate Care Neonatal (Brasil, 2017). Nursing plays the fundamental role in the Kangaroo Mother Method, where it should clarify and guide the family how to care for a low birth weight newborn (RNNDP). The kangaroo method consists of three stages, the first is basically made by guidance to the mother, stimulation of breastfeeding and the first five days of the method are used to put in practice the orientations given to mothers. The second stage occurs when the newborn is stabilized and the teachings and trainings of the first stage have already been done, so the baby mother binomial may remain in ward where the kangaroo position should be performed for as long as possible. In the third stage it can be considered as the outpatient follow-up of this child, through routine consultations. The kangaroo position consists of keeping the newborn low weight, skin-to-skin contact, vertically next to the chest of parents or other family members. It should be performed in a manner oriented, safe and accompanied by care support by a properly trained health team.

Temperature care, noise among others are priority due to complications that may occur in this group, raising the rate of neonatal morbidity and mortality in low birth weight newborns, neonatal infections, discomfort syndrome perinatal anoxia, metabolic disorder and necrotizing enterocolitis. In preterm infants, in addition to all mentioned above we add the persistence of the arterial canal (Lescius, 2010). The condition of prematurity is a major problem of child health. It is at this moment where transformations of family organization occur, requiring adaptations in their daily lives, involving the internal and external relationships of these family members. It is necessary to expand and disseminate studies on the subject, which is part of the daily nursing that works in a neonatal unit. In order to enable the knowledge of the Kangaroo Mother Method and its effects on premature and low-weight newborns who were submitted to such a method. The aim of this study was to evaluate the impact of the kangaroo mother method on nursing care to premature and low birth weight newborns in Brazil.

METHODOLOGY

This is a qualitative study, because qualitative research arises in view of the impossibility of investigating and understanding, through statistical data, some phenomena aimed at perception, intuition and subjectivity. This research was exploratory, which is a research that usually provides greater familiarity with the problem, that is, it aims to make it more explicit (Figueiredo, 2007). For the construction of this work, the bibliographic review was used, which allows an adequate understanding of which state is present and what has already been done in the area of his research on the Kangaroo Mother Method (Figueiredo, 2007). The Virtual Health Library (VHL) was used for the bibliographic survey. The key words used were: Kangaroo Mother Method or kangaroo mother. The criteria established for the inclusion of the papers were: articles published in journals between 2010 and 2015, national origin, Portuguese language and full text.

RESULTS

We identified 19 articles in national journals that met the inclusion criteria, which deal with the kangaroo mother method in several scenarios, as a strategy for humanizing care for low birth weight newborns. After reading the abstracts of the 19 articles, eight were then selected for the analysis in view of the research objective. The 8 articles were published in the following journals: *Revista Brasileira de Fisioterapia*; *Revista Brasileira de Saúde Materno Infantil*; *Ciência Cuidado Saúde*; *Revista Gaúcha de Enfermagem*; *Revista Eletrônica de Enfermagem*; *Psicologia em Estudo*; *Revista Latino Americana de Enfermagem* e *Revista CEFAC*. After thematic analysis of the selected articles, three categories emerged, which are: Physiology of the newborn in the kangaroo mother method; Mother-baby binomial and contributions from the kangaroo mother method to nursing.

Physiology of the newborn in the Kangaroo Mother Method: In a Brazilian study it was evidenced that the mother-kangaroo method contributed positively to the significant increase in body temperature and peripheral oxygen saturation, decreased respiratory rate (Almeida, 2017). These aspects represent a reduction in the risk of hypothermia, hypoxemia and tachypnea. It can be said that there are benefits described in the scientific literature regarding kangaroo position and improved oxygenation and axillary temperature rise of newborns (Miltersteiner, 2003). For the maintenance of the newborn's temperature the nursing team should keep a warm cot for each mother-baby binomial. In another study, two benefits of the kangaroo mother method, the promotion of deep sleep and the reduction of pain signs were found (Azevedo, 2013). Enabling the development of the newborn. It can be considered that deep sleep is essential, favoring brain development, because there is greater energy conservation. The kangaroo mother method is beneficial for the newborn, reducing the risks of premature delivery or a low weight newborn.

Maternal experience: mother-baby binomial: It is clear how important the kangaroo mother method is for mothers, so as to work with the fear of the new, since for these mothers it is difficult to accept and understand that their children are not the way they dreamed, but are newborns who need more care. During the kangaroo mother method, these mothers develop skills that they once found themselves unable to perform, such as bathing, breastfeeding among others. But the main report is that these feel involved with the recovery of their baby (Eleutério, 2008; Neves, 2013; Martins, 2013 and Moreira, 2009). The data show that proximity to the premature child favors the exchange of affection and the establishment of the bond (Furlan, 2013). The nursing team is responsible for encouraging early family link, preventing or minimizing potential complications, supporting the adaptation of the newborn to extrauterine life.

Contributions of the kangaroo mother method to nursing: What was most evident is that for the most part, nurses may not give mothers the right to choose whether or not to participate in the method, which ends up being a negative point, since many mothers cannot because they have another child or because they live too far from the institute of health care where the newborn is hospitalized. And there are those mothers who do not receive the support of the family or their partners participating in the kangaroo mother method. Some

mothers report that they do not know how to serve the method, only know and report that they are there for their baby to gain weight and leave the hospital faster (Arivabene, 2010 and Silva, 2013). When the family participates in the care of the child there is a greater approximation of the nursing team, which benefits the development of the child (Neves, 2013). However, this approach can generate conflicts, because the family member can begin to seek more information about the care that is being provided to the newborn, which can be seen by the team as a kind of surveillance of his acts. But these conflicts can be overcome through health education, mainly oriented mothers and family members on the care to be taken with the newborn, stimulating family members and diminishing any guilt they may have for feeling responsible for the child's condition.

Conclusion

Great are the benefits observed on the Kangaroo Mother Method and among these benefits it was evident the bond that is strengthened during the performance of the method. Having a premature child can sometimes be frustrating, when the mother creates an expectation that everything in her pregnancy will occur without complications and when this premature baby is born, an internal conflict can occur, where some mothers blame themselves. And at this moment nursing plays a fundamental role in informing and guiding these mothers. The Kangaroo Mother Method may be good for the newborn, but it is necessary to know some if these mothers wanted and/or could participate in the Kangaroo Mother Method, since studies indicate that not all have the support of the family to participate in the method, some even report that their spouses criticized the fact that they only stayed with the newborn and not "care" for the other child. Faced with these obstacles, one should focus on the Kangaroo Mother Method, since in addition to being a cheap method, it is extremely safe and effective.

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