

# KNOWLEDGE OF NURSES REGARDING KANGAROO MOTHER CARE (KMC)

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## Abstract

A descriptive survey conducted to assess the knowledge of nurses regarding Kangaroo Mother Care (KMC) in selected hospitals of Patiala (Punjab), with a view to conduct a seminar on KMC. The samples of 30 nurses were selected by using convenience sampling technique. The data collection tool consisted of Performa for socio-demographic data and structured knowledge questionnaire. The findings of the study revealed that mean knowledge score was 10.23. The standard deviation of knowledge score was  $\pm 2.06$ . None of the chi-square values computed showed significant association of knowledge of nurses with their selected demographic variables.

**Key words:** Knowledge, Nurses, Kangaroo Mother Care (KMC).

## Background

The care of preterm infants in developing countries (India) is a heavy burden within the limited resources of health care. The placement of mother, infant dyad in skin to skin contact has been proposed as an alternative method of caring for premature infants in intensive care nurseries, where incubators or radiant warmers are used to maintain temperature and optimize growth.

First it was introduced by Dr. Reye and Martinez in Begot Columbia in 1978, where it was developed as an alternative to inadequate and insufficient incubator care for the preterm new born. KMC is a method of caring new born infants cost effectively. In this method the infant is placed between the mother's breasts in direct skin to skin contact.

KMC, also known as skin to skin contact, is becoming very popular throughout the world now-a-days. In developing countries, KMC has become an alternative way of caring for low birth weight babies due to lack of incubators. KMC is universally available and

biologically sound method of care for all new borns but in particular for pre mature and low birth weight babies.

KMC has three components:

1. Kangaroo position- Maternal infant skin to skin contact
2. Kangaroo nutrition-Exclusive and early breast feeding
3. Kangaroo support- Support to mother and infant.

KMC is an international program which requires sincere efforts for implementation. The need of the study is to develop effective role models (nurses) who exhibit positive behavior and good knowledge which will help in attracting mothers for KMC for their babies. The nurses are responsible to create awareness about KMC among mothers.

## Problem Statement

"A study to assess the knowledge of nurses regarding Kangaroo Mother Care (KMC) in selected hospital, of Patiala (Punjab) with a view to conduct a seminar on KMC."

## Objectives

1. To assess the knowledge of nurses regarding KMC.

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