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Influence of kangaroo care in birth to behaviors of newborn baby breastfeeding and comfort level of mother

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Research was carried out to determine influence of kangaroo care in healthy infants to behaviours of newborn baby breastfeeding and comfort level of mother in experimental species of randomized controlled trial. The sample occurred as determined by 117 hospitalized women for childbirth (57 controls, 60 experiments) with the vaginal route at a private hospital with randomized method. Mother Information Form, Labour Process Diagnostics Form, Baby Information Form (the group of kangaroo with care at birth and without), LATC Breastfeeding Scale, State-Trait Anxiety Inventory, and General Comfort Scale were used to collect the data. Kangaroo care of female to babies in the experimental group was performed at this study while routine hospital care was given to the control group. Data was collected from women during hospitalization, in the labour process, an hour after birth, at discharge; from the newborns immediately after birth, in baby observation room, the first encounter with the mother in hospital room, and during discharge. Therefore, it is investigated firstly whether the experimental and control groups have equivalent properties in terms of the behaviours of newborn baby breastfeeding and the features that may affect the physiological parameters. Then, influence of kangaroo care was examined to behaviours of newborn breastfeeding, to physiological parameters, and as well as to maternal comfort level. No significant difference was found between characteristics of women in the experimental and control groups regarding individual, labour and delivery process, and trait anxiety ($p>0.05$). On the other hand, there was no significant difference between the groups in terms of features of birth weight of newborns and length etc. ($p>0.05$) whereas significant differences were detected breastfeeding behaviour and some physiological parameters in favour of the direction of the experimental group ($p<0.05$). State anxiety of women in the research received one hour after birth were examined, and women in the experimental group had significantly lower levels of anxiety than the control group ($p<0.05$). But, there was no significant difference between women in the experimental and control groups at General Comfort Scale during discharge ($p < 0.05$). The obtained data showed Kangaroo care of the baby at birth increased the success of breastfeeding behaviour, affected positively to newborn physiological parameters, and decreased the level of anxiety of mother; but did not create differences on the level of comfort.

Biography

Nurten Kaya has completed her PhD from Istanbul University, Institute of Health Sciences, Nursing Programme. She worked at Florence Nightingale Faculty of Nursing, Department of Fundamentals of Nursing between from 1993 to 2013 and she has worked at the Health Sciences Faculty since 2013. Her areas of interest are intramuscular injection, complementary therapy, nursing informatics, nursing theories and models, nursing process and nursing care. Author and co-author of articles, books and other publications on fundamentals of nursing and leader of statutory research projects. She is member of Turkish Nurses Society, Nursing Education Society, and Graduates Florence Nightingale School of Nursing Society, Health Sciences Faculty Midwifery Department Members And Graduate Association.

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