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The effect of Kangaroo Mother Care (KMC) of twins and triplets on breast feeding at the time of NICU discharge**Barbara Królak-Olejnik and Monika Lachowska**
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Kangaroo Mother Care (KMC), is defined as skin-to-skin contact between mother and her newborn infant. KMC has become an important aspect of care in the Neonatal Intensive Care Unit (NICU) associated with improved short-and long-term neonatal outcome.

Based on recommendations from the Expert Group of the International Network on Kangaroo Mother Care and World Health Organization. Kangaroo Mother Care: A Practical Guide we developed a hospital protocol in the Dept. of Neonatology 3rd level of perinatal care.

1st step - Parents Information

Information on KMC should be given, explaining the benefits of this practice for infant and parents, practical aspects of performance, timing of initiation, and possible conditions that could limit KMC implementation.

Planning of KMC must be shared and agreed on with parents.

2nd step - Prepare and help mother/father to be ready for KMC

We analyzed 52 twins and 11 triplets in the years 2014-2016 in the Department of Neonatology and KMC time during their treatment in the NICU.

KMC have been used from the first days of hospitalization after the infant's stabilization. Minimal enteral nutrition has been applied from the first hours of life when the first drops of colostrum has been obtained, sometimes lactation was stimulated before labour and we had colostrum during management on DR

3rd step - KMC twins or triplets

4th step - mother's milk or breastfeeding

During the hospitalization, infants has been fed with mothers' milk, while at discharge 83,5% were fed exclusively mothers' milk, 10,3% were fed mothers' milk and formula for preterm infants, only 6,2% were fed formula for preterm.