Improving the duration of Kangaroo mother care of low birth weight newborns admitted in Sick newborn care unit
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**Background**
Kangaroo mother care (KMC), in which the mother or another caregiver provides the newborn with skin-to-skin contact, is a simple and cost-effective intervention to save the lives of premature or LBW newborns by regulating body temperature, promoting breastfeeding, enhancing brain growth and development, and reducing the risk of infection and other morbidities. In Ganesh Das hospital
- 11000 deliveries occur annually, 1500 sick babies get admitted in SNCU per year
- 25% babies are either preterm or low birth weight babies & one of the main underlying cause of mortality

**Status of KMC in SNCU**
Baseline data shows that the duration of KMC per baby in the SNCU of GDH was on average one hour per day per baby, which is very low in comparison to the present guidelines of 9-12 hours daily
- Increases the length of stay of babies
- Increases the chances of infection
- Reduce the availability of beds for other high needed newborns

**Aim**: To increase the duration of KMC from an average 1 hour of KMC per day per baby to 5 hours of KMC per day in hemodynamically stable babies weighing less than 2kg within 10 weeks

**Change ideas**
- Pediatricians taught nurses about the benefits and techniques of KMC.
- Nurses provided frequent counseling to mothers whenever they visited their newborn at the SNCU for breastfeeding
- GDH allocated a separate room for providing KMC.
- Hospital staff, mainly nurses, encouraged and counseled fathers, grandmothers, and other relatives to provide KMC to the baby.
- Nurses used smart phones and computers placed in the SNCU to show mothers and fathers videos of KMC.
- GDH engaged champion fathers and mothers – those who had applied KMC successfully – to encourage and counsel other parents.
- Nurses reviewed KMC duration data each shift to find out the actual causes of the low duration of KMC.