

TITLE: IMPACT OF COMMUNITY BASED KANGAROO MOTHER CARE (KMC) IN NEWBORN BABIES: A PROSPECTIVE CASE CONTROL STUDY IN THE LOWER SOCIO-ECONOMIC STATUS COMMUNITY

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Introduction: KMC is proven effective in hospital settings where it is under continuous supervision of medical personals. But a community based KMC to find out impact in the field, a rare study, was not supervised by anyone. So, present study was conducted to find out the impact of community based KMC in the field.

Aims and Objectives: (1) To study the effect of KMC on health status of the new born babies who received KMC in comparison with babies who had never received KMC. (2) Difference in breast feeding practice in both study groups.

Methodology: A community based prospective case control study was started in the maternity homes of two UHCs of AMC area. **Cases:** babies receiving KMC **Controls:** Age and sex matched babies who had never received KMC. Which were followed up for a month and the difference in their health status and breast feeding practice was compared and analysed by using suitable statistical parameters.

Results & discussion: Total of 73 KMC and 187 non-KMC babies were surveyed. In the KMC group average duration of KMC given to the babies was 7.65 ± 3.4 days. Average weight gain among KMC babies was significantly more (p value <0.01) with 770 grams as compared to 723 grams in non-KMC babies. Improvement in Length, Head circumference and Chest circumference was more among the KMC group. Incidence and average episodes of illnesses were significantly higher (p value 0.006) among non-KMC babies (2.86) as compared to KMC group (2.00). Early initiation of breast feeding, average frequency of breast feeding and Exclusive Breast feeding at 1 month was more among KMC babies. The first bathed was delayed among KMC babies (p value 0.052).

Conclusion: Community based KMC was found to be a very effective way to improve the physical growth as well as promoting standard breast feeding practice.

Key words: Kangaroo Mother Care, Breast feeding, Weight gain

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