

STATUS OF KANGAROO MOTHER CARE PRACTICE IN INDIA - REPORT OF A NATIONAL SURVEY



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We conducted a survey across India involving hospitals with newborn care units as well as organizations working in the community.

The community survey was sent out to investigators throughout the country but responses were mainly acquired from Rajasthan, Gujarat and Maharashtra. We did not get responses from rest of the country. It must be accepted that those who did not give KMC may not have responded.

About 84% of the health workers who participated in the survey knew about KMC. 33% were trained through actual demonstration, 12% through audiovisual and 23 % by lecture. Duration of training was divided equally with 28% respondents trained <2 hr, 27% trained for 2-4 hrs and 35% trained for >4 hrs.

83% of total participants had advised KMC. Half of the participants were able to cite an example of KMC. Also half of the respondents agreed to find KMC related problems during home visits. About 70% of the respondents accepted that they needed more training.

A good 85% found that with regular guidance KMC practice improved and a similar number also found useful effects of KMC practice on baby. Most common being baby feeding well, and did not become hypothermic.

About, 90% of the health workers agreed to advice KMC to the low birth weight babies.

In the survey of newborn care units, 19 units entered the survey with 9 agreed to practicing KMC while rest 10 units did not answer the question. In them, 6 units only had hospital based KMC practice while 3 units also performed follow up of home based KMC practice. All though all units knew about KMC and thought it was useful.

4 units gave KMC to stabilized new born not on Oxygen/intravenous fluids/gavage feeds, while 7 units gave KMC to stabilized LBW babies on Oxygen/intravenous fluids /gavage feeds only 2 units gave KMC to babies even on CPAP and none of the units practiced KMC to ventilated babies. 8 units formally trained their staff, main method being actual demonstration, 1 unit agreed on not formally

training as it is not needed for every batch.

7 units had dedicated area for KMC, rest did not answer the question. 9 units allowed mother to get help for KMC rest did not answer the question. Out of them 8 units trained the helper beforehand. Other family members being the most common helpers. 3 units allowed mother to walk while giving KMC, 5 units did not, rest did not answer the question. 7 units appreciated the impact of breast feeding when mother practice KMC, 1 unit did not, and rest did not answer the question. 6 units did not find any adverse effects of KMC, 2 units. The adverse effects being apnea in both cases, and one unit also found cyanosis.

9 units gave instructions regarding duration of KMC every session. 7 units provided social assistance to mothers while 2 units did not. 5 units maintained proper record of KMC, 4 units did not. In 6 units KMC was demonstrated in every shift, 3 units did not.

The survey indicates that there is tremendous scope for increasing and improving the practice of KMC in India.



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- Total Teaching Experience in Pediatrics 44 years
- Past President, National Neonatology Forum (National)
- Founder President, National Neonatology Forum, Gujarat Chapter
- Past President, IAP, Gujarat State Branch & Ahmedabad City Branch
- Past Vice President, ISOPARB (National)
- Past Chairperson, IAP, Nutrition chapter & Community Pediatrics chapter
- Technical Expert, WHO, UNICEF, ICMR, Government of India, Government of Gujarat, CARE, ICDS, CSSM, RCH, IMNCI, ENBC
- Area of special interest: Neonatology, Community Pediatrics
- Examiner in DM Neonatology, MD Pediatrics, DNB Pediatrics, DCH, IGNOU
- First Trainer from Gujarat for Neonatal Resuscitation, (NALS), NRP, PALS, Lactation management, KMC, ORS and Diarrheal Diseases Control Programme, CSSM and for NSSK, ICDS and several others.
- Organizing Secretary:
 - 34th National Conference of IAP
 - 5th National Convention of NNF
 - 10 National Level workshops for NNF & IAP
 - Several State Conferences, CME workshops etc
- Organizing Chair Person : 9th International Conference of Kangaroo Mother Care, Ahmedabad
- Awards / Fellowships:
 - WHO Fellowships (3 times) for senior teachers in MCH, visiting Sri Lanka, Nepal, Bangkok, UK, India.
 - Indo-US faculty exchange program in Neonatology, University of Illinois, Chicago, USA
 - HEINZ Fellowship of British Pediatric Association for senior consultants in Pediatrics (UK).
 - James Flett Gold Medal of IAP for paper in social pediatrics
 - Best Teacher award - B.J Medical College, Ahmedabad
 - Best Woman Doctor Award - IMA,Ahmedabad
 - Best Consultant Award –IMA, Gujarat
 - Several National and State level Orations
- Publications: More than 50 including International & National Journals and Textbooks on Pediatrics and Neonatology
- Paper Presentation: More than 200 Scientific papers presented in international, national and state level conferences (Many have won awards)