

COMPARATIVE STUDY OF THE EFFICACY OF KMC (MOTHER VERSUS OTHER RELATIVE) IN LOW BIRTH WEIGHT BABIES.

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Introduction:

KMC is a humane low cost method care of low birth weight infants. It consists of skin to skin contact and can be provided by mother or father or other relative. Aims & Objective: To study effect of KMC on growth & morbidity of LBW babies between 2 groups.

Material and Method :

A prospective randomized controlled trial in level 3 NICU of a teaching institute. Subjects: All the LBW babies admitted in NICU and hemodynamically stable were included in the study. Babies requiring ventilatory or inotropic support, Babies with chromosomal and life threatening congenital anomalies. Babies whose mothers are critically ill & those who are not able to comply with the follow up schedule or relatives who were not willing to give KMC were excluded from the study.

Neonates coming to NICU were randomly distributed into two groups :

Group 1: KMC given by the mother (19)

Group 2 : KMC given by relative (other than mother) (19)

Base line anthropometry, gestational age and day of life of starting KMC was started .KMC was given for minimum of 5 – 6 hrs per day in 3-4 settings in each group.

At the end of each KMC session physiological variables like Temperature, HR, RR and sPO2 were monitored both before and after KMC.

After the discharge from the hospital neonate was called for follow up and anthropometry like weight, length, head circumference, mid arm circumference and chest circumference was recorded subsequently on weekly basis till 6 weeks in both groups.

During hospital stay all events of morbidity and complication were noted and treated. After the discharge from the hospital mother was explained about the danger signs and asked to report that immediately if there was any such complain at home.

Babies were discharged only after they have reached the full breast feed. Number of days after birth when this was achieved was also recorded and compared between the two groups.

So far, total 38 babies are already enrolled in the study.

Statistical method applied: Chi-square test, Paired t-test

Results:



Total of 38 babies are included in the study and were randomly distributed in two groups. The weekly increments in weight, length, head circumference were higher in the group 1 as compared to group 2. Also the group 1 babies reached to full breast fed earlier. However the statistical tests are yet to be applied.

There was no change in the vital parameters as monitored from HR, RR and spo2 during KMC session. Among the other relatives none of the father was ready to provide the KMC, and mostly it was provided by the female relatives.

Conclusions:

No similar study comparing the efficacy of KMC on mother and other relative have been found till now and since, apparently the efficacy of KMC by mother is better; this could be the pilot study for further studies with the larger groups to confirm this results.

