

The International Certification Course In Kangaroo Mother Care

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Introduction

A 2.5 day intensive educational and skills lab course for professional education has been conducted for 13 consecutive years with **871** attendees since 2003:

nurses = 788
physicians = 12
occupational/physical/respiratory therapist = 11,
home health nurses = 13
international attendees = 47

Course Outline

1. 2 hours of KMC films (preterm, term infants)
2. Evidence Review (lecture/group work) on

SKIN TO SKIN mnemonic:

- S** = Survival (Morbidity, Mortality, KC to reverse dying process)
- K** = Kinder environment (devel care)
- I** = Immunity (immunity, infection, stress)
- N** = Nutrition (breastfeeding, weight gain, growth)

T = Thermoregulation/Transfer (temp, oxygen consumption, transfer techniques, KC transport)

O = Other (shared & surrogate KC, ventilated, NAS, congenital heart defects, hyperbilirubinemia)

S = State (sleep, wakefulness, crying)

K = "K"ardiorespiratory (HR, RR, pattern, cerebral oxygenation, A/Bs, stability, SUPC)

I = Involvement of Parents (maternal & paternal effects of KC, bonding, saving maternal lives, co-reg)

N = Neurobehavioral development (autonomic maturation, mental/motor development, esteem, self regulation, moral devel)

3. Skills labs with competency checkoff lists & doing RAPPT
4. Creating a KMC implementation plan

A Skills Lab Competency: RAPPT™ scoring system for Sudden Unexpected Postnatal Collapse risk screening

Sign	0	1	2
Respiratory	Apneic	grunting / flaring/ retracting /tachypneic	Easy, no distress
Activity	non-responsive	crying &/or active motion	Quiet Alert, sleeping or breastfeeding
Position	nares &/or mouth or fully occluded or not visible; &/or neck fully extended or flexed	nares or mouth partially occluded or partially visible; &/or neck partially extended or flexed	nares and mouth uncovered and visible; neck midline, head below mother's shoulder, hands at shoulder level
Perfusion	pale, dusky	acrocyanosis	pink all over
Tone	flaccid extremities no recoil	extremities partially flexed; slow recoil	Extremities fully flexed; swift recoil

RESULTS

- Five faculty teaching course are scored well (4.0-5.0/5) by attendees
- All attendees consistently highly satisfied with course content/structure
- Attendees report significant ↑in knowledge and ↑skills confidence (Almutairi et al., 2016)
- attendees report ↑ KMC utilization & ↑ innovative KMC practices (Kukla et al., in process)

Course is offered first weekend in June in Cleveland every year, limited to 85 attendees, earns 19 continuing education credits and IBCLC Cerps.

Course is offered by United States Institute for Kangaroo Care (www.kangarooareusa.org) and registration is online.

Certification Requirements

- Certification is by International Kangaroo Care Certification Board (IKCCB).
- Must attend all course work or complete online courses, or apply for credit towards education requirement for any KMC education -19 continuing education units and 10 practice reports required to sit for Certification Exam
- Three Failures on Certification Exam to date
- All others have passed ≥80%
- Recertification occurs by answering questions to 3 current references every two years

Quotes from Attendees

"Doing the certification really helped solidify all aspects of KC care into implementation"
"I practice KC, but after certification incorporated it even more into practice."
"It was great class!!! I wish every NICU nurse and MD had to go through it."
"I insist that every LD nurse, midwife and doctor needs to take the CKC course"

References:

- Almutairi W & Ludington-Hoe, S. 2016. Knowledge and skills confidence change with Kangaroo Care Certification course. J. Continuing Educ. Nursing, 47, 518-524.
- Kukla, A & Ludington-Hoe SM: The value of kangaroo care certification, In process
- Ludington-Hoe SM, Morgan, K. & Morrison-Wilford, B. (2015). Minimizing risk of newborn death: The Revised RAPPT Scoring System. The Learner's Manual for Kangaroo Care Certification . Cleveland, OH: United States Institute for Kangaroo Care