

## ABSTRACT 10

### PHYSIOLOGICAL, METABOLIC AND BEHAVIOURAL OUTCOME IN PRETERM INFANTS RANDOMISED TO SKIN-TO-SKIN CARE OR TRADITIONAL (SEPARATION) IMMEDIATE AFTER BIRTH.

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**Aim:** The purpose of the study was to examine physiological metabolic and behavioural outcome in infants delivered in week 31.0 - 34.6, cared for skin-to-skin care (very early kangaroo care) or traditional neonatal care (separation) during the first 90 minutes post-partum in a Swedish setting. The parents experience was also investigated.

**Sample:** Healthy mothers with a healthy single pregnancy with threatening or established preterm labour were asked to participate in the study. Thirty-one infants were enrolled to the study, 15 infants were allocated to skin-to-skin care and 16 infants to traditional care.

**Method:** Directly after birth, the infants were randomised to either skin-to-skin care during the first 90 minutes or care according to normal routines (traditional), i.e. cared skin-to-skin for about 30 minutes and when transferred to the neonatal care unit for care. All events concerning the infant and the time at which these occurred were observed during the first 90 minutes. Directly after birth all infants were wiped-off gently and carefully and put skin-to-skin on the mothers' chest and covered with warm towels. If routine care like suctioning and oxygen administration took place the procedure was noted. Physiological variables studied are temperature (axillary, intrascapular, outside thigh and rectal), heart rate and oxygen saturation (SpO<sub>2</sub>) and metabolic variables (blood-glucose and blood-gases). Background data regarding the delivery, the mother and the infant were collected from hospital files. Infants in both groups were videotaped. The parents were interviewed on four occasions during the infant's hospital stay and/or until one month post-partum.