

Implementation, Integration and Scaling Up of Kangaroo Mother Care in Rural Primary Healthcare Units in Sindh, Pakistan

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Keywords: Kangaroo mother care, neonatal care, low birth weight, preterm birth

Premature and low birth weight babies are the major contributor of high neonatal mortality rate in Pakistan. To reduce the number of newborn deaths in province of Sindh, People's Primary Healthcare Initiative (PPHI), a public-private partnership, implemented Kangaroo Mother Care (KMC) in its 150 maternal and child health centers. These centers are operated under limited resources and without any neonatal intensive care facility. Fully equipped KMC units are established with all the essential supplies. Healthcare providers were trained and new guidelines for newborn care and discharge were introduced. Mothers are advised to come for follow-up and the ones that do not show up were traced through phone calls. Out of 9134 preterm and low birth weight babies, 8022 (87%) were admitted in KMC in 2017-2018. Survival and follow-up rate was 85% (6850) while loss to follow-up was 14% (1172). KMC is attainable and beneficial intervention in resource poor setting where traditional incubator care or referral to neonatal intensive care unit is not feasible.