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## Effectiveness of kangaroo mother care in reducing morbidity and mortality among preterm neonates on RAM Cannula continuous positive airway pressure: A randomized controlled trial

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**Background:** Prematurity is a major cause of neonatal death. Continuous positive airway pressure (CPAP) is the recognized initial intervention among preterm neonates in respiratory distress. The Kangaroo Mother Care (KMC) method may improve neonatal outcomes.

**Objective:** To determine the effectiveness of KMC in reducing morbidity and mortality among preterm neonates on CPAP via RAM nasal cannula.

**Methodology:** A prospective, non-blinded, randomized controlled trial was conducted on eligible preterm neonates requiring RCPAP due to respiratory distress. They were randomly allocated to either KMC (n=35) or conventional care group (n=35). Outcome measures included duration of RCPAP, and oxygen support, morbidity, mortality and length of hospital stay.

**Results:** Thermoregulation and oxygen saturations were better during the KMC sessions. The durations of RCPAP and oxygen support were both significantly shorter in the KMC group. Morbidities (air leak syndrome, necrotizing

enterocolitis and late onset sepsis) were also significantly lower in the KMC group. Although the mortality rate and the hospital stay were reduced in the KMC group, these were not statistically significant.


**Conclusion:** KMC effectively decreases the duration of RCPAP and oxygen support, and incidence of morbidities. There were trends of reduced mortality and length of hospital stay in the neonates who received KMC.

**Keywords:** Kangaroo Mother Care, Preterm Neonates, RAM Cannula CPAP, Oxygen Support.

### Speaker Biography

Catherine P Ricero Luistro has completed her degree as Doctor of Medicine from Iloilo Doctors' College of Medicine, Philippines. She had her pediatric residency training in Batangas Medical Center and fellowship training in newborn medicine at Philippine General Hospital. She is presently the Chairperson of the Committee on Care for Small Babies at Batangas Medical Center, Philippines.

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