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## Kangaroo Care Education for Low Socioeconomic Status Families in The Neonatal Care Unit

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# KANGAROO CARE EDUCATION FOR LOW SOCIOECONOMIC STATUS FAMILIES IN THE NEONATAL INTENSIVE CARE UNIT

Joara Cristina Peterson



## INTRODUCTION

Skin-to-skin, also referred to as “kangaroo care” (KC), involves placing the baby on the mother’s chest as soon as it is appropriate. It is proven to promote early bonding and attachment.

Mohammadi et al. (2021) found significant correlation between kangaroo care and weight gain (especially for low birth weight infants), as well as body temperature and heart rate regulation, which reduces the risk of medical complications. It also decreases levels of stress in mothers and babies by lowering the release of cortisol hormone (Bigelow et al., 2014).

## METHODOLOGY

- Pre questionnaire: participants will answer a questionnaire with 10 questions designed to assess their knowledge about KC.
- Prenatal teaching: parents will have two consecutive days of teaching about KC benefits and how to perform it.
- Post test: the CO-PARTNER checklist will measure whether the educational program provided was sufficient to increase the rates of KC performed by parents.

## CONCLUSION

- Research has shown evidence on benefits of KC for infants and their mothers.
- It is also proven through research that families of low SES perform less KC than families of higher SES
- Proper skin-to-skin teaching could potentially change this behavior.
- This research proposal will investigate whether or not prenatal education on Kangaroo Care intervention for families of low SES will encourage families to implement in daily care with their infants.

## HYPOTHESIS

Education about the benefits of Kangaroo Care (KC) will lead to increased utilization of KC among minority populations and result in improved maternal and infant outcomes, compared to those who do not receive education about KC.



## REFERENCES

Mohammadi, M., Sattarzadeh, N., Heidarzadeh, M., Hosseini, M. B., & Hakimi, S. (2021). Implementation Barriers for Practicing Continuous Kangaroo Mother Care from the Perspective of Neonatologists and Nurses. *Journal of caring sciences*, 10(3), 137–144. <https://doi.org/10.34172/JCS.2021.005>

Bigelow, A. E., & Power, M. (2020). Mother-Infant Skin-to-Skin Contact: Short- and Long-Term Effects for Mothers and Their Children Born Full-Term. *Frontiers in psychology*, 11, 1921. <https://doi.org/10.3389/fpsyg.2020.01921>

## RESEARCH DESIGN

- Prospective sample: 40 low SES families in the NICU.
- Recruitment method: convenient sampling.
- Research design: quantitative, quasi-experimental.
- Materials: survey questionnaires and CO-PARTNER checklist.

## RESULTS

To determine statistical significance of the changes in values pre and post-intervention, a one sample t-test will be performed, the results of which will inform the conclusion of the study. A p-value < 0.05% will reject the null hypothesis.

## IRB APPROVAL

The research proposal will be approved by the Dominican University of California Institutional Review Board (IRB).

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