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10-2019

## Increasing Kangaroo Care in a New Small Baby Unit

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### Recommended Citation

Wilderson, Dianne; Haney, Barb; Mirabile, Ashley; Palmer, Beckie; Heltzer, Jenny; Keith-Chancy, Erin BSN,CCRN; Smith, Brooke; Schneider, Christian Anthony; and Oshodi, Abdebayo, "Increasing Kangaroo Care in a New Small Baby Unit" (2019). *Posters*. 147.

<https://scholarlyexchange.childrensmercy.org/posters/147>

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# Increasing Kangaroo Care in a New Small Baby Unit

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## Children's Mercy Kansas City

### Background and Aim

- Background:**
- Parental presence in a premature infant's life is critical to optimizing developmental outcomes.
  - First emotional bonding is built through touch.
  - Premature infants are exposed to significant amounts of negative "procedural touch".
  - Encouraging parents to complete kangaroo care allows infants to experience "nurturing touch", offsetting negative touches.



- As our 84-bed Level IV NICU designed a 7 bed Small Baby Unit (SBU), an area of focus was increasing our kangaroo care rates for patients < 32 weeks.
- Staff often felt uncomfortable with kangaroo care especially on ventilated patients.

**Project Aim:**

- Increase the percent of eligible patients receiving kangaroo care from 19% to 30% by September 2019.

### Methods

- Interventions:**
- Identified dedicated SBU team.
  - Required education of SBU team:
    - Read articles on neonatal neuro-protective best practices.
    - Attend 4-hour SBU education (2 hours didactic-2 hours simulations; 1 simulation section focused on kangaroo care)
  - Added OT consult to SBU admission power plan.
  - SENSE program started on all SBU patients.

**Sensory Support: 25 Weeks**  
How can I better manage my baby's sensory needs each day?

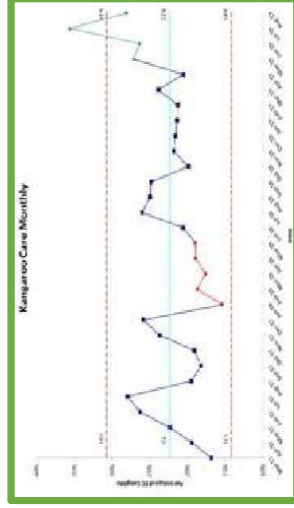
- Do kangaroo care (skin-to-skin) or comforting touch with your baby for at least 1 hour per day.
- Keep the area near your baby quiet, but engage in adult conversation that is soothing and during diaper changes.
- Place a sock cloth under your baby's head.
- Keep lights off to protect your baby's eyes. Use a cover over the bed to further protect your baby from light (CFLs low).
- Unwrap your baby and allow stretching and free movement for 2 minutes prior to a diaper change at least 3 times per day.

- Ensured kangaroo wraps were available.



### Results and Conclusions

- Results:**
- 113 staff completed education.
  - OT consults completed on all SBU patients.
  - 20 kangaroo wraps purchased.
  - Kangaroo care rate in NICU increased from 19% (prior to SBU) to 36% (Post SBU opening).



**Conclusion:**

Due to increased multidisciplinary awareness of importance of kangaroo care in the SBU more parents completing kangaroo care.

**Next Steps:**

- Unit looking at purchasing a dedicated kangaroo chair.
- RT planning a PDSA related to kangaroo care on HFOV.



**LOVE WILL.**