

Kangaroo Method Care: Benefits, Proponents and Barriers: A Narrative Review

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ABSTRACT

Babies with low birth weight (LBW) are the highest contributor to neonatal mortality rates. Kangaroo care is an effective, cost-effective nursing action recommended by WHO for the care of premature and LBW babies which can reduce neonatal morbidity and mortality. However, the scope of kangaroo care practice is still low. Various databases such as Scopus, PubMed, ProQuest, Google Scholar, and Science Direct have been used as research sources. The time span for the articles accessed ranged from 2014 to 2024. The benefits of kangaroo care can improve the growth of premature and LBW babies, increase breastfeeding, improve the physiological function of babies, reduce infant mortality rates and reduce stress of mothers of premature and LBW babies. Supporting factors for kangaroo care are government support and health service providers, community and socio-cultural support, knowledge and awareness of mothers and inhibiting factors are lack of infrastructure and health facilities, socio-economic and cultural problems, challenges for mothers of LBW babies and lack of knowledge and awareness of various related parties. Kangaroo method care is beneficial for babies and mothers of LBW babies and there are supporting and inhibiting factors in its implementation. This aimed to increase the coverage of kangaroo method care implementation so as to optimize the growth of LBW babies