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Research Article

Effect of Kangaroo mother care in reducing pain due to heel prick among preterm neonates: a crossover trial

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Abstract

Background: Preterm neonates undergo several painful procedures in NICU including heel prick for blood sugar monitoring. Nonpharmacological interventions have been tried to decrease this procedural pain. There are only few studies on Kangaroo mother care (KMC) in reducing pain among preterm neonates.

Method: This crossover trial was conducted at a tertiary care teaching hospital in south India. Premature Infant Pain Profile (PIPP) related to heel prick was assessed in 50 preterm neonates undergoing KMC and compared with 50 preterm babies without KMC.

Results: PIPP scores at 15 minutes and 30 minutes after heel prick were significantly less in KMC group compared to control group. Mean PIPP difference between baseline and 30 minutes after heel prick was also significantly low in KMC group compared to control group.

Conclusion: KMC is effective in reducing pain due to heel prick among preterm babies.

Kangaroo mother care | pain | premature infant pain profile | preterm

Related Research Data

Premature Infant Pain Profile: Development and Initial Validation
Source: Clinical Journal of Pain
Kangaroo mother care diminishes pain from heel lance in very preterm neonates: A crossover trial
Source: BMC Pediatrics
New Ballard Score, expanded to include extremely premature infants
Source: The Journal of Pediatrics
Kangaroo Mother Care in Reducing Pain in Preterm Neonates on Heel Prick
Source: The Indian Journal of Pediatrics
The impact of pain in the immature brain
Source: The Journal of Maternal-Fetal & Neonatal Medicine
The effect of mother-infant skin-to-skin contact on plasma cortisol and β-endorphin concentrations in preterm newborns
Source: Infant Behavior and Development
Pain behaviours in Extremely Low Gestational Age infants
Source: Early Human Development
Effects of perinatal pain and stress
Source: Unknown Repository
Effects of Skin-to-Skin Contact on Autonomic Pain Responses in Preterm Infants
Source: Journal of Pain
Emotion regulation and touch in infants: the role of cholecystokinin and opioids
Source: Peptides
Pain in the preterm neonate: behavioural and physiological indices
Source: Pain
Non-pharmacological management of infant and young child procedural pain
Source: Cochrane Database of Systematic Reviews
Cochrane review: non-nutritive sucking, kangaroo care and swaddling/facilitated tucking are observed to reduce procedural pain in infants and young children
Source: Evidence-Based Nursing

Related research