

# **Knowledge, attitude, and practice of Kangaroo mother care among nursing mothers with low birth weight neonates at Mwananyamala and Temeke regional referral hospitals, Dar es Salaam.**

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## **Abstract:**

Background: Every year 25 million LBW babies are born all over the world, with the majority coming from developing countries including Tanzania. In Tanzania the prevalence of LBW babies is about 21%. The highest number of deaths which occur in the early neonatal period, 60-80% is from LBW infants. Kangaroo Mother Care significantly reduce the number of neonatal deaths since it provides warmth, reduces infections and promotes exclusive breast feeding. Objective: To assess the knowledge, attitude, and practice of KMC among nursing mothers with LBW neonates practicing KMC at Mwananyamala and Temeke Regional Referral Hospitals.

## Material and methods:

A hospital based cross-sectional study was conducted among nursing mothers with LBW babies practicing KMC for at least two weeks or more at Neonatal Units in Mwananyamala and Temeke Regional Referral Hospitals. A pre-tested structured questionnaire was used to collect socio-demographic and clinical data of the neonates and their mothers by face to face interview; 251 participants were enrolled into the study. Categorical data was summarized using frequency and percentage. Logistic regression with p-value <0.05 and 95% CI were used. Data was analyzed using SPSS version 26.

## Results:

Among 251 mothers practicing KMC 57.2% had adequate knowledge regarding KMC and 54.7% had positive attitude towards KMC. However, only 6.8% of nursing mothers were practicing KMC appropriately. The level of education and occupation were the factors associated with having adequate knowledge on KMC. Adequate knowledge on KMC was highly associated with positive attitude towards KMC; while adequate knowledge on KMC and formal employment were highly associated with good practice.

## Conclusions:

In this study it was found that a large proportion of nursing mothers had inadequate knowledge, negative attitude towards KMC, and inappropriate practice of KMC. The level of education of participants was significantly associated with adequate knowledge, positive attitude and appropriate practice of KMC. Recommendations: In order to improve the practice and optimize the benefits of KMC, health education, coaching, and counseling should be strengthened in health facilities with proper training on practice and benefits of KMC in labour and postnatal wards. Upon discharge from postnatal wards; nursing mothers should be provided with posters and brochures with information about KMC. Further studies on KMC among nursing mothers should also be done in both rural and urban areas to have an in-depth understanding of the implementation of KMC in Tanzania.