Interprofessional Approach to Kangaroo Mother Care

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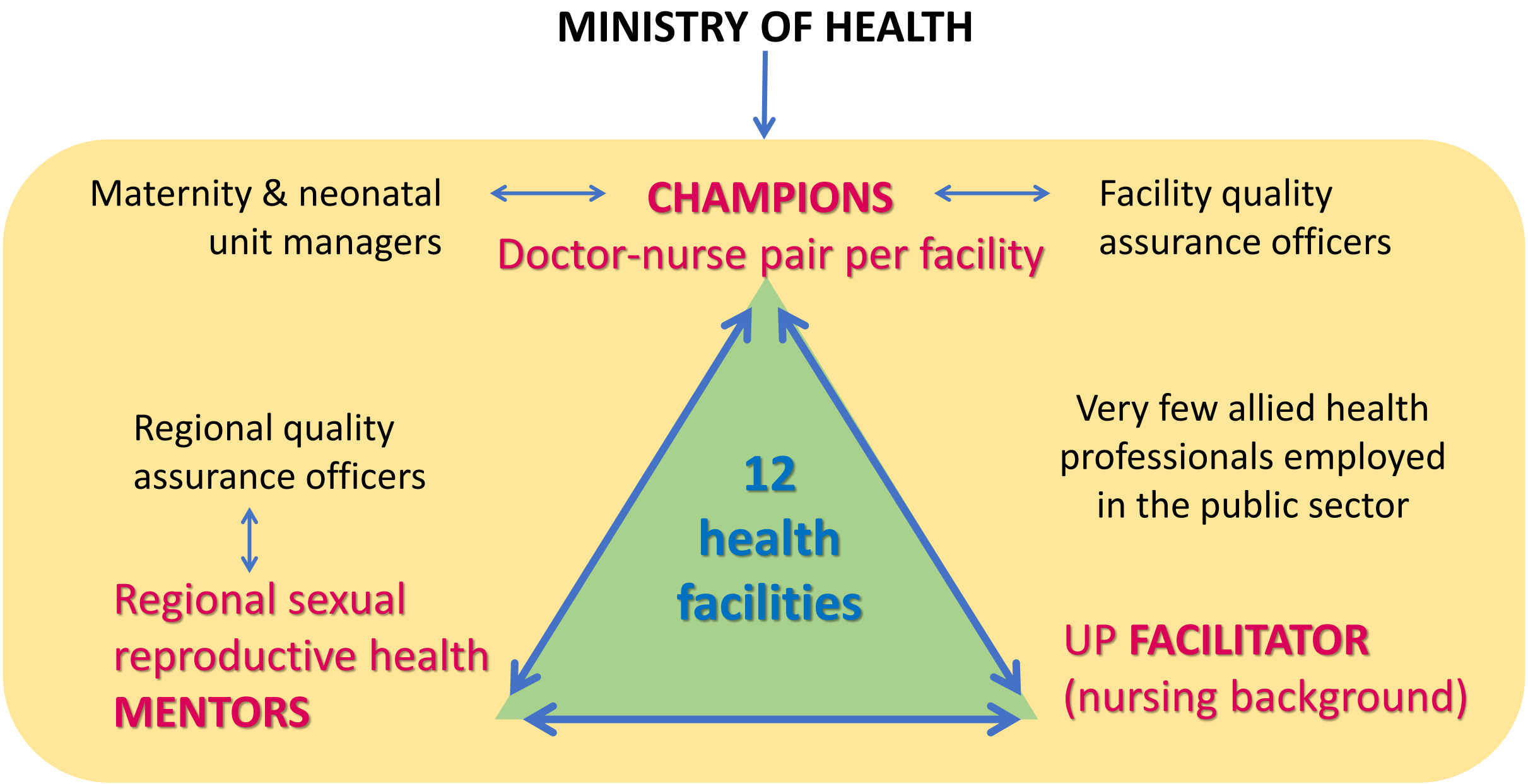
My experience of interprofessional teamwork in Eswatini

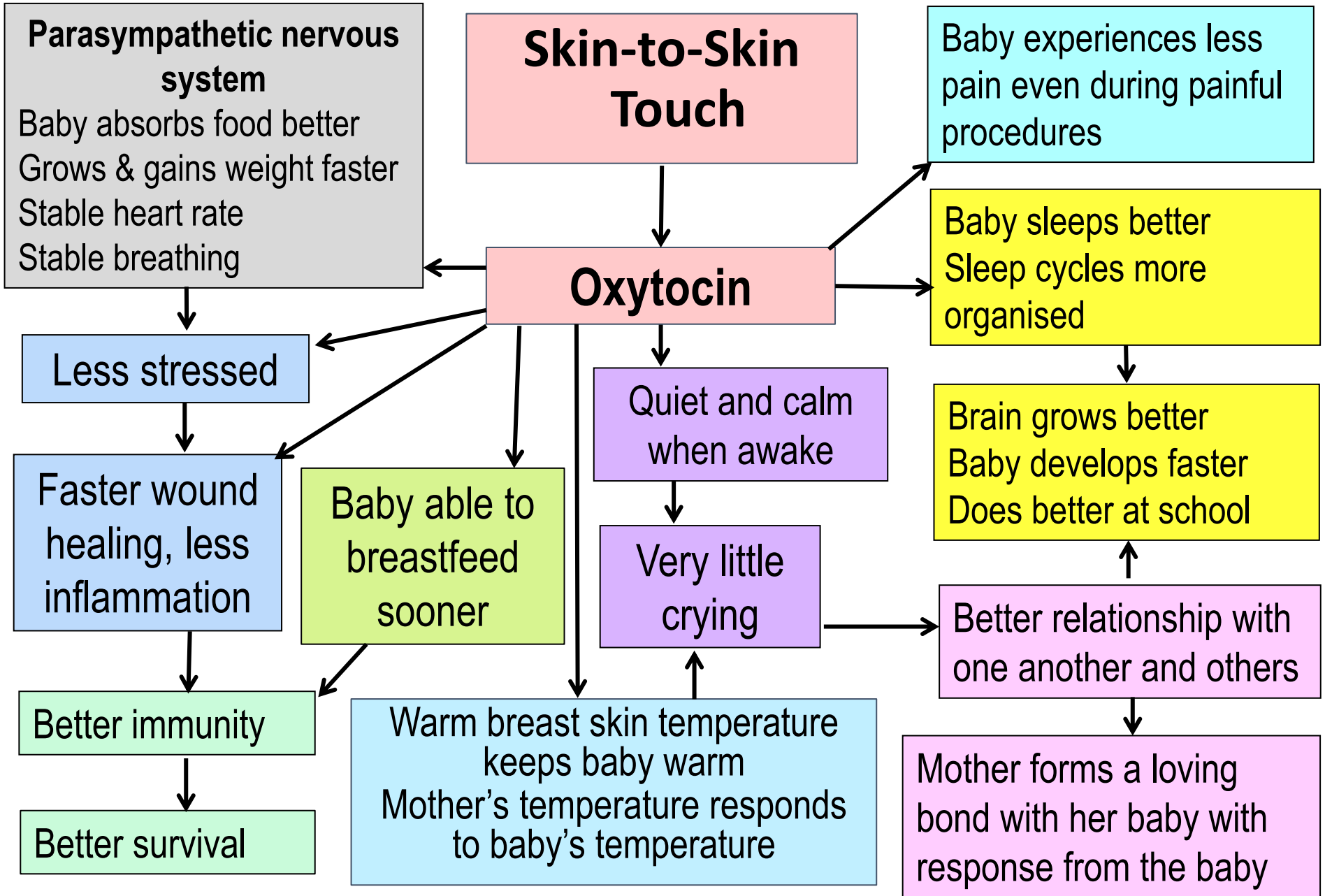
- *Luswane Loluphilile* – project to strengthen neonatal care at all levels of care (health centres, regional hospital, apex hospital)
- Four regions – 12 healthcare facilities
- Start of project: only one continuous KMC unit in the country –
  end of project: 11 facilities practising KMC with nine continuous KMC units
- Facilitator from the University of Pretoria – regular visits to facilities to support, observe, do ward rounds, check the emergency trolley, onsite training and **monitor the implementation of KMC**
- A health systems interprofessional collaboration
- How did it work?


MINISTRY OF HEALTH
Maternity & neonatal unit managers
CHAMPIONS
Doctor-nurse pair per facility
Facility quality assurance officers
Regional quality assurance officers
Regional sexual reproductive health MENTORS
12 health facilities
Very few allied health professionals employed in the public sector
UP FACILITATOR (nursing background)

Why focusing on KMC?

- Millennium Development Goal 4:
  - Great strides in under-5 mortality reduction
  - Neonatal death reduction stagnant = more than one third of all child deaths around 2015 – now nearer to 50%
- Sustainable Development Goal 3: “Good health and well-being”
  - 2030 target: end preventable deaths of newborns and children – reduce neonatal mortality to ≤12 per 1,000 live births
- Small and sick newborns are on the current agenda:
  - Previously focus on child and newborn survival
  - In past decade: focus on small newborn survival

Benefits of KMC for the baby



Kangaroo Mother Care

- Kangaroo mother care (KMC):
  - Cost-effective, low-tech, high-impact intervention
  - Evidence of survival effect of up to 50%
  - Other physiological and psychological advantages
- Current global push for acceleration of KMC → balance between coverage and quality of services
- Small newborns:
  LWB <2.5 kg and preterm

Objective

To show how interprofessional teamwork enhances KMC practice and outcomes

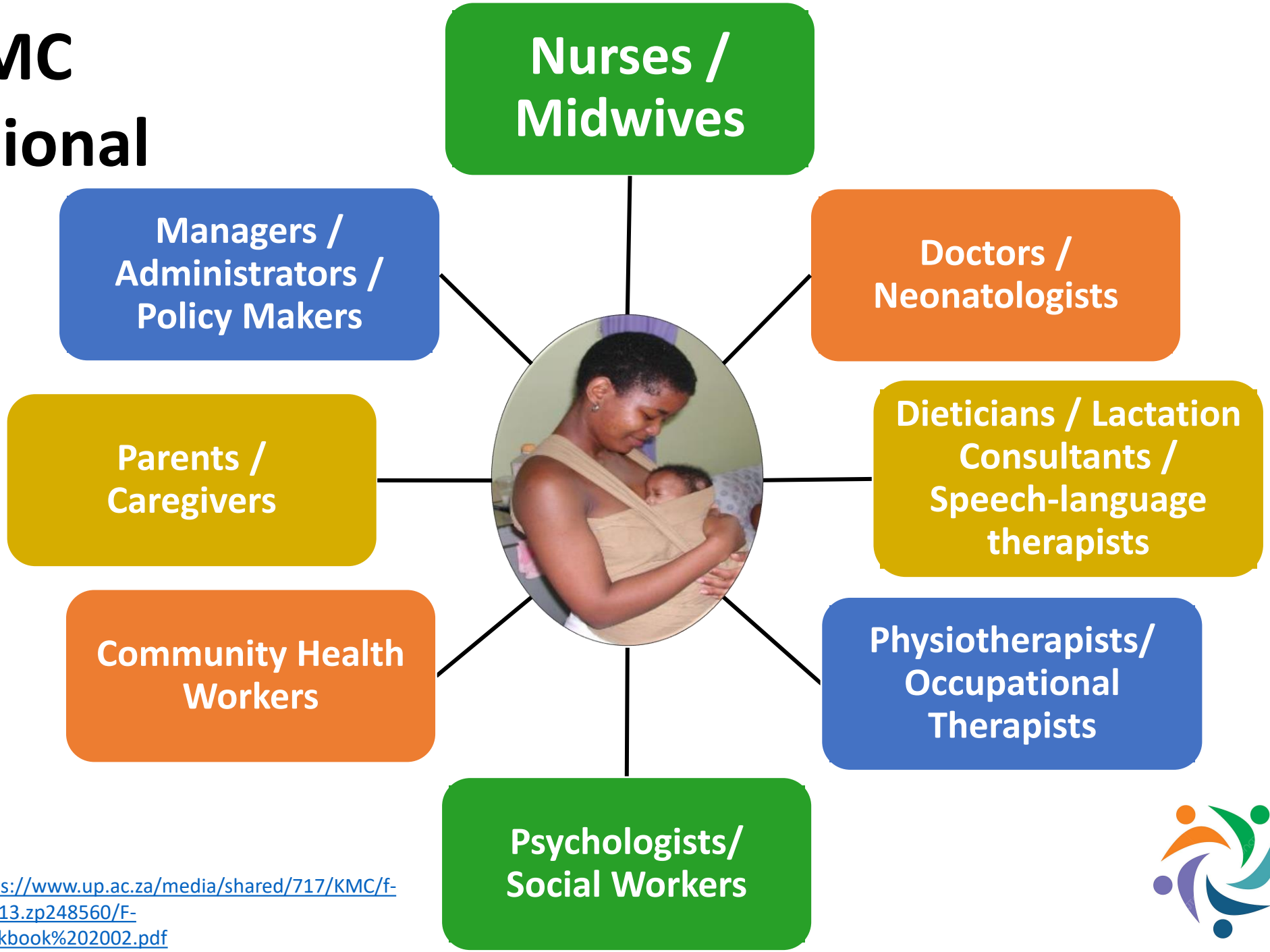
Components of KMC

Why an interprofessional approach in KMC?

- Neonatal care = complex → needs multiple expertise
- Shared goal: Healthy infant + empowered family
- **Key principles:**
  - Communication
  - Coordination
  - Respect
  - Family-centered care

The ideal KMC interprofessional team

*"KMC is primarily a nursing intervention with medical support"**



* KMC implementation workbook. https://www.up.ac.za/media/shared/717/KMC/f-planning-for-implementation-2024-03-13.zp248560/F-1%20KMC%20implementation%20workbook%202002.pdf

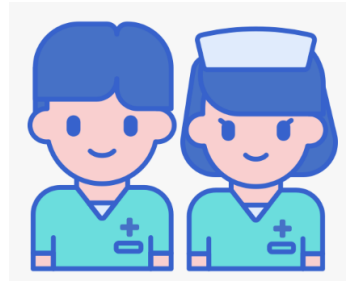
Contributions by the [ideal] team members

Doctors/Neonatologists
- Assess eligibility for KMC
- Monitor health
- Help lead the implementation and advocacy for KMC programmes

Dieticians/Lactation Consultants/ Speech-language therapists
- Help establish breastfeeding

Physiotherapists/Occupational Therapists
- Positioning
- Developmental care

Nurses/Midwives
- Guide mothers
- Support practice



Central to KMC

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Teaching and counselling mothers and families on:
- Skin-to-skin positioning
- Feeding
- Monitoring for danger signs

Contributions by the [ideal] team members (cont)

Psychologists/Social Workers

- Support mental health
- Engage with families

Community Health Workers

- Follow-up at home

Managers/Administrators/ Policy Makers

- Provide resources & training
- Buy in

Parents/Caregivers

- Primary caregivers
- Nurses teach and support

Interprofessional activities

- Different levels of care/facilities – creation of suitable spaces
- Setting policies and guidelines
- Classification of patients
- Select patients
- Monitor patients
- Refer patients
- Transfer patients
- Discharge patients
- Education and collaboration

Barriers to interprofessional teamwork

- Limited staff/training – no insight
- Cultural beliefs and resistance to change
- Infrastructure challenges
- Lack of standardised protocols – no guidance

Strategies to strengthen teamwork

- Interprofessional education and simulation training
- Clear communication and shared protocols
- Supportive leadership and policy backing
- Regular feedback and audits
- Continuous quality improvement

Conclusion

- **KMC = simple, effective, lifesaving**
- Interprofessional teamwork makes implementation sustainable
- Call to action: Foster a collaboration culture in neonatal and maternal care

KINGDOM OF ESWATINI | MINISTRY OF HEALTH

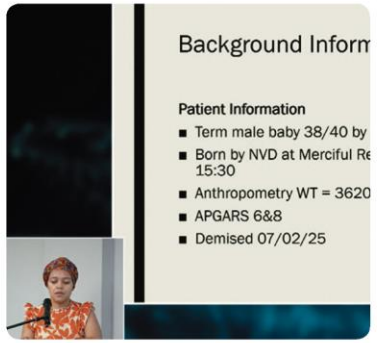
Taking newborn care forward!

Guidelines and SOPs

Kangaroo mother care

In-service education

Emergency preparedness



Perinatal audit and M&M meetings

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Luswane Loluphilile

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