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Mothers' experiences and perceptions [of] Kangaroo Mother Care during hospitalization of their preterm babies in an academic hospital in Johannesburg

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ABSTRACT

The purpose of this study was to understand the mothers lived experience and perception towards 24-hour Kangaroo Mother Care (KMC) during hospitalization of their preterm babies. A qualitative design was used and phenomenological methods used to collect data. Nine in-depth unstructured interviews were with purposely-selected participants. The meaning of their experience was analyzed using Collaizzi's (1978) steps to phenomenological data analysis. Data analysis revealed major three themes: (a) "it is a bond between me and my child" (b) nurse-parent interaction, and (c) "it is tiring and exhaustive". However, the study found that all the mothers in spite of exhaustion, reported some high level of satisfaction with KMC because it allowed them to be closer to their babies. hence giving them the opportunity to observe their growth and become fully involved in the care. KMC was additionally noted have provided a comforting and warm environment for the babies, thus enabling them to grow faster and this in turn increased maternal satisfaction. Recommendation was made regarding further research preferably quantitative study to establish relationship between production of breast milk and the use of KMC. The principle of 24-hour KMC should also be incorporated and emphasized in all levels of educational training as this practice has been found to have numerous benefits both to the mothers and to their preterm babies.