The effect of Kangaroo mother care on pain from heel lance in preterm newborns admitted to neonatal intensive care unit

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Abstract

Background: regarding to importance of pain control during painful procedures such as heel lance in neonates, this study was conducted to determine the effect of Kangaroo Mother Care (KMC) on pain intensity of heel lance.

Method: in this cross over research, 64 vitally stable preterm infants between 30- 36 week gestational age who had need at least two heal lance were randomly divided into two groups.
In group A for the first heel lancing, infants received kangaroo care 15 minutes before the procedure. In group B, 15 minutes before lanceting, infants were kept in prone position, in incubator.
For second heel lancing , the infants in group A were put in incubator, and group B received kangaroo care.
Premature Infant pain profile (PIPP) were scored during and within 2 minutes after finishing the procedure in both conditions and compared.

Results: the results of this study showed that the mean pain intensity during the heel lancing was significantly lower in the kangaroo position (P<0/000). mean pain intensity 2 minutes after heel lancing was also significantly lower in the kangaroo position (P<0/000).

Conclusions: This study showed that Kangaroo Mother Care positioning during and after the heel lancing is a simple cost effective method to decrease pain in stable premature infants.

Key word: kangaroo mother care, pain, heel lance, preterm newborn, neonatal intensive care unit