

THE EFFECT OF KANGAROO CARE ON PERFUSION INDEX, PEAK HEART RATE AND OXYGEN SATURATION IN PREMATURE INFANTS

SUMMARY

Introduction: Kangaroo care is a powerful and simple method used to protect the health and well-being of premature babies, where skin-to-skin contact is ensured by placing the premature baby in an upright position between the parents' breasts with only a diaper and a cap.

Aim: This study was planned to determine the effect of kangaroo care on perfusion index, heart rate and oxygen saturation of premature babies.

Method: The research is an experimental design with pretest posttest control group. The study included 76 premature babies hospitalized in the neonatal intensive care unit of a private university hospital. Two groups were formed, with kangaroo care (n=38 experimental) and without kangaroo care (n= 38 control). Study data were obtained with "Mother Descriptive Information Form", "Baby Descriptive Information Form" and "Kangaroo Care Follow-up Form". Voluntary consent was obtained from the ethics committee, the institution and the parents of the participants for the study.

Results: Sociodemographic and clinical characteristics of both the experimental and control groups were similar. In the experimental group compared to the control group; There was no significant difference between perfusion index, peak heart rate and oxygen saturation 45 minutes before kangaroo care ($p>0.05$). However, kangaroo care was 15-45. Heart beats were lower and oxygen saturations were higher. The changes in these values were statistically significant ($p< 0.05$). Perfusion index showed a statistically significant difference at the 45th minute of kangaroo care ($p<0.05$).

Conclusion: Kangaroo care application positively affected heart rate and oxygen saturation. Long-term application is important for the expected results of the perfusion index.

Key words: Premature baby, kangaroo care, perfusion index, peak heart rate, oxygen saturation