



Approaches to the kangaroo method in the humanization of newborns: A systemic review

Abordagens do método canguru na humanização dos recém nascidos: Uma revisão sistêmica

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ABSTRACT

Introduction: Due to the technological advances in the Neonatal Units not being sufficient to provide humanized care and not meeting the needs of newborns, the Kangaroo Method was created by the Ministry of Health to provide the newborn with the quality care that is inherent to it. **Objective:** To describe the approaches of the kangaroo method in the humanization of the newborn, through a systemic review with a qualitative nature. **Methods:** From the use "kangaroo method", "humanized care", "newborns", publications were selected in the PUBMED, LILACS, SCIELO, dissertations and manuals databases from 2017 to 2023. **Results:** A total of 45 materials were found, of which 25 were excluded after applying the criteria defined for the textual production of this article, 5 because they were not related to the theme, leaving 6 articles selected to be read in the abstracts, leaving 9 studies. **Final Considerations:** The Kangaroo Method has stages that aim to favor humanized care for newborns by establishing a bond between them and their mothers through contact with their mother's or father's bodies, in addition to providing humanized care by health professionals about reducing morbidity and mortality in premature newborns.

Keywords: Humanized care, Kangaroo care, Newborn.



1 INTRODUCTION

This research is based on the current conjectures of the advancement of medicine, which has made it possible, through the technical, scientific, informational development, to provide a survival of a large part of newborns (NB), especially for those who were born before 37 weeks of gestation, those who were premature or who were in serious condition and needed greater attention from health professionals (SOCIEDADE BRASILEIRA DE PEDIATRIA, 2019).

In this context, Brazilian child health in recent years has shown a significant reduction in infant morbidity and mortality, especially in the neonatal period in the first days of life, due to the Kangaroo Method strategy, which is part of the National Policy for Comprehensive Child Health Care of the Ministry of Health – PNAISC (BRASIL, 2017).

The Kangaroo Care Method consists of a neonatal care approach that helps the development of the newborn by putting him in direct contact with the mother, skin to skin, so that he feels the warmth of his mother's body (VERÍSSIMO, 2017).

According to Veríssimo (2017), this method consists of 5 steps to be implemented to favor the well-being and development of the newborn, which are: individual care centered on family members; skin-to-skin body contact; environment control; adequacy of maternal posture and breastfeeding.

The author also points out that the first stage of the kangaroo method already occurs from the prenatal period, when pregnancy is identified as self-risk, until the newborn's hospitalization. Thus, the subsequent stages are filled with labor or birth of the newborn and end with the discharge of the newborn from the neonatal intensive care unit. During the hospitalization period, there is initial contact between family members and newborn care services, with the aim of providing their integration with the family (KONSTANTYNER et al., 2022).

Konstantyner et al (2022) highlight that, for the stages of the Kangaroo Method to be implemented efficiently and with the quality that the method requires, it is essential that health professionals are trained based on the technical manual of the Ministry of Health, as it was created specifically for professionals who work in perinatal care.

In view of the degree of importance of the Kangaroo Method for the growth and restoration of the health of newborns, this article is justified in order to help health professionals who work in neonatal care to acquire the necessary knowledge about the benefits and execution of the method to perform their functions aimed at humanized care. maintenance of the health of the newborn and the reduction of neonatal morbidity and mortality, with efficiency and quality.

From this perspective, it was established as a guiding question, what are the approaches of



the kangaroo method in the humanization of newborns? As a central focus for the text production of this article, we highlight the approaches of the kangaroo method in the humanization of newborns. Following the same textual condition, the specific focus is to conceptualize the Kangaroo Method and identify the stages and benefits of the method for the development of the newborn.

2 METHODOLOGY

Literary research with a bibliographic survey was used as a method, as it brings summarized information to synthesize the conclusions of existing studies in publications on the subject in a complete and impartial way.

The research is a descriptive bibliographic review with a qualitative approach that sought to bring the temporal update between 2017 and 2023 of the references on the approaches of the kangaroo method in the humanization of newborns in order to contribute with new clarifications on the subject.

The material collected through the bibliographic research was organized by scientific sources that were based on: dissertations and books published on websites such as Public/Publish (PubMed), Latin American and Caribbean Literature in Health Sciences (LILACS) and Scientific Electronic Library Online (SCIELO), whose literary analysis served to elaborate the textual production with critical ideas linked to the guiding question on kangaroo care approaches to the humanization of newborns.

For descriptors, the research was guided by the following research guides: Humanized Care, Kangaroo Method and Newborn, which served as the basis for the choice of inclusion of the texts in this article.

This article contains a research that addressed the following inclusion criteria: full-time studies with free online availability, original, complete publications and within the established period.

From there, 45 materials were found, including scientific articles and publications, between journals and manuals, in the databases of the sources established above; Of these, 25 were excluded after applying the criteria defined for the textual production of this article, 5 because they were not related to the theme, leaving 6 articles selected to be read in the abstracts, leaving 9 studies.

All original articles, periodicals, magazines, and books in the period between 2017 and 2023 that had a direct connection on the kangaroo method approaches to the humanization of newborns with the object of study defined in the content of the research were included in the



established period.

Materials and articles that did not apply to the theme, or that the sources are not safe for the use of the data in the research, materials and articles that do not apply to the theme, or that the sources are not safe for the use of the data in the research and were not in accordance with the descriptors that make up the production of the text for the development of this article, were excluded.

3 THE BENEFITS OF KANGAROO CARE FOR THE DEVELOPMENT OF THE NEWBORN

Ciochetto, Bolzan & Weinmann (2023) provide information that the Kangaroo Care is beneficial for breastfeeding newborns because it reduces early weaning, improves sucking, and increases breast milk production.

In addition, Silva, Cechetto & Riegel (2021) highlight that the Kangaroo Method, by increasing the production of breast milk, provides the newborn with weight gain, reduces the hospitalization period and establishes the bond between the mother and the baby; an extremely important relationship for the development of the NB.

Geber et al (2022) highlight that the Kangaroo Method is essential for the growth of newborns who are underweight, in addition to promoting their neuropsychological and biological development; which constitutes the strategy of the Method as a strong ally in the development of motor coordination in the NB when performing swallowing and sucking.

Thus, the Kangaroo Method, by establishing a bond between the NB and the mother through skin-to-skin contact and breastfeeding, also benefits humanized care, allowing an effective participation of the baby with the parents; which tends to considerably improve the clinical status of neonates, as Silva, Cechetto & Riegel (2021) point out.

Another significant benefit of the Kangaroo Care is the reduction in the neonatal mortality rate, in view of the severe health condition of the newborn, by improving vital signs and providing motor development, as identified by Ciochetto, Bolzan & Weinmann (2023).

In relation to premature newborns, their adaptation to the new environment is strengthened through the Method in question, mainly due to the fact that these specific babies should continue in the intrauterine environment until they complete the cycle for their birth at 40 weeks. So, due to this interruption, the PNAISC saw the need to use the Method to assist in the neuropsychic development of the NB (VERÍSSIMO, 2017).

Caetano, Pereira & Konstantyner (2022) corroborate the importance of the Kangaroo Method to effect humanization of care and assist the NB in extrauterine adaptation, in order to



strengthen the maternal bond of the NB and their well-being in the face of the serious clinical conditions that they may present after their birth.

Veríssimo (2017) also complements the positive use of the Kangaroo Care strategy by listing that the method helps the physical and emotional development of the newborn; It decreases stress and pain, in addition to stabilizing heart rate, oxygenation and body temperature, and contributing to the protection of hospital infection during hospitalization in ICU beds.

Therefore, in view of what was highlighted by the authors above regarding the benefits that the Kangaroo Care is capable of promoting for newborns, it is essential that health professionals have the proper knowledge about these positive factors that address the strategy of humanization of care for newborns, so that they can carry out actions aimed at reducing the morbidity and mortality of this specific client.

4 KANGAROO CARE APPROACHES TO THE HUMANIZATION OF NEWBORNS

Babies who are born prematurely and have low birth weight are a constant challenge for health professionals working in neonatal units, due to the fact that a significant part of premature newborns do not reach the first year of life or die during the hospitalization period (PARDIN et al., 2023).

Thus, the Kangaroo Method strategy emerges in this scenario as the best way found to effect the humanization of care for newborns through the steps inherent to the execution of the method in question (PARDIN et al., 2023).

Therefore, it is necessary for health professionals to perform their functions based on the care of newborns, with a comprehensive approach related to both obstetric and neonatal care, as evidenced by Pardin et al (2023).

These steps should be performed by health professionals, from prenatal care, through the classification of high-risk pregnancy, birth, combined with the period of hospitalization of the newborn until hospital discharge.

Lima, Matos & França (2020) provide information that physiotherapy, when started in the first months of the newborn's life, provides stimuli to the newborn of great relevance for their development throughout their life, taking into account the reflexes or reactions that they may or may not present during their extrauterine evolution; Well, it will depend exclusively on your motor development.

The aforementioned authors also emphasize that it is essential for parents to receive the proper guidance from health professionals about the child's clinical condition, as well as the



procedures to be performed for the child's improvement, as well as the benefits of what the kangaroo method can provide for the newborn, given its specificities.

With the positive evolution of the neonate's condition, it is possible to pre-discharge from the hospital and transfer the neonate from the ICU to the accommodation together; however, the Kangaroo Method should remain until the moment when the NB presents a stable condition and with a minimum weight of 1,500g (VERÍSSIMO, 2017).

The physiotherapy approach to achieve the efficacy that the stages of the Kangaroo Method require, it is necessary that the physiotherapy professional is properly trained to diagnose and prevent neuropsychomotor adversities generated by hospitalization (VERÍSSIMO, 2017).

Therefore, it is essential for the physiotherapist to be trained to perform the Kangaroo Method, mainly because he is one of the most suitable professionals to perform this procedure.

5 THE NEONATAL PHYSIOTHERAPEUTIC APPROACH IN THE APPLICATION OF THE KANGAROO CARE METHOD

The Kangaroo Care Method was developed with the aim of positioning the newborn (NB) on the mother's chest, promoting body thermal stability and replacing incubators. Thus, the possibility of early discharge and the reduction of the risks of hospital infection is much greater; which corresponds to the quality of health care for NB (SANDES et al., 2018).

The physiotherapeutic approach in the Kangaroo Method consists of helping the mother to position the baby correctly on her body in the chest or breast region for the effectiveness of the NB's neurobehavioral development, as well as breastfeeding (PINHEIRO & CARR, 2019).

According to Porto (2021), the method, in addition to providing easy application and not offering costs, brings significant contributions to the physical therapy treatment for low birth weight or premature newborns, as it is an additional strategy to improve vital signs and discharge from hospital quickly.

The insertion of physiotherapy in hospital institutions and especially in Intensive Care Units was established through Resolution No. 402 of 08/03/2011 of the Federal Council of Physical Therapy and Occupational Therapy (COFFITO); which made the physical therapist a professional of crucial importance in the composition of the multidisciplinary health team, with full autonomy to implement protocols and resources aimed at the improvement of the patient, in the face of the problems presented related to the airways, both natural and artificial; in addition to managing oxygen therapy, aerosol therapy and the Kangaroo Method (PINHEIRO & CARR, 2019).



As a result, physiotherapy began to contribute, in conjunction with the multidisciplinary team, in the practice of humanization in the care of newborns and their families, in order to reduce morbidity and mortality rates and hospital costs.

Thus, it is up to the physiotherapy professional to communicate the clinical status of the NB and the interventions to be performed to effect the interaction of the health team with family members in a more humanized way, in the face of the complicated moment for those involved in the hospitalization process of the patient in question, as highlighted by Pinheiro & Carr (2019).

The physiotherapist who works in the area of pediatrics and neonatology is part of the teams

in the hospital environment and remains in constant contact with the neonate to perform the functional kinetic assessment, predict possible complications, and perform the necessary interventions for the effectiveness of the motor and/or respiratory treatment of the newborn (SANDES et al., 2018).

In view of this, during the hospitalization period, the physiotherapist needs to be properly trained to provide psychological support to the family of the hospitalized newborn, taking into account the family's emotional condition (PORTO, 2021).

By acting in a humanized way, the physiotherapist establishes a bond of trust with the family by dialoguing with those involved in the newborn treatment process and seeks to make clear the importance of the Kangaroo Method for the immediate improvement of the newborn and possible discharge quickly (PORTO, 2021).

To this end, the physiotherapist should, together with the multidisciplinary team, give lectures and transmit information that succinctly and objectively clarifies the benefits of the Method to stimulate the motor development of the newborn early and reduce the sequelae related to hospitalization, in order to reassure family members (PINHEIRO & CARR, 2019).

Physical therapy humanization focused on the care of parents is necessary, in view of the moment of distress and anguish they go through when they see in their child the need for hospitalization, characteristic of stage 2 of the Kangaroo Method; the absence of this assistance can interfere with the mental health of family members, as Porto (2021) points out.

In addition, when the reception in the physical therapy environment does not occur in an adequate way, the relationship of trust between the parents and the health professional is not established; and, on the other hand, there is no collaboration between them in the care recommendations proposed by the professional, as well identified by Sandes et al (2018).

Therefore, it is necessary to approach physiotherapy before the birth of the newborn,



starting with prenatal care, as established in the first stage of the Kangaroo Care Method, in order to identify in advance the possible risks inherent to the newborn, such as low birth weight and prematurity; situations in which the health professional must inform the pregnant woman about the specific and humanized care related to the Method in question.

6 FINAL THOUGHTS

In view of the above, it was evidenced throughout the text that the Kangaroo Method has stages that aim to favor humanized care for the newborn (NB) by establishing a bond between the newborn and the mother through contact with the mother's or father's body and breastfeeding as exclusive maternal food.

It was highlighted throughout the text that the Kangaroo Method provides humanized care by health professionals about reducing morbidity and mortality in premature newborns.

The degree of importance of the physical therapy approach in terms of more humanized care for both the NB and the parents with the application of the Kangaroo Method was also understood.

In addition, the Method offers important benefits related to the development of the NB, as well as the promotion of physiological balance, prevention of hospital infections.

Other benefits related to the kangaroo method for the newborn were highlighted, such as reducing stress and pain, encouraging breastfeeding and strengthening family connection.

It is important for health professionals, especially physiotherapists, to realize that in order to provide humanized care to newborns through the Kangaroo Care strategy, it is crucial that they are properly trained to perform the practice with the quality and effectiveness that the action needs to be performed. Thus, the professional will be able, through their acquired knowledge, to improve neonatal care and reduce morbidity and mortality in premature or low weight babies.

In short, the kangaroo method consists of an innovative approach that encompasses: skin-to-skin contact between the mother and the newborn so that he can feel the mother's body heat; The intervention is beneficial for the survival of the baby by improving the clinical picture. Therefore, further research is needed to further increase the importance of the Kangaroo Method for the growth and psychomotor evolution of the baby.

Therefore, it is clear that the Kangaroo Method is oriented to family members during the reception of health professionals so that they can carry out the treatment effectively; which reports the importance of health professionals, especially physiotherapists, to carry out continuing education in order to become able to accurately inform about the benefits of the Kangaroo Method.



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