

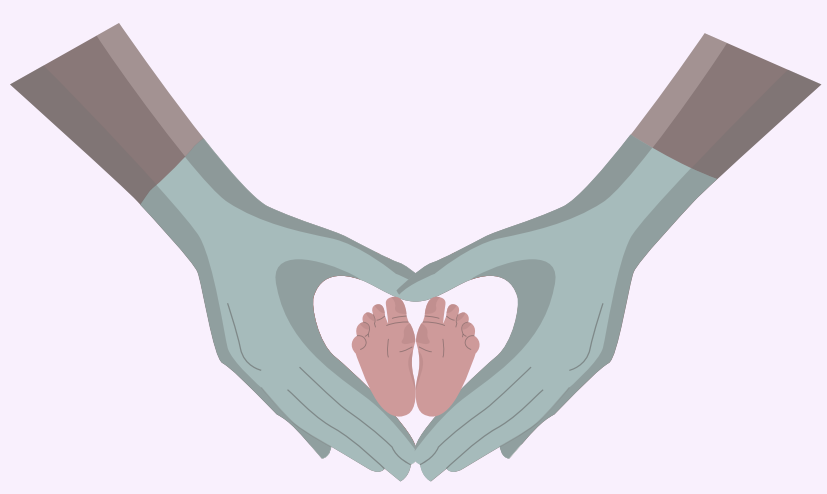
Enhancing Skin-to-Skin Contact Implementation: A Call to Action!

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INTRODUCTION



- ★ Benefits: Thermoregulation, breastfeeding, bonding
- ★ Objective: Explore global use for full-term normoweight newborns born vaginally
- ★ Origin: Bogotá, Colombia, 1970s
- ★ Definition: Newborn on mother's bare chest
- ★ Outcome: Optimize maternal-infant health
- ★ Gap: Recommended vs. actual practice
- ★ Barriers: Low Apgar scores, NICU admissions
- ★ Advantages: Reduces mortality, illnesses
- ★ Focus: Strengthening mother-infant bond for well being (1)

METHODOLOGY

Narrative Review



22-02-24

PubMed CINAHL Scopus AMERICAN PSYCHOLOGICAL ASSOCIATION PsycINFO

Research Question: How does skin-to-skin contact benefit newborns and their mothers?

Search Strategy Terms: Newborns, Mothers, Skin-to-skin contact, Benefits. Used Boolean operators (AND, OR) and Mesh terms: Skin-to-skin Contact, Newborn, Infant and Mothers.

Focus on full-term newborns (37-42 weeks, 10th-90th percentile weight).

- Included: Vaginal births, Norm weight babies, English or Spanish articles (2014-2024).
- Excluded: Preterm, cesarean births, low birth weight, COVID-19 studies and other caregivers.

Methodological Approach:

- Narrative review synthesizing SSC and KMC literature.
- Emphasis on physiological and psychological benefits.
- Examined studies from 2014 to February 2024

RESULTS

| Physiological Advantages | Psychological Advantages | Historical and Cultural Significance | Advocacy and Implementation |
|--------------------------------|--------------------------|--|---|
| Thermoregulation | Maternal-infant bonding | Evolution of KMC | Healthcare provider education crucial for SSC support |
| Vital signs stability | Reduced stress | From a life-saving measure to standard of care | Clear hospital policies and protocols for SSC initiation |
| Neurodevelopmental benefits | Diminished anxiety | Culturally accepted | Technological innovations to promote SSC accessibility |
| Early breastfeeding initiation | | Symbolizing love and family connection | Family-centered care models to empower families in newborn care |
| Reduced infection risks | | | (2) |

AIMS OF THE STUDY

General Objective:

Investigate the benefits of skin-to-skin contact (SSC) for full-term newborns and strategize its integration into neonatal care for health and bonding.

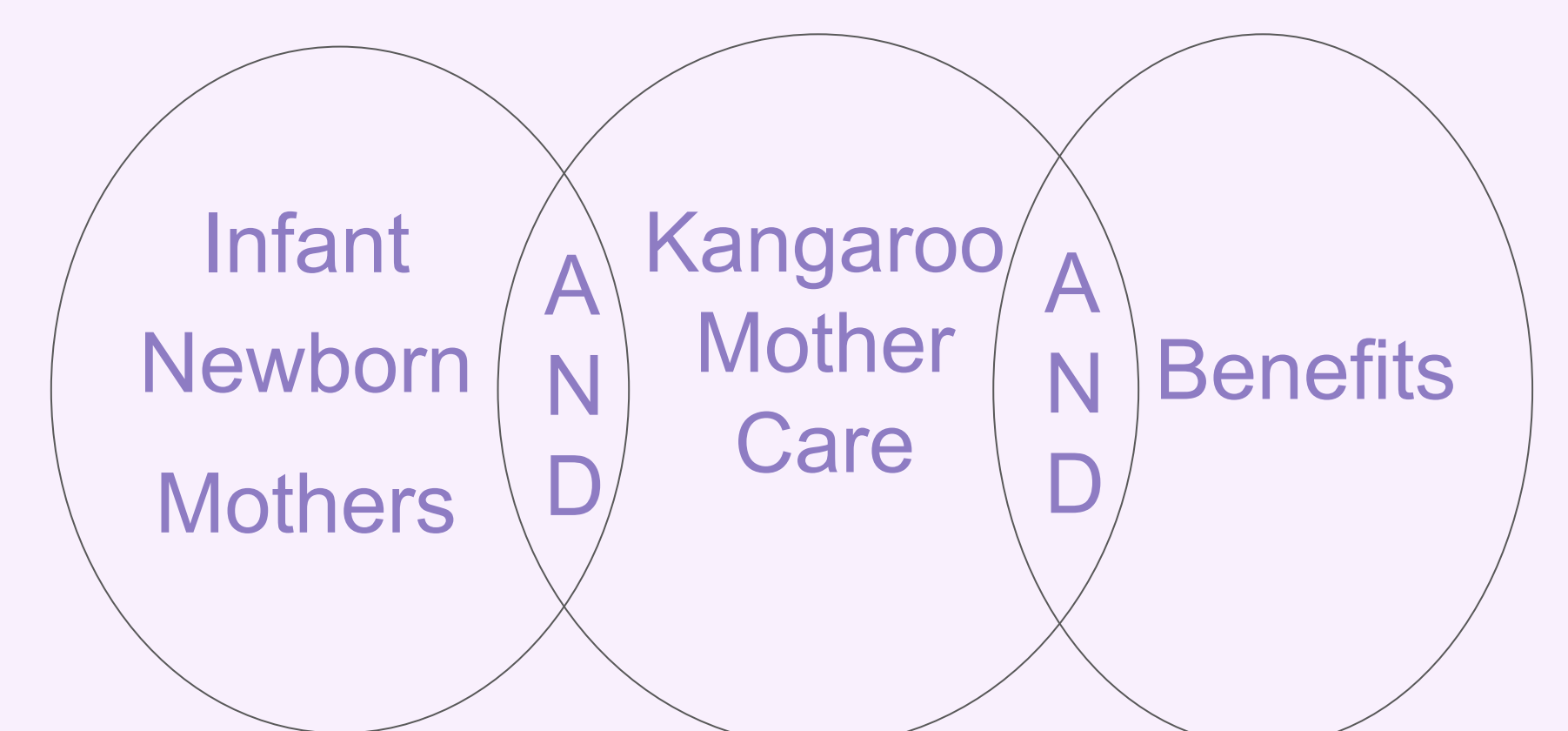
Studies from databases/registers (n = 173)

CINAHL (n = 102)
PubMed (n = 33)
PsycINFO (n = 25)
Scopus (n = 13)

Studies excluded (n = 13)

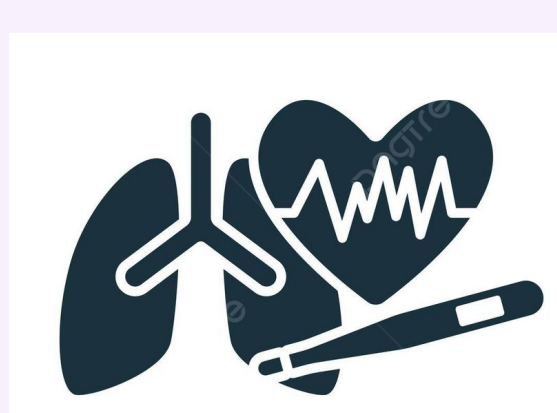
Preterm babies (n = 7)
Caesarean births (n = 1)
Inappropriate weight for gestational age (n = 2)
COVID-19 pandemic / related infections (n = 1)
Fathers / other caregivers (n = 2)

Studies included in review (n = 18)



CONCLUSIONS

- ❖ **Research:** Guiding Future Studies. Directs research on educating healthcare professionals and families about KMC benefits.
- ❖ **Teaching:** Awareness Building. Raises awareness among students and professionals.
- ❖ **Clinical Practice:** Guideline Development. Supports creating standardized protocols for KMC.



BIBLIOGRAPHY

