

2015

Effects of Kangaroo Care on Postpartum Depression

Katie Tomeo

West Chester University of Pennsylvania

Andrew Chinofsky

West Chester University of Pennsylvania

Follow this and additional works at: http://digitalcommons.wcupa.edu/nurs_stuwork



Part of the [Maternal, Child Health and Neonatal Nursing Commons](#)

Recommended Citation

Tomeo, K., & Chinofsky, A. (2015). Effects of Kangaroo Care on Postpartum Depression. Retrieved from http://digitalcommons.wcupa.edu/nurs_stuwork/17

This Poster is brought to you for free and open access by the Nursing at Digital Commons @ West Chester University. It has been accepted for inclusion in Nursing Student Work by an authorized administrator of Digital Commons @ West Chester University. For more information, please contact wcressler@wcupa.edu.

Effects of Kangaroo Care on Postpartum Depression

Katie Tomeo and Andrew Chinofsky

What We Learned

Kangaroo care is an easy to use, accessible, and cost effective intervention that can be encouraged by nurses and other healthcare providers in the postpartum period to decrease the likelihood of maternal stress and depression and facilitate a healthy bond between mother and infant.

Background

- Postpartum depression is a serious psychological condition that affects 9-16% of postpartum women
- Research has been conducted to determine physiological effects of kangaroo care (KC) on infants
- Effects of KC on maternal mental health are now being investigated

Purpose & Aims

- Determine if there was a relationship between
- Kangaroo care (KC)
 - Maternal stress
 - Maternal depressive symptoms
 - Maternal psychological wellbeing
 - Infant physiological stability

Sample

- 2 studies focused on healthy postpartum women and their infants after full-term delivery
- 1 study focused on postpartum women following healthy pre-term delivery
- 1 study focused on postpartum women and their infants following premature deliveries

Methods

- Database Search- CINAHL
- 4 peer-reviewed research articles
- Nursing journals
- Published 2009-2015
- Search Terms- skin to skin contact, kangaroo care, postpartum depression

Results



- Redshaw et al. (2014) found women who held infants within 5 minutes after birth and women who held infant for longer than 20 minutes were less likely to report feelings of anxiety and depression in the months after discharge
- Bigelow et al. (2012) found women who provided KC had lower cortisol levels and lower scores on Edinburgh Postnatal Depression Scale in the first few weeks after birth
- Lee & Bang (2011) found maternal self-esteem to be higher in women who provided KC to infants after administration of a post-test
- Montirosso et al. (2014) reported that KC was not guaranteed to reduce maternal negative emotional states and that mothers of full-term and pre-term infants scored similarly on Edinburgh Postnatal Depression Scale

Conclusion

- Positive impact of KC on maternal psychological wellbeing and infant physiological stability
- Early KC can lead to a decrease in maternal stress and depressive symptoms
- Wellbeing of mothers can enhance infant development
- Stronger mother/infant bond

Next Steps

- More diverse and/or high-risk sample
- More supporting research for this newly investigated topic
- Nursing Implications- provide opportunity for KC immediately after birth and encourage continuation of KC throughout infancy

Limitations

- Limited research on the effects of KC on postpartum depression
- Few nurse-authored studies regarding KC and maternal psychological wellbeing

Acknowledgments

We thank West Chester University and Dr. Monturo for her continued guidance and feedback in assisting with our research project.