

Elaboration of an educational booklet: the role of the nursing team in the kangaroo method with preterm newborns

Elaboração de cartilha educativa: papel da equipe de enfermagem no método canguru com recém-nascido pré-termo

Elaboración de un folleto educativo: el papel del equipo de enfermería en el método canguro con recién nacidos prematuros

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Resumo

Objetivo: Elaborar uma cartilha educativa sobre o método canguru e seus benefícios para o recém-nascido pré-termo e seus familiares.

Métodos: Trata-se de um estudo de metodológico descritivo exploratório para o desenvolvimento de uma tecnologia leva-dura, no qual foi elaborado um material educativo no formato de cartilha. Sendo dividido em duas etapas, a primeira o planejamento do material educativo, obtendo-se pelo levantamento de dados literários e seleção dos artigos utilizou-se a Biblioteca Virtual em Saúde. A busca realizou-se nos meses de julho e agosto de 2024, com os seguintes descritores e palavras chaves; Método canguru; Cuidado de Enfermagem; Benefícios e foram selecionados 16 artigos, contemplando 9 destes. Nesta etapa a definição do público-alvo: mães e equipe de enfermagem, com a finalidade da cartilha educativa proporcionar o entendimento e aplicação na prática assistencial, visando proporcionar informações claras e concisas. A segunda etapa do estudo foi a elaboração e montagem do layout da cartilha educativa intitulada: Método Canguru e seus impactos positivos na Assistência ao RN: Fortalecendo o vínculo.

Resultados: Ao analisar os dados científicos, eles deixam claro o quanto o Método Canguru é uma estratégia eficaz e promove o vínculo afetivo entre o binômio mãe e filho, bem como envolve os familiares no processo. Assim a presença constante e o apoio dos profissionais de enfermagem são fundamentais para a implementação bem-sucedida do Método.

Conclusão: A construção da cartilha é essencial para divulgar as orientações, fortalecendo o vínculo afetivo entre mães e bebê. Acredita-se que a equipe de enfermagem pode contribuir a capacitar os pais promovendo um ambiente seguro e acolhedor, no qual a Cartilha Educativa irá promover uma parceria harmoniosa entre pais e profissionais, assegurando os benefícios do Método Canguru e contribuir para uma assistência de qualidade e humanizada.

Abstract

Objective: To develop an educational booklet on the kangaroo method and its benefits for preterm newborns and their families.

Method: This is a descriptive exploratory methodological study for the development of a light-hard technology, in which an educational material in the format of a booklet was created. Divided into two stages, the first involved the planning of the educational material, achieved through a literature review and the selection of articles using the Virtual Health Library. The search was conducted in July and August 2024, using the following Health Science Descriptors (DeCS); Kangaroo method; Nursing Care; Benefits, resulting in 16 articles being selected, of which were included. At this stage, the target audience was defined: mothers and the nursing team, with the purpose of the educational booklet providing understanding and application in practical care, aiming to provide clear and concise

Keywords

Pediatric nursing; Kangaroo method; Nursing care; Benefits

Descritores

Enfermagem pediátrica; Método Canguru; Cuidado de Enfermagem; Benefícios

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information. The second stage of the study was the development and design of the educational booklet titled: Kangaroo Method and Its Positive Impacts on Neonatal Care: Strengthening the Bond.

Results: Analyzing the scientific data highlights that the Kangaroo Method is an effective strategy that promotes the emotional bond between mother and child and involves family members in the process. The constant presence and support of nursing professionals are fundamental for the successful implementation of the method.

Conclusion: The creation of the booklet is essential for disseminating guidelines and strengthening the bond between mothers and babies. It is observed that the nursing team empowers parents, promoting a safe and welcoming environment. The Educational Booklet will foster a harmonious partnership between parents and professionals, ensuring the benefits of the Kangaroo Method and contributing to quality and humanized.

Resumen

Objetivo: Elaborar un folleto educativo sobre el método canguro y sus beneficios para el recién nacido prematuro y sus familiares.

Método: Se trata de un estudio de metodología descriptiva exploratoria para el desarrollo de una tecnología ligera-dura, en el cual se elaboró un material educativo en formato de folleto. Dividido en dos etapas, la primera consistió en la planificación del material educativo, obtenida mediante la revisión de datos literarios y la selección de artículos utilizando la Biblioteca Virtual en Salud. La búsqueda se realizó en los meses de julio y agosto de 2024, con los siguientes descriptores en Ciencias de la Salud (DeCS); Método canguro; Cuidado de Enfermería; Beneficios, resultando en la selección de 16 artículos, de los cuales 9 fueron incluidos. En esta etapa se definió el público objetivo: madres y equipo de enfermería, con el propósito de que el folleto educativo proporcione comprensión y aplicación en el cuidado práctico, ofreciendo información clara y concisa. La segunda etapa del estudio fue la elaboración y diseño del folleto educativo titulado: Método Canguro y sus Impactos Positivos en la Atención al RN: Fortaleciendo el. Resultados: Al analizar los datos científicos, queda claro cuán eficaz es el Método Canguro como estrategia y cómo promueve el vínculo afectivo entre el binomio madre-hijo, así como la implicación de los familiares en el proceso. La presencia constante y el apoyo de los profesionales de enfermería son fundamentales para la implementación exitosa del Método.

Conclusión: La creación del folleto es esencial para divulgar orientaciones y fortalecer el vínculo afectivo entre madres y bebés. Se observa que el equipo de enfermería capacita a los padres, promoviendo un ambiente seguro y acogedor. El Folleto Educativo fomentará una colaboración armoniosa entre padres y profesionales, asegurando los beneficios del Método Canguro y contribuyendo a una asistencia de calidad y humanizada.

Descriptoros

Enfermería pediátrica; Método canguro; Cuidados de enfermería; Beneficios

Introduction

To transform the reality of neonatal health, Brazil has adopted the Kangaroo Care as a central strategy in its health policy, aiming at its feasibility. Ordinance 1,683, created in 2000 and revised in 2007, instituted Humanized Care for preterm and low birth weight babies, employing less invasive care technologies in conjunction with traditional intensive care, covering all levels of the health system. Globally, of the approximately 20 million premature babies born annually, about a third do not survive the first year of life, underscoring the importance of this initiative.^(1,2)

It should be noted that the Kangaroo Method involves direct skin-to-skin contact (PPC) between the low weight baby and a family member's chest, keeping the baby upright. This practice must be conducted under guidance and in a safe way, always with the support of qualified health professionals to ensure the well-being of the newborn.⁽³⁾ This model of care in the Neonatal Intensive Care Unit (NICU) is based on principles that include welcoming the newborn (NB) and his or her family, respecting singularities, promoting skin-to-skin contact, and encouraging parents to care for the newborn.⁽⁴⁾ Kangaroo Care (KM) is implemented in several stages. The first of these begins during

the prenatal care of high-risk pregnancies, followed by the hospitalization of the newborn in the NICU. At this stage, the procedures must be adapted to the individual needs of each newborn.⁽⁵⁾ The continuation of the KM in the second stage, the Kangaroo Neonatal Intermediate Care Unit plays a vital role in continuing the care previously initiated, with a particular focus on breastfeeding support. For the NB to be considered suitable for this phase, it is necessary that it has achieved clinical stability, is in full enteral nutrition and has a minimum weight of 1,250 grams.⁽⁶⁾

Discharge to the third stage can be considered from the weight of 1,600g, varying according to each NB and their family, indicating that the baby is clinically stable, being breastfed, still needing attention to maintain their body temperature and continue gaining weight, but no longer requiring hospital support. At this time, both the baby and his family will receive care from the teams of the basic health unit (UBS) and the hospital, working together to ensure the baby's well-being through consultations, home visits, observations and guidance.⁽⁷⁾

The Kangaroo Method, which seeks to strengthen the bond between mother and baby, has several objectives: to promote the bond between the NB and their families, encouraging continuous and direct contact

that reinforces affective bonds. This proximity is crucial to reduce the incidence of diseases. In addition, the KM seeks to create a welcoming hospital environment, with careful environmental control, such as noise reduction, light and heat regulation, and the use of non-pharmacological practices for pain relief. Another important aspect of the method is to promote the healthy physical development of the baby, improve the effectiveness of breastfeeding and contribute to the reduction of the NB's hospitalization time.⁽⁸⁾

The nursing team plays a key role in health promotion and health education of the preterm infant, positively influences recovery through continuous care, the transition of the newborn to the neonatal intensive care unit, and overcoming challenges. In addition, its intervention is essential for the baby's adaptation to the extrauterine environment and the emotional support of the parents in the face of existing difficulties.⁽⁹⁾

The care provided in prenatal care should be qualified, humanized and hierarchized according to each patient and their gestational risk. This risk should be recognized at the first antenatal visit and reviewed at each visit. These pregnant women should be monitored by a specialized and multiprofessional team, in a secondary or tertiary reference service, with neonatal facilities.⁽¹⁰⁾

It is appropriate to think of health promotion as a broad strategy that involves health education, which in turn is a strategy that enhances nursing care, whether in the clinical context, in educational actions or in the nurse's daily life, in which several strategies and conducts are defined to transmit knowledge to patients and their families. Nurses can use didactic and technological resources, based on scientific knowledge to exchange information during consultations or lectures, often using audiovisual resources, educational materials such as: serial album, educational booklets, among other technologies.⁽¹¹⁾

It is perceived that, in health education, it is common for professionals to resort to the use of didactic materials that can contribute and facilitate communication and guidance between the nursing team and patients. Allowing resources with organized information and enriched with illustrations, which is the example of the Educational Booklets, which are essential to facilitate the understanding of health instructions.

Among the various types of materials, the booklets stand out for their effectiveness in the presentation of health topics and for their illustrative and easy-to-understand didactic form, thus allowing an accessible form due to their reduced cost and ease of implementation in hospital environments, becoming a practical and economical instrument for the dissemination of knowledge and its applicability in practice.⁽¹²⁾

The objective was to prepare an educational booklet about the kangaroo method and its benefits for preterm newborns and their families.

Methods

This is an exploratory descriptive methodological study for the development of a hard-working technology, in which an educational material was prepared in the format of a booklet for health education on the role of the nursing team in the face of the kangaroo method and its benefits for the preterm newborn. Methodological studies aim to develop new instruments or tools, establishing the use of technologies (whether light, hard or hybrid) to create care protocols. In addition, these studies are able to translate, validate, or adapt existing instruments for different contexts.⁽¹³⁾

The theoretical basis for the preparation of the booklet was through searches on the electronic platforms Scientific Electronic Library Online (SciELO), Virtual Health Library of the Ministry of Health (VHL) and US National Library of Medicine (PubMed), from August to October 2024. The following descriptors were used; Kangaroo Method; Nursing Care; Benefits. After the survey, the data were organized in linearity to later be added to the final file of the booklet.

In order for educational materials to be appropriate to the audience for which they are intended and to the content to be conveyed and worked on, it is essential that they are built with solid methodological bases, this includes valid and reliable construction strategies, as well as appropriate theoretical references.⁽¹⁴⁾

The booklet was developed to serve mothers and the nursing team who play a fundamental role in the care of preterm newborns. The main focus is to present the benefits of the kangaroo method, a neonatal technique recommended especially for premature babies, where their physiological state is ensured.

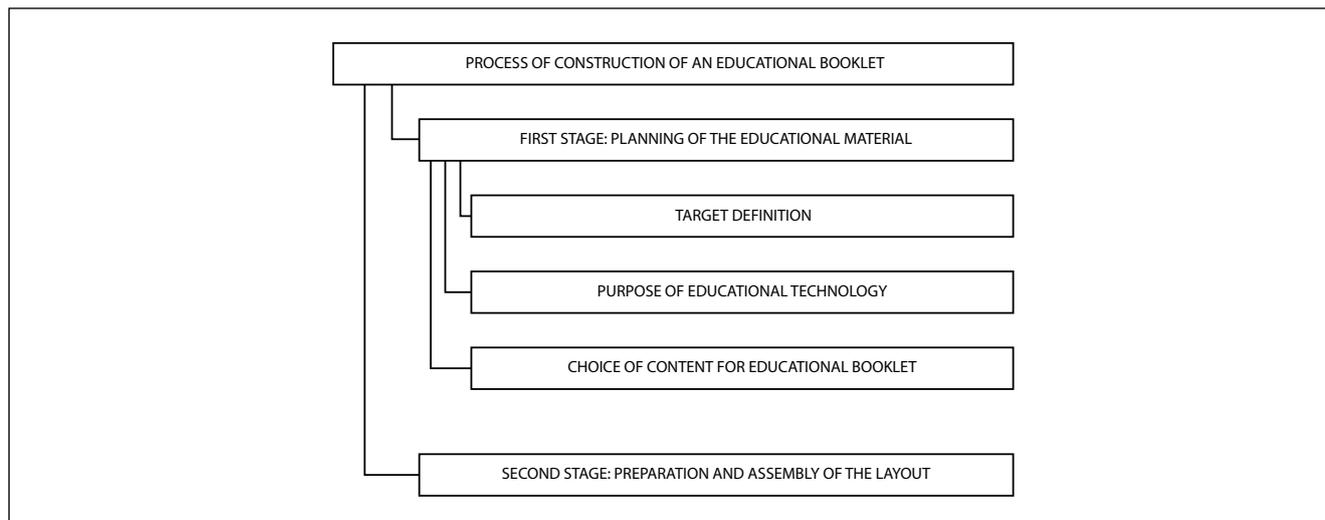


Figure 1. Flowchart of the steps for the construction of the Educational Booklet: “Kangaroo Method and its positive impacts on Newborn Care, strengthening the bond

The material can be used in various health services and educational contexts, with an emphasis on health education. It is available to Community Health Agents (CHA) during home visits, health professionals in hospitals and educators in schools and other environments, in addition to being accessible to the general public.

The main information to compose the manual was carefully selected, and with the intention of creating an attractive, concise and effective tool to understand. Thus allowing readers to ensure the interest and understanding of the information easily. Therefore, when preparing the material, the importance of highlighting the relevant and extremely necessary points was perceived, in this way, the general population will be able to access the guidelines of the educational booklet.⁽¹⁵⁾

The second stage of the process, that is, the elaboration of the method of the educational material, refers to the assembly of the layout, including the choice of the format of the educational resource and the theme. Items relevant to the theme were observed to make the material more attractive and easy to understand for the target population.

It is extremely important that the language used is uncomplicated and accessible; so that the reader’s understanding provides reflection and clarity of content.⁽¹⁶⁾ The purpose of the booklet is to compile didactic material, which is understandable, clear and reliable.⁽¹⁷⁾

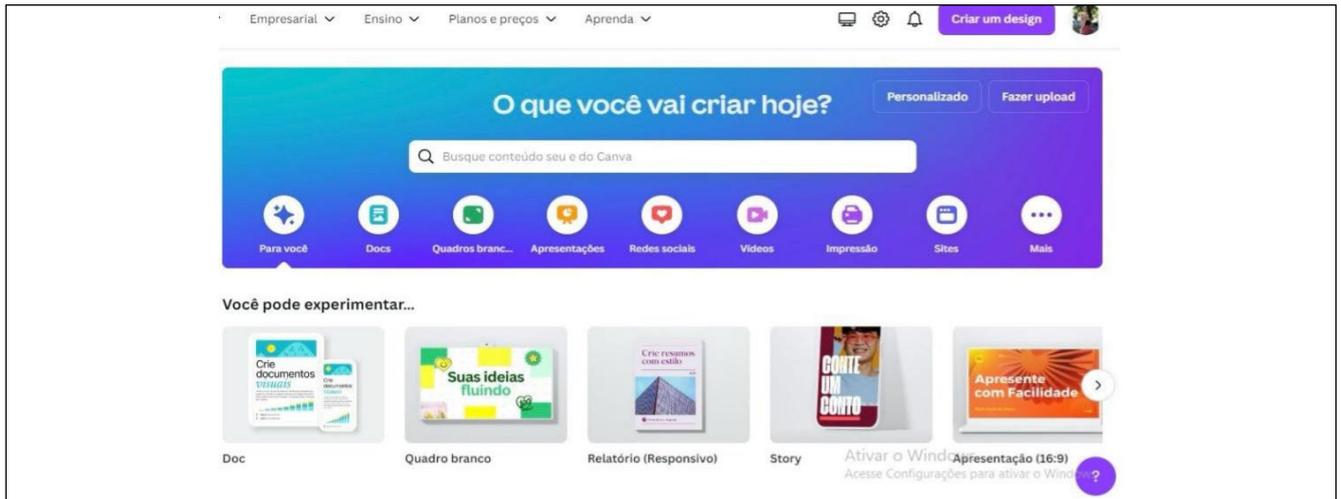
In this phase, the written information was grouped with the images/illustrations taken from trusted sites.

The elaboration of the layout of the educational booklet used instruments from the CANVA Application, available on the website (<https://www.canva>). This tool, which is a free/paid platform that offers: graphic design, brochures, booklets, infographics, among others, accessing through a private login. All construction, editing and layout resources were prepared by (advisee and advisor) and natives of this platform, providing ease and efficiency in the creation of educational material.

Illustration is important for the readability and comprehension of the text, its function will be to attract the reader, arouse and maintain their interest in reading, in addition to complementing and reinforcing the information, they will be selected from materials and the respective sources/references will be cited in the booklet.⁽¹⁸⁾

Results

The definition of the target audience of the educational booklet was detailed based on the previously established methodology, so mothers and the nursing team were included. The choice of this audience is based on the importance of informing and training those who are directly involved in neonatal care, especially in the context of kangaroo care, which is essential to ensure the physiological state of premature babies. The objective was to provide a succinct understanding of the methodology and form of learning related to KM, facilitating its



Source: CANVA, 2024.

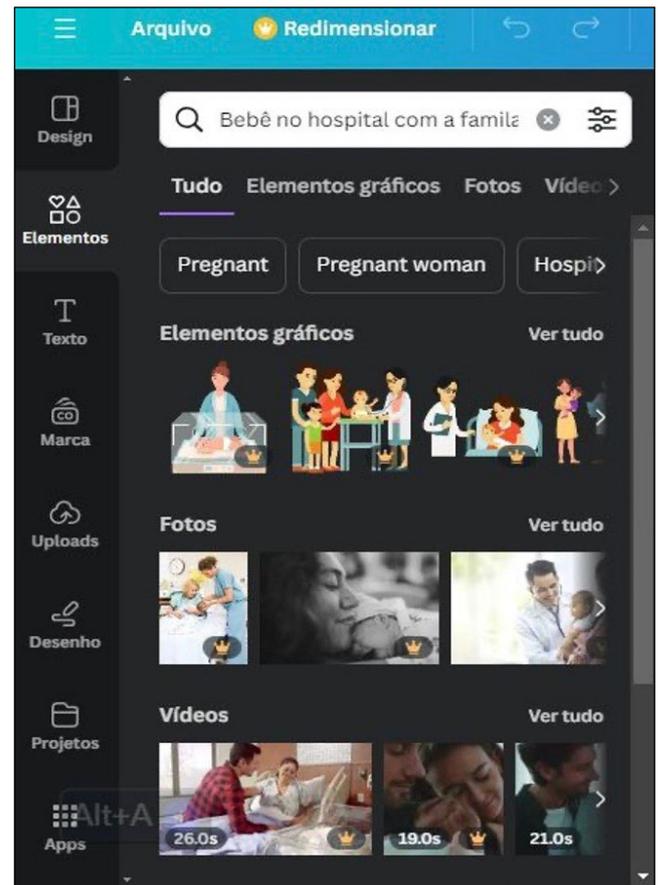
Figure 2. Canva Website Landing Page

practical application in the hospital environment, it is perceived that such accessible and detailed information seeks to inform both family members and health professionals/mothers how this approach can promote the healthy development of preterm newborns, strengthen the affective bond between parents and babies, and contribute significantly to the quality of life of the little ones. To make the teaching material understandable and reliable, technical terms were replaced by simpler explanations, common words or examples. This linguistic care ensures that readers can understand and apply the content without difficulty.⁽¹⁵⁾

The illustrations play a crucial role in the readability and comprehension of the text, for now, they were selected from reliable sources of the CANVA app and google scholar sites and cited in the booklet to complement and reinforce the information presented. The images not only attract and maintain the interest of readers, but also facilitate memorization and promote interaction with the material (Figure 2).

After defining the scientific content that was selected to compose the booklet, containing their strategic and selected images for each page chosen from the CANVA application. Therefore, the chosen images/figures had the following themes: baby, consultation, maternity, baby with family and consultation with baby, as illustrated in (Figure 3) and searches were carried out on Google Images with the following phrase: Kangaroo Method and its stages.

In setting up the layout of the booklet, the following were chosen: A4 format to improve the visualiza-



Source: CANVA, 2024.

Figure 3. Element search image for the primer

tion of the content; Times New Roman font; varied sizes (18-22) and automatic color. The final layout was designed with the harmonious combination of texts and illustrations, along with the appropriate choice of



Figure 4. Image from the booklet

fonts, spacing and visual organization, contributing to a positive reading experience, thus allowing a design that facilitates the assimilation of information as photographic images to be memorized in the reader's mind, allowing the absorption of knowledge to the target audience. In summary, the creation of the booklet: *Kangaroo Methods and their positive impacts on NB care – strengthening the bond*, represents an integrated



Figure 5. Image from the booklet

effort to promote health, education and provide neonatal care to family members (Figures 4 and 5).

Discussion

In the present study, an educational material was developed in the format of a booklet, for health promo-

tion and education of mothers of preterm infants and the Nursing Team. It is noted that the bibliographic survey for its elaboration compiled scientific evidence on the application of KM, highlighting it as an evidence-based intervention capable of significantly reducing morbidity and mortality in preterm infants. CM refers to a clinical approach where the mother or father of a premature baby keeps the baby naked in direct and continuous contact with the breast, similar to kangaroo care. This method provides an early, continuous and prolonged SSC between the premature baby and the parents, encouraging exclusive breastfeeding and promoting measures such as early hospital discharge and post-discharge follow-up.⁽¹⁹⁾

According to the World Health Organization, a birth is considered premature when it occurs before 37 weeks of gestation. The lower the gestational age of the baby, the greater the risk for its development. Risk factors for premature birth include teenage pregnancy, consumption of licit and illicit drugs by pregnant women, low sociocultural level, maternal preeclampsia.⁽²⁰⁾

The educational material highlights the remarkable advantages of KM for premature newborns, their families and health professionals, providing skin-to-skin contact, improving the baby's thermal control, essential for their temperature regulation in a hospital environment. Physical proximity also facilitates breastfeeding, contributing to weight gain and strengthening the affective bond between mother and child.⁽²¹⁾

The material emphasizes the three stages of implementation of the method. The first begins in prenatal care, followed by the NB's hospitalization in the NICU and/or in the Conventional Neonatal Intermediate Care Unit (UCINCo). The objective at this stage is to bring the family closer to the newborn, foster the affective bond and recommend the kangaroo position as soon as possible, in addition to encouraging the participation of parents in care. The second phase takes place in the Kangaroo Neonatal Intermediate Care Unit (UCINCa), also known as the kangaroo unit, where the mother remains continuously with the baby, practicing the kangaroo position for as long as possible.⁽²²⁾

The third stage begins with hospital discharge and includes specific outpatient follow-up and home monitoring shared with primary care, to monitor the first weeks of the child's life at home until he or she

reaches a weight of 2,500g, this includes home visits and the support of the Family Health Support Centers (NASF).⁽²³⁾

The care provided by the nursing team, as mentioned in the booklet, includes the administration of medications, bathing, feeding, temperature control, reinforces the need for trained professionals with evidence-based technical-scientific knowledge, especially in view of the vulnerabilities characteristic of premature newborns. The organized and continuous performance of the team ensuring the well-being of the NBs is of great appreciation, while the professionals face several daily challenges of their profession.⁽²⁴⁾

To enhance the development of preterm infants, it is essential that the multidisciplinary team promotes their adaptation to the new hospital environment, and it is of fundamental importance to consider the clinical condition of the neonate, their stage of development, growth and metabolic needs. In addition, it is important to adopt measures that minimize harmful stimuli and favor those that contribute to healthy development.⁽²⁵⁾

In the booklet, I included information about the benefits of CPP for RN. This contact improves the baby's body temperature and tissue perfusion, reduces respiratory rate, and acts as a non-pharmacological method of pain relief during painful procedures, and proximity helps minimize the negative effects of hospital admission.⁽²⁶⁾

Studies on educational practices indicate that educational materials, whether printed or digital, play a significant role in the communication process, increasing adherence and understanding of the content by the target audience. Evidence suggests that written guidance is more effective than verbal guidance. It is essential to develop technologies that use an accessible language and an attractive visual design, encouraging reading.⁽²⁷⁾

The material produced in this study, simplified and consists of nine pages, was developed in topics integrated by seven sections, namely: (1) Method; kangaroo; (2) Prematurity; (3) Method/position; (4) Benefits; (5) 1st Stage; (6) 2nd stage; (7) 3rd step. Information, concepts and conducts were provided that aim to provide knowledge of the practice of kangaroo care, its benefits and its importance. Therefore, the potential of this educational technology and its possible contributions to clinical and care practice can be seen.

To improve the understanding of the material presented, the technical language of the technology was adapted to a more colloquial style, harmonizing with the didactic illustrations. This adjustment makes it easier for readers to absorb the information.

Conclusion

The care for low birth weight NB is part of the essence of nursing both in ICUs and in Rooming-in, the Kangaroo Method allows this care to be truly established. Thus, the present study shows the relevance of the theme and the effectiveness of the Method, through the construction of an educational booklet, so that future parents and health professionals could understand and clear their doubts. The construction of the educational booklet proved to be an essential tool to disseminate clear and accessible information about the Kangaroo Method, facilitating the understanding and adherence of parents to this practice. Through this material, we seek to provide clear and accessible information to mothers, strengthening the affective bond and encouraging the practice of skin-to-skin contact, essential for the healthy development of babies. The nursing team not only provides technical and emotional support, but also empowers and guides parents to become active participants in the care of their children. This bond of trust and cooperation results in a safer and more welcoming environment for the newborn, contributing to better health outcomes. It is recommended to continue research in the area, expand health education initiatives through soft and soft-hard technologies and their possible validations, so that they can increasingly strengthen this practice, thus enabling the implementation of this educational tool in the various health scenarios so that we can together ensure a significant advance in the quality of neonatal care, contributing to better health and well-being outcomes of preterm newborns.

Contributions

Lemos LR, Martins FJG, Nóbrega RJN, Luna Neto RT, Limeira CPS, Gomes Júnior JEG, Silva JPX, Duarte RB, Barros Júnior J and Barreto JAPS declare that they con-

tributed to the design of the study, analysis and interpretation of the data, writing of the article, relevant critical review of the intellectual content and approval of the final version to be published.

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