

## (RE)COGNIZING THE MASCULINE PARTICIPATION IN KANGAROO METHOD: AN INTERFACE WITH THE ASSISTENCIAL PRACTICE OF NURSING

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### ABSTRACT

The Kangaroo Method (KM) emerges in Brazil as an offer of assistance aimed at the baby, but integrated into family's action. Realizing the benefits that can be generated by this procedure and its reach beyond the dual mother-son, was outlined as goals of this study: understand nursery staff's perception about man-father's participation in kangaroo position on the second phase of the KM, identify facility and difficulting's factors of this participation and describe how the inclusion man-father is held in the process under nursery's staff guidance. It's a descriptive-exploratory research, of the type Case Study with a qualitative approach. The subjects were eight professional nursing staff directly involved in the management of KM in a maternity-school in the city of Rio de Janeiro. In the analysis four categories appeared: facility and difficulties related to man-father realization of KM's second phase on kangaroo position; Strategies that assure man-father's participation on kangaroo position on the second phase of KM; And the meaning of the man's participation of kangaroo position in the KM for nursery staff. It's a fact that in the maternity studied, the effective male participation in the KM is not a constant and the focus is put narrowly on a father figure.

**Keywords:** Low Birth Weight Infant. Gender identity. Nursing Care.

### INTRODUCTION

Humanized attention to infant, low birth weight, also known as Kangaroo Method (MC), emerges in Brazil as a proposal for assistance aimed at the baby, but integrated into family activities<sup>(1)</sup>. Is developed in three stages, and although at first stage special attention be given to stimulate the entry of parents in Neonatal Intensive Care Unit (NICU), is in the second stage the participation of parents is more in demand. This step, still in hospital, it is important, mainly because their parents/family prepares for the high. In this step, the mother is invited to remain continuously alongside his son and perform the Kangaroo position. During this time, the support of the father and the family is central to the mother because she is the main character of this methodology, able to encompass the synthesis of MC, i.e. the triad love, warmth and breastfeeding<sup>(1,2)</sup>.

The man/dad must be stimulated to put the baby in skin-to-skin contact, as this provides the triad-MOM, dad and baby, another form of shared interaction<sup>(1)</sup>, and allows the mother rest

and share other concerns related to the existence of other children at home, with her own husband, the jobs, the study<sup>(3)</sup>, in addition to concerns about the maintenance of milk production and exclusive breastfeeding.

Although the Kangaroo position may be held by any adult trained, the figure of the woman prevails. It's the mother who is asked to remain continuously beside the son<sup>(1)</sup>. One can observe this fact when our professional experience brings limitations of health professionals with regard to the encouragement of the participation of the father and other relatives in the Kangaroo position. Such a situation may be related to the absence of the father in hospital, the gender-related issues, or the non-inclusion of this direct care to the newborn (NB) by the team of health, in particular the nursing staff, whose caution when RN and your family in the MC is solid on 12:0 am.

Under this scenario, the presence of the father and the family should be valued as a pre-discharge testing, in which the sharing of in-hospital care will provide the co-responsibility for the maintenance of the well-being of the child in society<sup>(1)</sup>. It is essential that the father

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has contact with his son, as with the physical presence of the child, from birth, that the father may develop a direct relationship with him. Until then, this relationship with the baby was mediated by the mother during pregnancy<sup>(4)</sup>.

In this sense, the nursing staff must act by stimulating the participation of the father in the second stage of MC, in the perspective of promoting parent-baby interaction, strengthening the family bond, as well as team-family, in order to ensure support for MOM to feel safe in the domiciliary care, for which, in 50% of cases, it is the father who gives support to her mother at home<sup>(5)</sup>, which emphasizes the need to enter it on to his son since the beginning of his hospitalization.

The achievement of this research was justified by the need to understand how the nursing staff encourages the participation of man/father in the implementation of the Kangaroo position in the second stage of MC. the objectives of this study were: to understand the perception of nursing staff about the participation of man/father in the implementation of the Kangaroo position in the second stage of the MC; identify the factors facilitators or difficult the participation of man/father in the implementation of the Kangaroo position in the second stage of the MC and describe how the inclusion of man/father in this process under the guidance of nursing staff.

## METHODOLOGY

This is a descriptive-exploratory research, case study with a qualitative approach. The option by the case study was the understanding that the research is based on the development of a knowledge that is evidenced in a particular unit, but which sociological perspective allows an understanding of the action of a specific group, in this case, the nursing staff. The case study allows an investigation to preserve the holistic and meaningful features of real-life events<sup>(6)</sup>.

The study scenario was the Accommodation a maternity Kangaroo-school, located in the city of Rio de Janeiro. Participated in this study eight professionals from nursing staff (02 nurses and 06 nursing technicians) involved directly in

managing the MC. inclusion criteria used were: be active in nursing professional accommodation Kangaroo; accept to participate in the study and have received training in the handling of the MC was used for semi-structured data collection with script elaborated on the theme based on the Kangaroo Method Manual and unsystematic observation with the help of a field journal.

The interviews were recorded on MP3 digital recorder and transcribed by researcher. Data analysis was based on thematic analysis of content, understood as a set of methodological tools that apply to diverse discourses. The thematic analysis is to get the "nucleus of sense" that are inserted into a communication and whose presence knowing participation in the male kangaroo method or frequency of appearance can mean something to the analytic goal chosen<sup>(7)</sup>.

The data generated *four categories*: difficulties in the realization of the Kangaroo position in the second stage of MC related to man/father; amenities in the realization of the Kangaroo position in the second stage of MC related to man/father; strategies that ensure the participation of man/father in the Kangaroo position in the second stage of the MC; and the meaning of participation of man/father in the Kangaroo position to nursing staff.

All ethical precepts of the resolution 196/96 of the National Council on ethics in health were taken into consideration. The project was submitted to the Research Ethics Committee of the institution itself, being approved through the opinion of number 20/2009.

## RESULTS AND DISCUSSION

### 1) Difficulties in the realization of the Kangaroo position in the second stage of MC related to man/father:

In this category are exposed the factors which, according to the perception of the subjects interviewed, hinder male participation in the Kangaroo Method.

One of the difficulties was the fact he work. So for me, in my view, one of the biggest difficulties, besides a little fear and fear, but it is a barrier that we can win, is the availability of time. (Mars)

You can see from this that the nursing staff involved identifies the unavailability of time dad stay at the hospital, on the grounds of their labor activities, as an element not condescending to the participation of man in the second stage of the MC, but if shows skilled at recognizing the crisis situation in which the baby's family is to come across with your needs under the peculiarities of the environment around them. The role of nursing in any stage of MC should be to develop an environment of positive stimuli promoter, allowing parents to express and overlap their conflicts, concerns, fears, insecurities and his own immature behavior of the newborn preterm and/or low birth weight <sup>(8)</sup>.

It is observed that male gender issues are addressed in a simple language, which resembles the typical thoughts of common sense. It is imperative that the NICU staff embrace and realize effective, therapeutic communication with parents, avoiding the use of technical terms. At this point, the important role of nursing has talk, questions, using language close to the reality of the family. Parents appreciate when the information is passed on in a simple and transparent in order to understand what is being planned and directed to his son <sup>(9)</sup>.

The difficulty they had? It was to be able to handle [...] because it's so tiny! **(Jupiter)**

A part of the findings the issue of lack of resourcefulness of the men involved in the handling of the newborn. However, it is known that the initial lack of dexterity is a usual condition of families to cope with the premature and/or low birth weight newborn, but that tends to improve as the contact between them becomes progressive.

Even though the cultural sphere shows that there is a new model of man and father being built, more participative with domestic issues <sup>(10)</sup>, the formation of collective identity in the context, both for men and for women, stems from the different experiences in the social milieu where these are inserted <sup>(11)</sup>. A remnant of the ancient patriarchal face of family organization outside the study evidenced through the following talks:

The difficulty is that sometimes man is sexist. 'Oh, I'm not changing diapers. I'm afraid' [...]

difficulty I think is more important [...] have a father that is closed. **(Neptune)**

The full performance of the paternal role and the benefits that it brings to the psychological development of the child, as well as on family dynamics and social issues are indisputable <sup>(4,10)</sup>. From this, we consider how valuable the perception of the members of the nursing staff about such issues as they may assist this man to find ways of overcoming personal difficulties, so that they can reach the understanding of positive dimension arising out of such efforts.

## 2) Facilities in the Kangaroo position in the second stage of MC related to man/father:

Although two members of the nursing staff have expressed find no ease as male participation in the methodology, the other professionals recognized positive characteristics, some relating to family interaction responsible for encouraging this man to want to be part of the program, others as a result of facilitation by the institution as to the visiting hours extended and finally, those related to specific traits of the personality of this man that favor their integration to watch your baby and your participation in the Kangaroo position.

Therefore, even though you were seeking information about the same activity in the same sector, realized the diversity of presentation of customers for each professional for more than their experiences with these individuals match, due to the time of performance in MC. In view of this, this unit of meaning expressed that not always the man's facilities in participating in this process were captured by the interviewees.

At this point, the line of the subject passes that the facility that they perceived is tied to the relationship between the man who participates in the MC and his family. In part, it's exposed the benefit that this man's collaboration in the MC brings to his mother and, consequently to the son, because a link to breastfeeding also was established.

I think ease is relative to his own wife, who is here at the Kangaroo, they are producing little milk, when they see that their husbands, they produce more because they are better, the self-esteem improves everything improves. **(Pluto)**

Add another factor that shows combined with the easily found in the man who participates in this outreach methodology, that is, their willingness to remain beside the son turns out to become a facility to carry out the MC, and consequently their effective participation in the Kangaroo position.

Facility is that there are many parents who want to stay close to his son. How so little time, they do the Kangaroo with ease. (**Venus**).

In that refer to personal characteristics, these can play an important role in the management of MC as can be seen in the speech below:

I found it super safe, okay? I thought he liked to participate. Rested a bit MOM. And I thought it was cool. I didn't find difficulty of them. I thought they faced very well. (**Saturn**).

Therefore, it is important that nursing not only recognizes the specific traits of each male figure presenting himself as the manufacturer also invest in its qualities for success in the program.

Among the health policies of attention to the newborn, the MC emerges as one of the most representative as it provides the continuity of contact between the baby and its parents in order to generate this approach, making the steps that will follow the methodology increasingly simple to run.

The ease? After that they put in the second time no longer has difficulty at all. (**Mercury**)

Care through touch is an action that implies giving comfort, while works as exploration of the baby's body. That exploration here is reflected in the construction of an increasingly acute management towards the child <sup>(4)</sup>.

See also, in this unit of signification, institutional characteristics designed from the talks of two subjects of research, as well as in the perception of the author of this work, underlined in the field journal, identify an institutional organization regarding the timetables of visitation, being a constant appreciated by nursing staff involved.

Including, we opened an exception to this schedule. Nowadays we put daylight until 10 at night. When the baby was in intensive care, I got to stay late waiting for the father because he made a point of making the Kangaroo position. (**Mars**)

At this point, we notice how the institutional rearrangement on behalf of customers if shows favor to assistance offered to the neonate in question, since the factor that led him to the health service to its high, and particularly to the MC, which she focuses on their achievement in its three stages.

This feasibility from the institution also responsible for man feel integral to the care of his son.

### 3) Strategies to ensure the participation of man/father in the Kangaroo position in the second stage of MC:

The first was based on the evidenced Fireworks affective man collaborator with the RN, where both the concern with the improvement of the child as the affection involved can stimulate the male participation in realization of the MC.

Guided which would do well to this baby, to help gain weight. (**Pluto**).

The interaction between father and son. Put the Ribbon, to make skin-to-skin of the baby with the father. I talked to him, guiding what was possible. (**Mercury**)

The line below meets the realization of importance not only to active participation of the father during the gravid-puerperal cycle, but also that this involvement is as early as possible <sup>(4)</sup>

I think it starts from the pregnant mother, I believe so. That with the pregnant mother, I think dad is a very important piece, the contact with the woman [...] the husband accompanies the woman, they feel safer, happier. Everything is a set. Help in the development of the child, I believe so. (**Neptune**)

The nursing staff expressed concern to include other family members beyond MOM in care when baby Kangaroo, which even supports a recommendation from the Ministry of health regarding the implementation of MC <sup>(1)</sup>.

Also, MOM is here. The mother is participating, also not enough just the mother to participate, the father also has to participate. There, at the time that he's here, is the moment when we give a big help encourages them. (**Pluto**)

However, although present in some lines, during the stay of the author of this study at the

institution, the recommendation as a trend in the practice went unnoticed. So, you should recommend that professionals have a closer look on these opportunities that present themselves routinely and in this way make it count one of the principles of the MC, which focuses on the effective participation of all family members in the care to premature or low birth weight newborn.

The dialogue used by nursing staff is an important tool for the man to become integral in the process of being involvement in the Kangaroo position. However, the language to be used must be according to the level of understanding of family assisted and, clearly, there is a concern of this group of professionals that is manifested by a line on this point:

First we try to take that thing: ' Oh, it's the Nurse, is the technique of the sector ' to use a language closer to them. Use ' Oh no, it's warm, you will now be your incubator baby ', ' wasn't in need of warmth there? Now is special incubator, which got the love '. That language more direct [...] less technique. [...], so they can feel at ease. **(Earth)**

It is important to highlight that the Kangaroo position is not an obligation and should not be imposed on the child's relatives pledge to join her, and Yes, suggested and clarified with regard to its aspects, accompanied by assistance support <sup>(1)</sup>. And, through the following speech, one realizes that this principle is taken into account by the study subjects.

Well, I talked to him, I asked ' do you want to do the Kangaroo? The father can also, all other family members also can. There rests a little mother ', then he made at the time and did. **(Saturn)**

Thus, we observe that part of the management with regard to male participation in Kangaroo Methodology applied to the institution-scenario, that emerged from the interviews, is due to this process conferred well-built, when used, which although is not fully successful, the favors.

#### **4) The significance of the participation of man/father in the Kangaroo position:**

Part of respondents see the participation of the male figure in the method coupled to a benefit for the baby. There is evidence that

points to a link between the implementation of this Act and the clinical evolution of the baby, associated with the affective development of the child vis-à-vis their peers.

[...] the father there participating, I believe that the evolution of the baby if you take in a lot more effective, faster, as the experience I've had with this father who came every day to position along with his mother, he never missed a day from Monday to Monday, and this baby I saw clearly an evolution greater than that which the father wasn't coming because he worked [...] **(Earth)**

On the other hand, some guys ascribe a meaning of baby's bond with his father, now real, beyond that surrounding intrauterine imagery. In addition to the voice, right now are added to the skin-to-skin contact, the emanation of human warmth, the existence of two bodies that are internally and externally, resulting in the design of an action full of tenderness.

Is his link with the baby too, understand? I think it's very important that the father also participate. The own baby in warmth with the father, feel the warmth of the father. Because the mother is there, feel the taste of breast milk, encourages him to breastfeeding. And the father doesn't have that factor, not breast milk, so I guess that too, the link with that other smell or when the father is still hairy, another type of skin, I think now we are linking the baby to the father. **(Saturn)**

The formation of this link, in the view of some members of the team at the end of the study, outlines, also, as a way to introduce your baby to a sensory universe until then unknown, capturing the stimuli is transmitted by contact with another body, distinct from the female, his mother.

A derivation of the same perspective of formation of links appears in speech below. The design of extended family and the reference regarding the existence of a larger support network become clearer when other members besides the father are cited.

So, the meaning that I attribute the participation is well present, bond with the baby, the family gets over the three linked there at that moment, I believe that even the little brothers, grandparents [...] **(Mars)**

The second stage of the Kangaroo Method, as well as the first and third have their duration

subject to the evolution of the child assisted. However, is a source of great concerns for the mother who carries out, considering it's a happy medium between the intra-and extramural environment?

Many negative feelings that mothers suffering appear on talk of respondents, however, as hard as it is to highlight these tribulations in daily life, it is important to note that the professionals deal with the recent mothers guided by a comprehensive look, attentive to the be-woman who justifies while human. Affective relations between the family and the RN in a NICU are associated with interaction between this family and the team that watches, especially that of nursing <sup>(12)</sup>.

Because for me it is important especially the fact of them being here, cut off from the husband, that move a lot with them, understand? The longing of the family, the husband, the husband, so the program could include the father, if they had availability to be here all day, I believe that the mother would be happy and willing to do more topositionKangaroo, breast-feeding [...](Mars).

The flexibility included in the MC is regarded as one of its main advantages. With her, the woman can perform other activities beyond the performed at the hospital. Mother's freedom in choosing Kangaroo position and time for performance of other personal activities allows you to share your time with the son admitted, with the household chores, and with other family members, if any, and although this model differ in part of the methodology described in the literature, where the mother remains committed to full time with the baby It is possible to negotiate this carefully by evaluating the needs of each dyad <sup>(1)</sup>.

Although it is not a constant, the effect of easing method produces appears implicitly in the speech of one of the subjects of the study, even if still tied to mother's stay within the limits of Accommodation Kangaroo, as stated below:

It is very important because the father help at a time when the mother is doing, like having lunch, he helps his mother [...] contributes in this [...] on heating of RN. The Kangaroo, the affection, interaction, the warmth that they have stronger in this interaction, the love to the family. (Mercury)

During my stint, I witnessed the visit of a grandmother, two parents and an aunt of the child assisted, in addition to two friends of mothers. However, there hasn't been a stimulus for the sharing of care on the part of happened nursing staff involved. Only a father willing to change his diaper and help in the bathroom of one of his twin sons, on its own initiative.

Nevertheless, although present in the speech of some nursing professionals, the search for this social network of mother support, was not performed, although these individuals recognize the maternal fatigue. Were limited to receive visitors and give some details about the State of health of the baby when requested. Thus, both the mother and the father and relatives present were unaware about what they could accomplish together.

## CONCLUSION

Could be observed through the lines of the nursery team studied that, effective male participation in the MC is fickle, and the focus of the same focuses again on the father figure.

The prevalence of the father figure is justified by the effort of the members of the nursing staff to strengthen the bond between father and son, making this a primary objective compared to provide a bigger baby's contact with other family members, in an attempt to optimize the time that the two have together.

Aspects that influence negatively on participation man/father for deployment of the Kangaroo position in the second stage of the MC, as the activities of labor, the lack of resourcefulness associated with the management of a small baby and male identity in the context of collective, were seen by professionals as surmountable.

On the other hand, the advantages pointed out by nursing staff on participation of man/father for deployment of the Kangaroo position in the second stage of the MC were his own family dynamics by encouraging parents, this recognition of the advantages of the methodology for the benefit of the baby and your own pleasure in accomplishing it, beyond their personal characteristics such as initiative and resourcefulness in some cases and still

institutional organization extending the visitation to the father.

As strategies to ensure the participation of man/father in the Kangaroo position, professionals pointed to the dialogue with the father, suggesting its participation without obligation and the orientation of the Kangaroo position held by them can benefit the baby, improving its development and strengthening the interaction between them.

Finally, research regarding the meaning that participation of man/father in the Kangaroo position has for the nursing staff appears tied to physical and emotional support that the father can offer now focusing on baby, come on MOM,

strengthening the family bond that resides in this cooperation.

As much as the results show that, in fact, the participation of man/father in the Kangaroo position in the second stage of MC present difficulties and therefore be small holdings, carrying out such research allowed the finding that members of the nursing staff are engaged with the proposed methodology, there are still major challenges to be faced so that the participation of man/father and family is an effective instrument in health actions for the RN, increasing the construction of relationships that seek the humanization of assistance, harmony and ethics in care.

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## **(RE)CONHECENDO A PARTICIPAÇÃO MASCULINA NO MÉTODO CANGURU: UMA INTERFACE COM A PRÁTICA ASSISTENCIAL DE ENFERMAGEM**

### **RESUMO**

O Método Canguru (MC) emerge no Brasil como proposta de assistência voltada ao bebê, porém integrada à atuação familiar. Percebendo os benefícios que podem ser gerados por esse procedimento e seu alcance além do binômio mãe/filho, este estudo tem como objetivos: compreender a percepção da equipe de enfermagem sobre a participação do homem/pai na posição canguru na segunda etapa do MC; identificar os fatores facilitadores ou dificultadores dessa participação e descrever como é realizada a inclusão do homem/pai nesse processo sob a orientação da equipe de enfermagem. Pesquisa descritivo-exploratória, tipo Estudo de Caso, com abordagem qualitativa. Os sujeitos foram oito profissionais da equipe de Enfermagem envolvida no manejo do MC em uma maternidade do Rio de Janeiro. Na análise emergiram quatro categorias: Dificuldades e Facilidades na realização da posição canguru na segunda etapa do MC relacionados ao homem/pai; Estratégias que garantem a participação do homem/pai na posição canguru na segunda etapa do MC; e o significado da participação do homem/pai na posição canguru para a equipe de enfermagem. Observa-se que na maternidade estudada, a efetiva participação masculina no MC não é uma constante e o foco da mesma se concentra limitadamente na figura paterna.

**Palavras-chave:** Recém-Nascido de Baixo Peso. Identidade de gênero. Cuidados de Enfermagem.

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## **(RE)CONOCIENDO LA PARTICIPACIÓN MASCULINA EN EL MÉTODO CANGURO: UNA INTERFAZ CON LA PRÁCTICA ASISTENCIAL DE LA ENFERMERÍA**

### **RESUMEN**

El Método Canguro (MC) emerge en Brasil como propuesta de asistencia orientada al bebé, pero integrado en la actuación familiar. Percibiendo los beneficios que pueden ser generados por ese procedimiento y su alcance más allá del binomio madre/hijo, este estudio tiene como objetivos: comprender la percepción del equipo de enfermería sobre la participación del hombre/padre en la posición canguro en la segunda etapa del MC; identificar los factores que facilitan o dificultan esa participación y describir como es realizada la inclusión del hombre/padre en ese proceso bajo la orientación del equipo de enfermería. Investigación descriptiva-exploratoria, tipo Estudio de Caso, con abordaje cualitativo. Los sujetos fueron ocho profesionales del equipo de Enfermería involucrados en el manejo del MC en una maternidad del Rio de Janeiro. En el análisis emergieron cuatro categorías: Dificultades y Facilidades en la ejecución de la posición canguro en la segunda etapa del MC relacionados al hombre/padre; Estrategias que garantizan la participación del hombre/padre en la posición canguro en la segunda etapa del MC; y el significado de la participación del hombre/padre en la posición canguro para el equipo de enfermería. Se observa que en la maternidad estudiada, la efectiva participación masculina en el MC no es una constante y el foco de la misma se concentra limitadamente en la figura paterna.

**Palabras clave:** Recién Nacido de Bajo Peso. Identidad de género. Atención de Enfermería.

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