

2.2.2.3 PRETERM AND LOW BIRTH WEIGHT: KMC SCORE CHART

KMC Daily Score Sheet				Date of birth/...../.....															
Based on the Intra-hospital KMC Training Programme in Bogota, Colombia				Date →															
Name:		Breastfeeding:		Date started 24 hour KMC/...../.....	Day														
Hospital No:		Formula:																	
Evaluation	Score			Weight →															
	0	1	2	Remarks															
Socio-economic support	No help or support	Occasional help	Good support system																
Mother's milk production	Expresses 0 -10ml breast milk	Expresses 10 - 20 ml breast milk	Expresses 20 - 30 ml breast milk	Must score before discharge. N/A for formula															
Positioning and attaching of baby on to breast	Always need assistance	Occasionally needs assistance	No assistance needed	Not applicable for formula feeding															
Baby's ability to suckle at the breast/ cup feed	Gets tired very quickly	Gets tired infrequently	Takes all feeding well																
Confidence in handling baby, e.g. feeding, bathing, changing	Always need assistance	Occasionally needs assistance	No assistance needed																
Baby's weight gain per day	0-10g	10-20g	20-30g	Must score 1 or 2 before discharge															
Confidence in administering vitamin and iron drops	No confidence	Some confidence	Fully confident																
Knowledge of KMC	No knowledge	Some knowledge	Knowledgeable																
Acceptance & application of KMC	Does not accept or apply KMC	Partly accepts & applies KMC method	Applies KMC without having to be told	Applies KMC without having to be told															
Confidence in caring for baby at home	Does not feel sure or able	Feels slightly unsure and unable	Feels confident																
TOTAL SCORE per day																			

Explanation of the KMC Daily Score Sheet

The usual observations that are part of nursing care in a premature unit remain part of the normal nursing duties in our KMC unit. We have also introduced a special score sheet which helps us to evaluate the progress of mother and baby daily.

This score sheet was originally compiled for the Intra-Hospital KMC Training Programme in Bogotá, Colombia. We have adapted it to our needs and its function is to assist the nursing and medical staff in their decision as to when a mother and baby are ready for discharge.

Overleaf is an example of the pre-discharge daily score sheet used at Kalafong Hospital to determine the readiness of a mother-infant pair for discharge from hospital.

Babies are weighed daily and the weight gain is scored. The mother is evaluated according to her breastfeeding abilities, breast milk production, knowledge of KMC, acceptance and application of KMC, confidence in handling her baby and administration of medications. The score sheet has also been adapted for mothers who do not breastfeed.

In our unit we decided to discharge babies as soon as the scores for the following are satisfactory:

The mother

- understands KMC
- is producing enough milk
- is able to breastfeed her baby
- is confident in taking care of her baby

The baby

- latches well onto the breast
- suckles well
- has a daily weight gain that is satisfactory

Most of the above factors are incorporated on the daily score sheet and when mother and baby as a pair score continuously above a certain count, they are considered for discharge, regardless of the baby's weight (>19 in the case of breastfeeding and >15 in the case of formula feeding).

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