EFFECTS OF EARLY SKIN-TO-SKIN CONTACT MOTHER-INFANT ON BACTERIAL COLONIZATION OF THE NEWBORN

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Background and aims: Bacterial colonization at birth is object of numerous researches that study different factors implied in this process. The aim of our study is to analyze the neonatal bacterial colonization in two different kind of hospital practices: mother infant early Skin to Skin contact for the first hour after birth compared with normal routine policies that don’t apply this method.

Methods: A total of 19 women and their respective infants were randomly included in the study. Nine of them (Group A) undergo the Skin to Skin contact at birth and 10 did not. Five hundred swabs were collected from different mucocutaneous mother and infant districts; all of them have been plated and processed to analyze the different kind of bacterial growing.

Results: The main results indicate that at the first hour of life the Skin to Skin newborn group had oral mucosa significantly less colonized than the other group, even though their mothers, casually, reported a less contamination of the breast skin. This difference is reported also after three days from delivery, suggesting that the skin to skin contact may induce prolonged infant protection from nursery bacterial sources.

Conclusion: Even if we considered a small number of cases, we may hypothesize that newborn first bacterial colonization is strongly related also to different kind of hospital policies, with best results when applying early Skin to Skin contact. This suggests that improving more physiological hospital practices may promote mother and infant healthiness and wellbeing.