



# A Systematic Review of Community-Based Kangaroo Mother Care Education and Neonatal Survival Among Low-Birth-Weight Infants in the Sidama Zone, Ethiopia

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## Abstract

Neonatal mortality, particularly among low-birth-weight (LBW) infants, remains a significant public health challenge in Ethiopia. Kangaroo Mother Care (KMC) is a proven, low-cost intervention, but its community-level uptake in settings like the Sidama Zone is often limited. Community-based education is a key strategy to promote KMC practice and improve outcomes. This systematic review synthesised evidence on the effectiveness of community-based KMC education programmes on neonatal survival rates among LBW infants in the Sidama Zone, Ethiopia. A systematic literature review was conducted following established guidelines. Multiple electronic databases were searched. Predefined inclusion and exclusion criteria were applied. The quality of included studies was appraised using appropriate tools, and findings were synthesised narratively. The review identified a limited but consistent body of evidence. Community-based KMC education was associated with improved neonatal survival for LBW infants in the region. A key theme was the crucial role of trained community health workers in delivering education and supporting mothers. One study reported a notable reduction in neonatal mortality among infants receiving supported KMC. Community-based KMC education programmes appear effective for enhancing neonatal survival of LBW infants in the Sidama Zone. Success depends on structured education delivered by supported community health workers. Programme planners and policymakers in the Sidama Zone should prioritise integrating structured KMC education into community health platforms. Implementation must ensure adequate training and support for community health workers and include robust monitoring and evaluation. Kangaroo Mother Care, community health workers, low birth weight, neonatal mortality, Sidama, Ethiopia, health education, systematic review This review consolidates specific evidence on a community-based strategy to improve neonatal survival in a defined Ethiopian region, informing local public health policy and practice.

**Keywords:** Kangaroo Mother Care, low-birth-weight infants, neonatal mortality, community-based intervention, Sub-Saharan Africa, health education, Ethiopia



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