

## Ekstraktionstabel stresshormoner

### PICO 1

Er der evidens for at hud-mod-hud-kontakt påbegyndt fra barnets første levedøgn har positiv effekt på **stress-hormoner** sammenlignet med ingen hud-mod-hud-kontakt?

GA= Gestational age, BW = birth weight, STS=skin-to-skin, KMC= kangaroo mother care, NICU= neonatal intensive care unit, PNA= postnatal age, PMA= postmenstrual age, CA= corrected age, pp= postpartum

Author and year	Population	Intervention	Control	Outcomes	Experimental - data	Control - data
El-Farrash 2020 (51) RCT	<p>120 infants randomized to</p> <p>1: Intervention 120 min STS (40) or 2: control (40)</p> <p>1: Mean GA 32,5 Mean BW 1687 2: Mean GA 32,4 Mean BW 1663</p> <p>Inclusion: GA 31 – 35 weeks, stable Exclusion: major congenital anomalies, perinatal asphyxia, intraventricular hemorrhage.</p>	Intervention $\geq 7$ STS 120 min/d Intervention started $< 24$ t pp	No SSC	<p>Salivary cortisol levels (ng/ml) Collected before the first STS and after completion of the STS protocol for at least 7 days.</p> <p>Baseline P=0,663</p> <p>After 7 days P=0,007</p>	<p>Median (IQR)</p> <p>11,8(7-13)</p> <p>2,4(1,2-4,5)</p>	<p>Median (IQR)</p> <p>12(11-13,1)</p> <p>10,5(8,7-12,2)</p>

Author and year	Population	Intervention	Control	Outcomes	Experimental - data	Control - data
Mehler 2020 (7) RCT	<p>88 infants randomized to intervention (34/44) or control (37/43) Intervention: Mean GA: 29 Mean BW: 1250 g</p> <p>Control: Mean GA: 29 Mean BW: 1170 g</p> <p>Inclusion: GA 25+0 – 32+0. Firstborn, singleton</p> <p>Exclusion: Severe underlying disease, needed resuscitation after birth, cardiopulmonary failure, maternal mental disorder, lack of german skills</p>	<p>Direct STS started approximately 45 minutes after birth and was performed for 60 minutes</p> <p>Sufficient saliva samples: 34/44 (77%)</p>	<p>Visual Contact: infants visited their mothers for 5 minutes after initial stabilization. Mothers were allowed to touch but not kiss their infant's face.</p> <p>Sufficient saliva samples: 37/43 (86%)</p>	<p>Reactivity of HPA axis at 36-40 weeks PMA by salivary cortisol before and 20 minutes after a heel lance.</p> <p>P=0,071</p>	<p>Mean (<math>\pm</math>SD) 0,5 (<math>\pm</math>0,5) mikrogram/dl (n.s)</p>	<p>Mean (<math>\pm</math>SD) 0,8 (<math>\pm</math>0,9) mikrogram/dl (n.s)</p>

Author and year	Population	Intervention	Control	Outcomes	Experimental - data	Control - data
Morelius 2015 (18) RCT	<p>42 infants randomized to intervention (23) Or control (19)</p> <p>Intervention Mean GA: 34 Mean BW: 2468 g Control: Mean GA: 34 Mean BW: 2512 g</p> <p>Inclusion: Healthy mothers, vaginally birth, single preterm GA 32-35+6. Speak and read Swedish Exclusion: Known malformation</p>	STS: Beginning in delivery room and continuing for 19,6 h/day during first week	Standard care: Both parents had the opportunity to practice as much skin to skin as they liked and on their initiative: 7 h/day during first week	Salivary cortisol reactivity from mothers and infants in response to two different stressful but non-painful situations at one and four month corrected age. Saliva was collected before and 30 min after a nappy change performed by the mother at one month and during still-face session at four months.	<p><u>Median(q1-q3) Infants 1 month</u> Baseline: 6.1 (5.0–16.8) Response: 7.3 (4.3–11.7)</p> <p><u>Infants 4 month</u> Baseline: 6.7 (4.0–13.7) Response: 7.3 (5.2–14.2)</p> <p><u>Mothers 4 month</u> Baseline: 7.3 (5.9–10.8) Response: 5.4 (4.3–8.7)</p>	<p><u>Median(q1-q3) Infants 1 month</u> Baseline: 4.5 (3.6–9.6) Response: 7.0 (4.1–15.0)</p> <p><u>Infants 4 month</u> Baseline: 9.1 (6.1–16.1) Response: 6.8 (4.3–16.6)</p> <p><u>Mothers 4 month</u> Baseline: 6.7 (5.6–8.3) Response: 5.4 (4.2–6.1)</p>

## PICO 2

Er der evidens for at længerevarende HMH sammenlignet med korterevarende eller ingen HMH har positiv effekt på stresshormoner?

GA= Gestational age, BW = birth weight, STS=skin-to-skin, KMC= kangaroo mother care, NICU= neonatal intensive care unit, PNA= postnatal age, PMA= postmenstrual age, CA= corrected age, pp= postpartum

Author/year	Population	Intervention	Control	Outcomes	Experimental – data	Control – data
El-Farrash 2020 (51) RCT	<p>120 infants randomized to 1: Intervention 60 min STS (40), 2: Intervention 120 min STS (40) or</p> <p>1: Mean GA 32,5 Mean BW 1700 g 2: Mean GA 32,5 Mean BW 1687</p> <p>Inclusion: GA 31 – 35 weeks, stable Exclusion: major congenital anomalies, perinatal asphyxia, intraventricular</p>	<p>STS 120 min/day ≥7 days in a row</p> <p>STS started &lt;24 t pp</p>	<p>STS 60 min/day ≥7 days in a row</p> <p>STS started &lt;24 t pp</p>	<p>Salivary cortisol levels (ng/ml) Collected before and after the first STS and after completion of the STS protocol for at least 7 days.</p> <p>Difference in baseline P=0,663</p> <p>Difference after first STS session P=0,264</p> <p>Difference after 7 days P=0,007</p>	<p>Median(IQR)</p> <p>11,8(7-13)</p> <p>6(4,6-11,3)</p> <p>2,4(1,2-4,5)</p>	<p>Median(IQR)</p> <p>11,6(9-15,6)</p> <p>9,8(5,8-12,7)</p> <p>4,2(2,6-7)</p>

Author/year	Population	Intervention	Control	Outcomes	Experimental – data	Control – data
Morelius 2015 (18) RCT .	<p>42 infants randomized to intervention (23) Or control (19)</p> <p>Intervention Mean GA: 34 Mean BW: 2468 g Control: Mean GA: 34 Mean BW: 2512 g</p> <p>Inclusion: Healthy mothers, vaginally birth, single preterm GA 32-35+6. Speak and read Swedish</p> <p>Exclusion: Known malformation</p>	STS: Beginning in delivery room and continuing for 19,6 h/day during first week	Standard care: Both parents had the opportunity to practice as much skin to skin as they liked and on their initiative: 7 h/day during first week	<p>Salivary cortisol reactivity from mothers and infants in response to two different stressful but non-painful situations at one and four month corrected age. Saliva was collected before and 30 min after a nappy change performed by the mother at one month and during still-face session at four months.</p> <p>.</p>	<p><u>Median(q1-q3)</u> <u>Infants 1 month</u> Baseline: 6.1 (5.0–16.8) Response: 7.3 (4.3–11.7)</p> <p><u>Infants 4 month</u> Baseline: 6.7 (4.0–13.7) Response: 7.3 (5.2–14.2)</p> <p><u>Mothers 4 month</u> Baseline: 7.3 (5.9–10.8) Response: 5.4 (4.3–8.7)</p>	<p><u>Median(q1-q3)</u> <u>Infants 1 month</u> Baseline: 4.5 (3.6–9.6) Response: 7.0 (4.1–15.0)</p> <p><u>Infants 4 month</u> Baseline: 9.1 (6.1–16.1) Response: 6.8 (4.3–16.6)</p> <p><u>Mothers 4 month</u> Baseline: 6.7 (5.6–8.3) Response: 5.4 (4.2–6.1)</p>