

IMET 2000 PAL

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Care of the Newborn prepared by: Maha Nahal





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Dry the Baby



- ▶ Hypothermia is common
- ▶ Wet newborns rapidly lose heat
- ▶ Use a warm, dry, soft towel
- ▶ Any absorbent material:
 - ▶ Shirt
 - ▶ T-shirt
 - ▶ Socks
 - ▶ Battle dressings

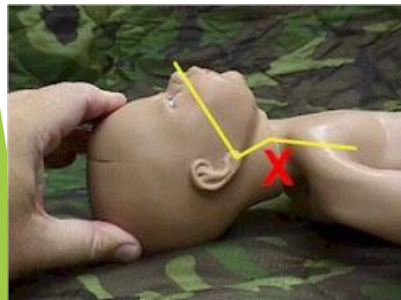
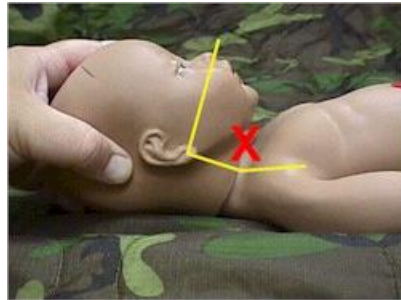
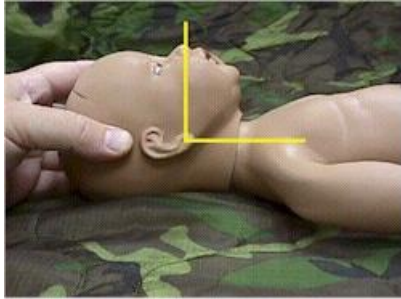
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Replace the Wet Towels

- ▶ Then let the mother hold the baby
- ▶ Her body heat will help keep the baby warm
- ▶ Cover the head to prevent heat loss



Position the Baby



- ▶ Keep the baby on its' back or side, not on its' stomach
- ▶ Neither extend nor flex the head. Either may obstruct the airway.
- ▶ Newborn babies normally make this adjustment themselves. If depressed, however, you may need to position the head to get a good airway.

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Suction the Airway



- ▶ May need to help them clear mucous and amniotic fluid from the airway



- ▶ Use a bulb syringe

- ▶ Use it gently

- ▶ If bulb syringe is not available, use any suction device, including a small hypodermic syringe without the needle.



Cut the cord





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Jayme is so excited to be able to cut the cord!
In this photo: Jayme ██████ (photos)

From th
"Introdu
██████

Evaluate the Baby



- ▶ Breathing
- ▶ Color
- ▶ Heart Rate
- ▶ Tactile stimulation (rubbing) with a towel may effectively stimulate a mildly depressed baby

The Apgar score rates:

Respiration, crying

Reflexes, irritability

Pulse, heart rate

Skin color of body
and extremities

Muscle tone



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Color



Pink



Acrocyanosis



Cyanosis

- ▶ Most newborns have acrocyanosis (body is centrally pink, but hands and feet are blue)
- ▶ Cyanosis requires treatment:
 - ▶ Oxygen
 - ▶ Airway
 - ▶ Ventilation

Ventilate if Necessary



- ▶ If not breathing following brief stimulation, ventilate
- ▶ Ideally, bag/mask, 100% oxygen, pressure gauge, flow control valve
- ▶ May need to use mouth-to-mouth
- ▶ Cover nose and mouth
- ▶ Use shallow puffs to ventilate

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Check the Heartbeat



- ▶ Normal newborn rate is >100
- ▶ Palpate umbilical cord or brachial artery
- ▶ If pulse <100 , ventilate the baby, using whatever skills and equipment you have

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Keep the Baby Warm



- ▶ Keep the airway open
- ▶ Keep the head covered
- ▶ Use any available cloth or heat-retaining material
- ▶ Check temp several times:
97.7-99.3F axillary

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Assign Apgar Scores



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	<u>0 Points</u>	<u>1 Point</u>	<u>2 Points</u>
Heart Rate	Absent	<100	>100
Respiratory Effort	Absent	Slow, Irregular	Good, crying
Muscle Tone	Flaccid	Some flexion of extremities	Active motion
Reflex Irritability	No Response	Grimace	Vigorous cry
Color	Blue, pale	Body pink, extremities blue	Completely pink

Breast feeding

- ▶ Breast feeding is better
- ▶ If mother not available:
 - ▶ Formula
 - ▶ Warm to body temperature
 - ▶ If formula not available, use sugar water
 - ▶ Avoid cow's milk unless there is no alternative and baby formula is not expected soon.

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**Breast milk
is the best
source of
nutrition for
the first six
months of life**

Vernix



- ▶ Cheesy-white
- ▶ Normal
- ▶ Antibacterial properties
- ▶ Protects the newborn skin

Eye Prophylaxis

- ▶ 1% silver nitrate
- ▶ 1% TTCN ophthalmic ointment
- ▶ 0.5% erythromycin ointment

Vitamin K

- First few hours
- 0.5-1.0 mg IM
- Prevents hemorrhagic disease

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Umbilical Cord Care



- ▶ Clean & dry
- ▶ Alcohol wipe once a day
- ▶ Topical antiseptic only in contaminated areas

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Cover the head





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