Care of Normal Newborn
Principles of care at birth

- Establishment of respiration
- Prevention of hypothermia
- Establishment of breastfeeding
- Prevention of infection
- Identification of at risk neonates
Care of normal newborn

- Preparation before delivery
- Immediate care at and after birth
- Essential postnatal care
Contents of clean delivery kit (at home)

- Soap for washing hands; ensure clean and boiled water
- 2 to 3 sterilized cord ties
- A new clean blade / boiled at home instrument to cut cord
- Clean sun-dried cloth / sheet, small gauze pads
- A clean plastic envelope / cloth to keep the kit in
‘Five cleans’ to prevent infection
Physical facilities for resuscitation (at hospital)

- Resuscitation corner with warmer
- Contents of resuscitation kit
- Suction catheter 10 Fr, De Lee trap, suction machine
- Resuscitation bag and masks
Physical facilities for resuscitation (at hospital)

- Infant laryngoscope with blades
- Endotracheal tubes (2.5, 3.0, 4.0 mm)
- Medications – epinephrine, naloxone, normal saline, sodium bicarbonate
- Plenty of disposables
Newer guidelines for neonatal resuscitation

Teaching Aids: NNF
Concept of Routine Care, Supportive care and Ongoing Care

*Endotracheal Intubation may be considered at several steps
Vigorous baby born at term needing only routine care

Baby with poor tone and color who needs resuscitation
Immediate care after birth

- Prevent hypothermia
- Eye, skin, cord care
- Give injection vitamin K
- Breastfeed within ½ hour of birth
- Search for malformations
Increased risk of malformation

- Single umbilical artery
- Simian crease
- Dysmorphic features
- Asymmetric cry due to absence of Depressor Angularis Oris Muscle
- Excessive drooling of saliva
Quick screening for malformations

- Screen from top to bottom and in midline
- Orifice examination
  - Anal opening
  - Oesophagus patency*
  - Choanal atresia

* SFD baby, polyhydramnios, excessive drooling, single umbilical artery
Essential postnatal care

- Nurse in thermal comfort (warm to touch, pink soles)
- Check umbilicus, skin, eyes
- Good sucking at breast
- Screen for danger signals
- Advice on immunization
Care of umbilical stump

- Inspect 2 to 4 hours after ligation for bleeding
- Do not apply anything, keep cord clean and dry
- Inspect for discharge or infection till healing occurs
Care of the skin

- Dry using soft prewarmed clean cloth
- Bathing soon after birth is not recommended
- Do not make vigorous attempts to remove vernix caseosa
- Inspect for superficial infections
Care of the eyes

- Clean at birth and subsequently daily
- No kajal application
- For sticky eyes use normal saline or appropriate medication
- Nasolacrimal duct blockage, Massaging helps
Summary: care of normal neonates at home

- Protect from cold/heat
- Keep umbilical stump clean and dry
- Don’t apply anything on cord
- No application in eyes
- Exclusive breastfeeding - day and night for six months
Weight change pattern in term baby

- May loss up to 5-7% during first 3-5 days
- Regains birth weight by 7-10 days
- Gains 30 g/day during 1st month
Danger signs

- Lethargy
- Hypothermia
- Respiratory distress
- Cyanosis
- Convulsions
- Abd distension
- Bleeding
- Yellow palms/ sole
- Excessive wt loss
- Vomiting
- Diarrhoea
Follow up visit: Objectives

- Assess growth & development
- Early diagnosis and management of illness
- Health education
  - Exclusive breastfeeding for 6 months
  - Complementary feeds after 6 months
  - Spacing of family
# Immunization

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccine</th>
<th>Optional</th>
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<tbody>
<tr>
<td>0-7 days</td>
<td>BCG, OPV, Hep B</td>
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<tr>
<td>6 Weeks</td>
<td>OPV, DPT, Hep B</td>
<td>Hib</td>
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<tr>
<td>10 Weeks</td>
<td>OPV, DPT, Hep B*</td>
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<tr>
<td>14 Weeks</td>
<td>OPV, DPT, Hep B</td>
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<tr>
<td>9 months</td>
<td>Measles</td>
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<tr>
<td>15 months</td>
<td>MMR</td>
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<td>18 months</td>
<td>OPV, DPT</td>
<td>Hib</td>
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<tr>
<td>School entry(4-5 yrs)</td>
<td>OPV, DT</td>
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<tr>
<td>10 years</td>
<td>Tetanus toxoid (every 5 years)</td>
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</tbody>
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* May omit this dose of hepatitis B vaccine if birth dose is given