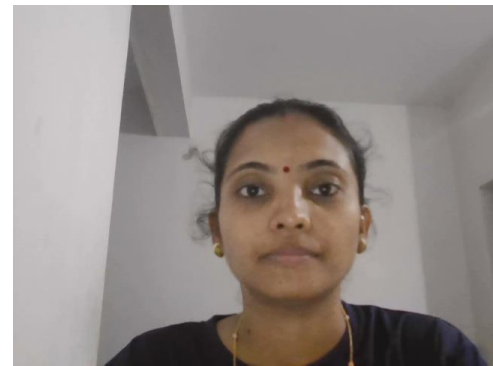


CHILD HEALTH NURSING



IMMEDIATE / ESSENTIAL NEWBORN CARE

1. Establish and maintain a patent airway.

2. Clamp and cut the cord

3. Ensure warmth.

4. Assessment and documentation of baby's condition.

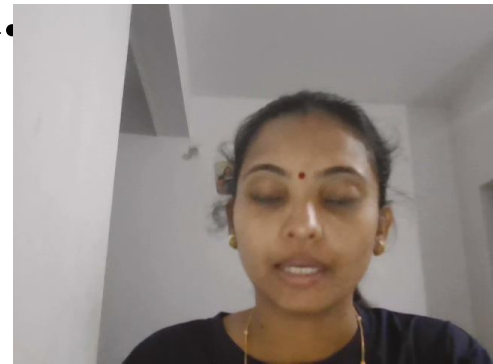
5. Care of eyes.

6. Care of skin.

7. Administration of vitamin K.

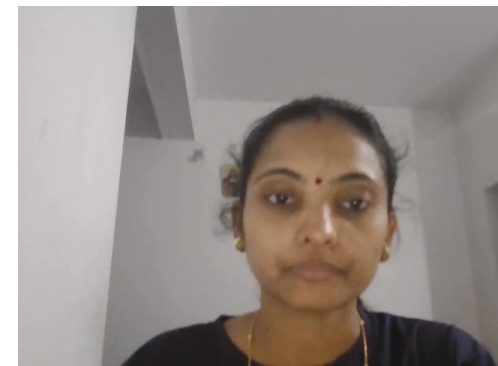
8. Identification of baby.

9. Transfer of the baby according to level of care required.



Establish and maintain a patent airway

- Suction secretions (mucus & amniotic fluid) of mouth and nose to clear the airway during crying .

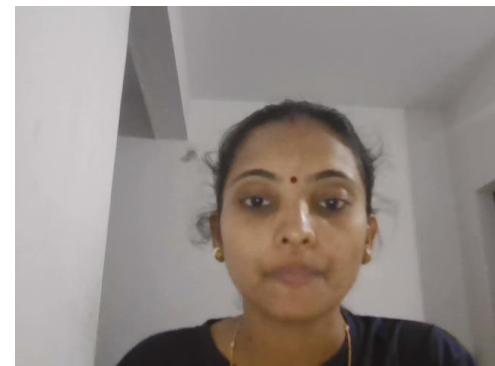




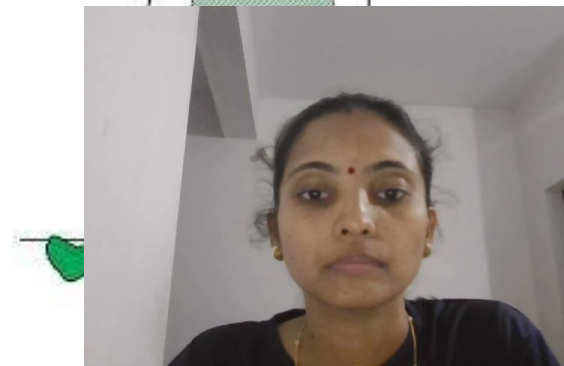
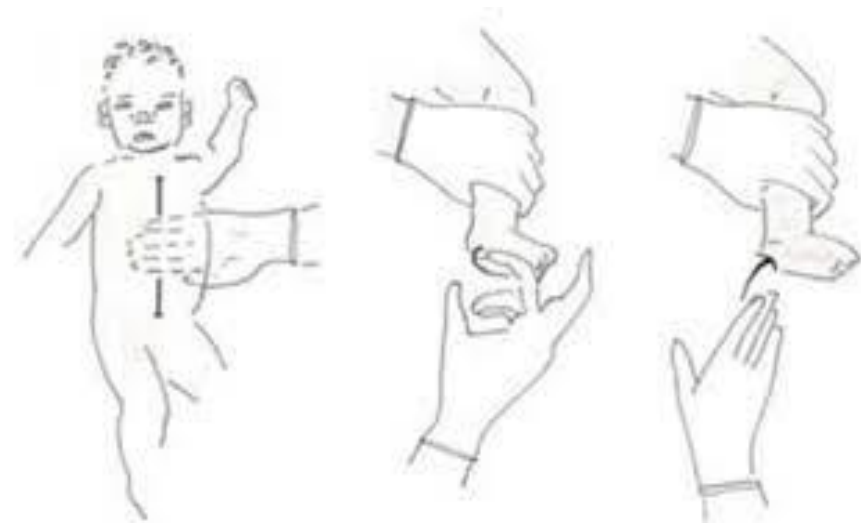
Bulb Syringe



Mucus Trap

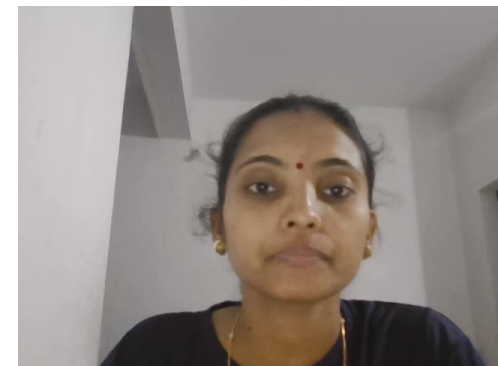


- If the baby not crying, provide gentle tactile stimulation.
- The NRP recommends gentle and *brief rubbing of a newborn's back, trunk or extremities* using pre-warmed soft absorbent towels and *flicking the soles of the feet* as safe and appropriate methods of providing tactile stimulation.
- Start CPR, if not cried even after stimulation.



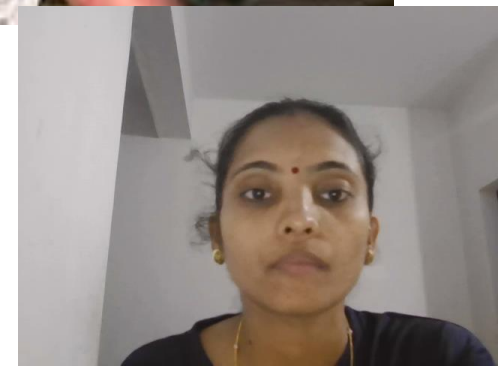
Cord clamping

- **Clamp at 2-3 cm away from the abdomen using a commercially available clamp, a clean and autoclaved thread or a sterile rubber band.**
- **The stump should be away from the genitals to avoid contamination.**
- **cord should be inspected every 15-30 minutes during initial few hours after birth for early detection of any oozing.**



Ensure warmth

- **Loss heat due to evaporation, radiation, conduction, convection.**
- **To prevent heat loss**
 - **Delivery room temperature -25-28 deg cel**
 - **Dry the infant thoroughly soon after birth using a warm towel.**



- **Place the baby under radiant warmer or**
- **Over the mother's chest in skin to skin contact with her**



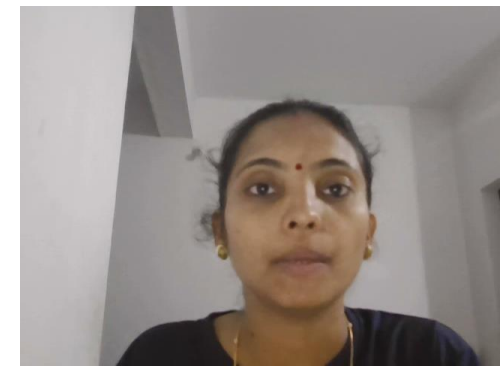
Assessment and documentation of baby's condition.

- APGAR Scoring at 1 & 5 minute

APGAR SCORING SYSTEM

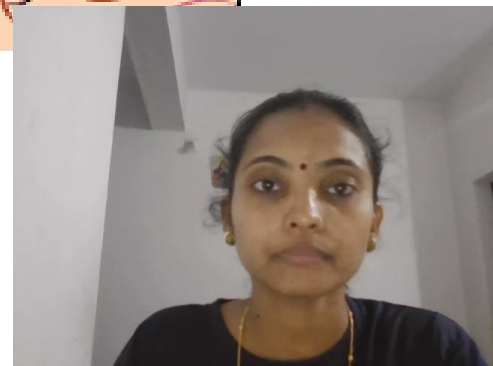
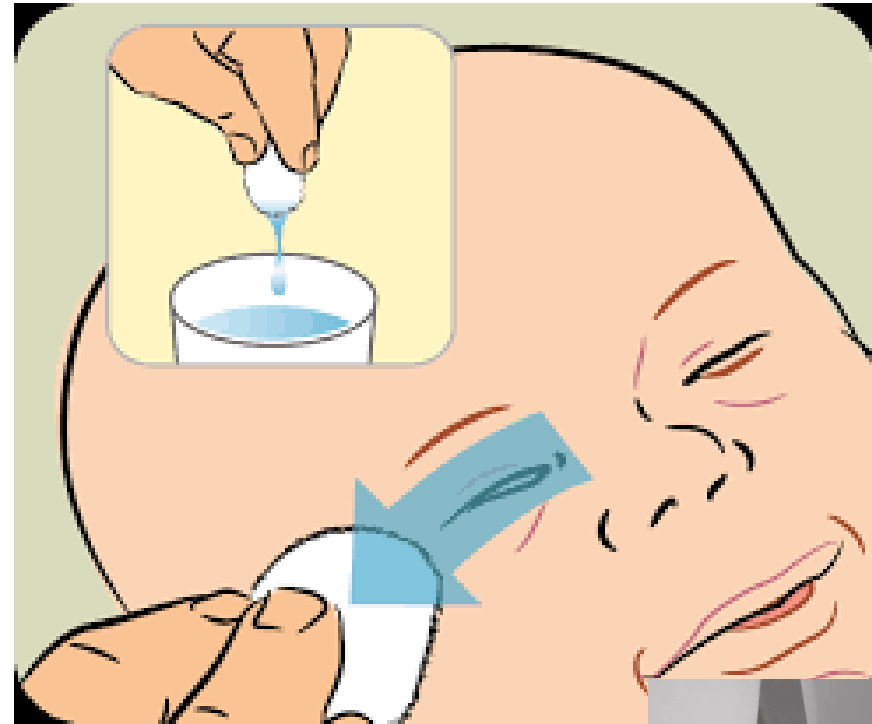
	0 Points	1 Point	2 Points	Points totaled
Activity (muscle tone)	Absent	Arms and legs flexed	Active movement	↓
Pulse	Absent	Below 100 bpm	Over 100 bpm	
Grimace (reflex irritability)	Flaccid	Some flexion of Extremities	Active motion (sneeze, cough, pull away)	
Appearance (skin color)	Blue, pale	Body pink, Extremities blue	Completely pink	
Respiration	Absent	Slow, irregular	Vigorous cry	

Severely depressed	0-3
Moderately depressed	4-6
Excellent condition	7-10



Care of eyes

- **Using sterile cotton swabs dipped in sterile water**
- **Clean from inner canthus to outer canthus with separate swabs for each eye.**



Skin Care

- **Gently wipe off blood, mucus and secretions.**
- **No recommended to rub off the protective vernix caseosa.**
- **Prevent hypothermia**



Vitamin K

- **Vit K is required for synthesis of prothrombin by liver.**
- **Generally bacteria of intestine produce Vit K.**
- **As newborn intestinal flora don't produce Vit K for few days, there is risk for abnormal bleeding.**
- **Vit K 1 mg IM for term baby**
- **0.5 mg for preterm baby.**



Identification of the baby



- Identification band on baby's wrist include

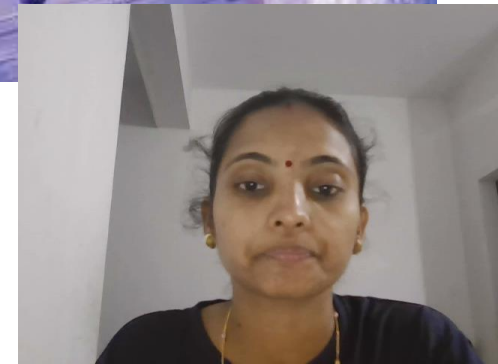
- ❖ *name of mother*

- ❖ *registration number*

- ❖ *date & time of birth*

- ❖ *sex*

- Foot impression of baby is also taken for identification.



Transfer

- **Normal babies are transferred to mother and nursed in postnatal area (Rooming-in).**
- **Breast feeding should be started as soon as possible**
- **Sick or at risk neonates should be transferred to a NICU**

