Jaundice – Nursing care of baby and family

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Which of our babies becomes jaundiced?

✦ Most of them!
✦ 50% of term babies
✦ 80% of preterm babies
✦ Of these babies,
  - Will need phototherapy
  - Will need an exchange transfusion
Signs of jaundice

Yellow
Try squishing their nose!
Sleepy
Reluctant to feed
Dry nappies
Clean nappies!
Identifying which babies need treatment

★ Take an SBR!
  – Serum BiliRubin

Chart result:
  Different charts for different hospitals
  Different starting points for treatment at different hospitals
  And what do the Network Guidelines say?
Starting Phototherapy

- Start phototherapy when:
  \[ SBR > (\text{gestational age} \times 10) - 100 \]

When prescribed by medical staff/ANNP’s
Nursing Care for baby receiving phototherapy

- Undress!
- Consider temperature control
  - cot: cot lid
  - incubator: turn up/down
Nursing Care for baby receiving phototherapy

- Feeding!
  - Ensure adequate fluid intake:
  - Support frequent feeding if breastfed
  - Consider NGT/OGT feeding if sleepy
  - Consider IV access
  - Some units increase IV fluid intake by 10% or 10mls/kg
Nursing Care for baby receiving phototherapy

- Assess Hydration
  - Chart nappy contents! Some babies have loose stool, some are constipated
  - Observe for changing stool
  - Observe for wet nappy
  - Check urine specific gravity with dipstick
  - Check mucous membranes
Nursing Care for baby receiving phototherapy

Eye care!
Cover eyes; what does your unit use?
Nursing Care for baby receiving phototherapy

Skin care
- Some babies become spotty
- Some babies become dry
- Nappy area can be sore
- Warn family not to put creams/oil on the skin
Nursing Care for baby receiving phototherapy

- Anxious family
  - Explain and reassure
  - Encourage regular cuddles
  - Provide written information