

PRETERM CARE 'GOLDEN HOUR'

PRE-DELIVERY PREPARATION

- Identify resuscitation team [and assign roles](#)
- Counsel parents
- Prepare for resuscitation

Resuscitation team

- SpR or above responsible for early care of babies <28 weeks' gestation, assisted by neonatal nurse trained to attend delivery of preterm babies. Discuss with consultant if [at all unsure or not confident about attending preterm deliveries and ALWAYS for those <26 weeks](#)

AT DELIVERY

Thermoregulation

- Resuscitation team ensures delivery room temperature 24°C
- Deliver babies <30 weeks' gestation into plastic bag without drying body
- dry head and cover with hat
- use transwarmer mattress [only](#) if environmental temperature <24°C (do NOT place baby directly onto mattress)

See **Resuscitation** guideline

Early ventilatory management

- [If ventilated, give surfactant early: in delivery suite or immediately on arrival on NNU, if experienced and confident of ETT position. Otherwise, give surfactant once ETT position checked and optimised using chest X-ray](#)
- Aim for minimal mechanical ventilation and early extubation following caffeine loading

Early intravenous and intra-arterial access management

- Urgent [umbilical arterial and venous](#) access are easier in first hour ([see Umbilical arterial catheter and Umbilical venous catheter guidelines](#))
- lines to be placed by skilled practitioner to avoid delays
- do not waste time inserting peripheral venous line unless initial blood glucose <2.8 mmol/L

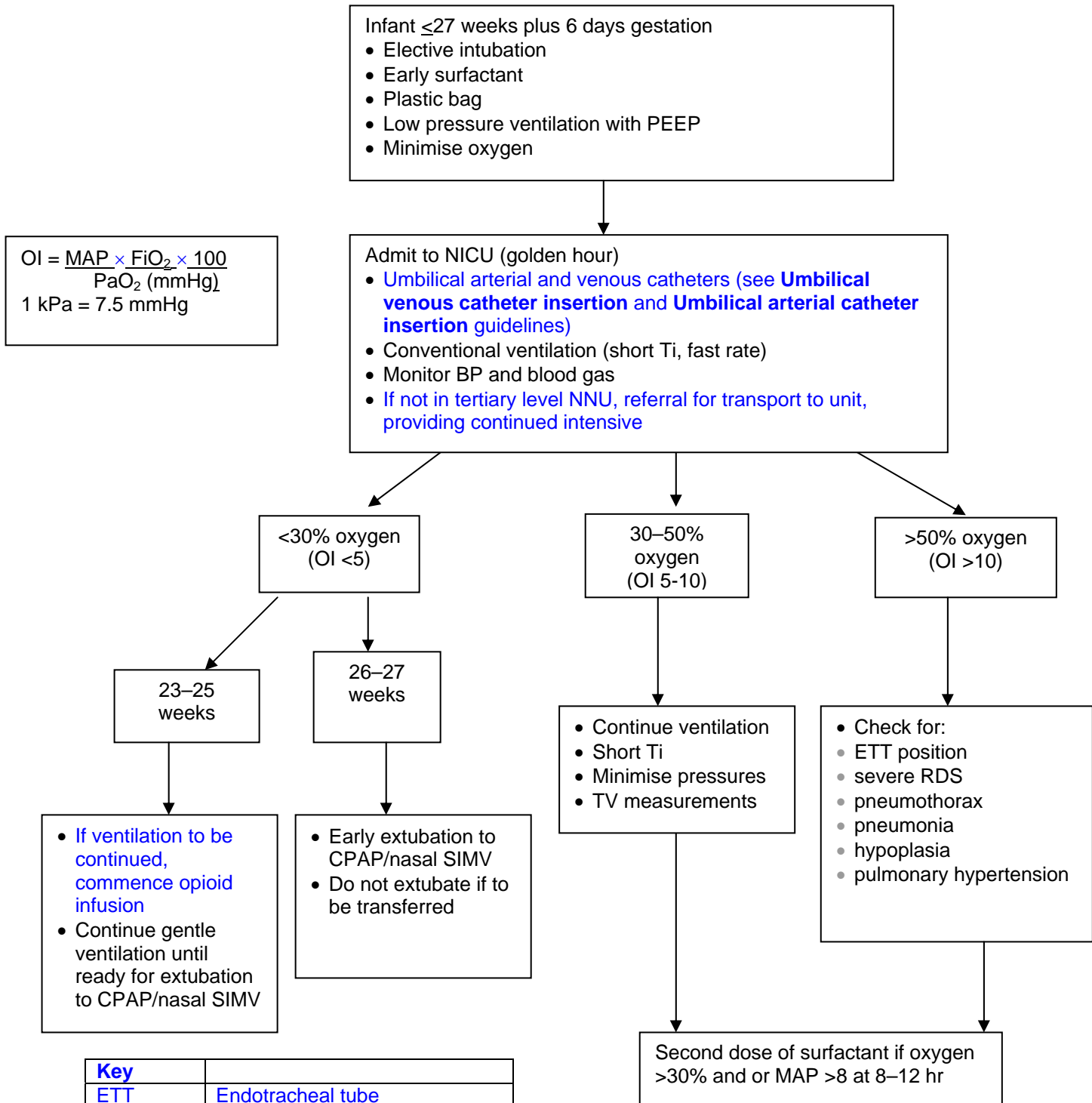
Prevention of sepsis

- Give [first-line](#) antibiotics as soon as blood cultures taken

Monitor/record

- [Complete resuscitation record \(see Resuscitation guideline\)](#)
- Time of first dose of surfactant
- [Temperature on admission to neonatal unit](#)
- [Time of and measurement of first blood pressure](#)
- Time of line insertion [with note on sterile technique and how far in UAC and UVC inserted](#)
- [Position of endotracheal tube, UAC, UVC and nasogastric tube on X-rays](#)

Decision tree for ventilatory management at one hour



$$OI = \frac{MAP \times FiO_2 \times 100}{PaO_2 \text{ (mmHg)}}$$

1 kPa = 7.5 mmHg

Key	
ETT	Endotracheal tube
UAC	Umbilical arterial catheter
UVC	Umbilical venous catheter
PEEP	Peak end expiratory pressure
MAP	Mean airway pressure
OI	Oxygenation index
Ti	Inspiratory time
TV	Tidal volume