STANDARD TREATMENT WORKFLOW (STW)

Thermal Care of Newborn


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Deorari AK, et al.: Thermal Care of Newborn

**Standard Treatment Workflow (STW)**

**Thermal Care of Newborn**

**ICD-10-P81.8**

- Delivery room - in the first hour after delivery
- Prior to and during transport
- At the time of admission
- Continuous monitoring for all babies nursed in radiant warmer/incubator
- At-risk neonates staying with mother e.g. - LBW, preterms - every 4 hourly

**Regularly Monitor Temperature and Document**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Action</th>
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<tbody>
<tr>
<td>Moderately Hypothermic: 32°C-35°C</td>
<td>- Ensure room temperature 25-28°C &lt;br&gt; - Shields/skin-to-skin (STS) contact &lt;br&gt; - Continue breastfeeding &lt;br&gt; - If skin exposure, nursed under radiant warmer &lt;br&gt; - Recheck temperature in 1 hour: &lt;br&gt; - If normal, wrap properly &lt;br&gt; - If still &lt;35°C then treat as moderate hypothermia</td>
</tr>
<tr>
<td>Moderate Hypothermic: 35°C-37.5°C</td>
<td>- Nurse under radiant warmer in a warm environment with temperature probe attached to neonate &lt;br&gt; - Continue skin-to-skin contact till warmer is available &lt;br&gt; - Ensure warming mother/maternity bed is covered with pre-warmed sheet &lt;br&gt; - Check blood sugar &gt;40 mg/dl, then follow STW on Hypoglycemia &lt;br&gt; - Recheck temperature every 15 minutes till it normalizes &lt;br&gt; - Continue feeding if stable and abdominal examination is normal</td>
</tr>
<tr>
<td>Severe Hypothermic: &lt;32°C</td>
<td>- Manage as per moderate hypothermia &lt;br&gt; - Make inf per os &lt;br&gt; - Start IV Fluids (refer to STW on Feeds and fluids) &lt;br&gt; - Give Inj. Vitamin K &lt;br&gt; - Refer to higher centre if development of shock or respiratory failure (refer to STW on Neonatal Transport)</td>
</tr>
</tbody>
</table>

**Prevention of Hypothermia - Maintenance of Warm Chain**

**Delivery Room (DR)**
- Radiant warmer must be in Neontal Care Corner
- Area should be air draught free
- All DRs should have room thermometer
- Maintain DR temperature >35°C
- Switch on radiant warmer 20-30 minutes before delivery
- Radiant warmer should be in manual mode with heater output being 90%
- Newborn two to three sterile towels by keeping them under radiant warmer for 20 minutes
- Practice early skin-to-skin contact for stable neonates for 1 hour or at least first breastfeeding
- Dry newborn immediately after birth
- Remove wet linen immediately
- Weighing and checking temperature should be done after breastfeeding

**Postnatal Ward**
- Cover neonate adequately
- Practice rooming-in 24 h
- Avoid air draughts by closing windows, doors, and switching off fans and air conditioners
- Start Kangaroo Mother Care (KMC) as early as possible for eligible neonates
- Promote exclusive breastfeeding
- Delay bath till after discharge
- Remove wet clothes as early as possible
- Educate mother regarding identification of hypothermia using touch method

**Hypothermia in Newborns Increases Moratility. Prevent Hypothermia - Maintain Warm Chain**

**REFERENCES**

[Link to references]

This STW has been prepared by National Expert of India with country-specific considerations for various levels of healthcare system in the country. These guidelines are advisory and are based on expert opinions and are intended for clinical practice. There may be variations in the management of an individual patient based on other patient-related factors. For up-to-date information, consult your local health authority. Government of India.