FOGSI 2021-22
NAIPUNYA - SKILL FOR ALL
Course for Nurses & Paramedical Staff
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CARE OF A NORMAL BABY AT BIRTH
DURING 1 HOUR AFTER BIRTH

Based on WHO and MH&FW,GOI and IAP guidelines
OBJECTIVES

• To establish and maintain respiration
• To ensure warmth
• To prevent infection
• To provide eye care
• To provide cord care
• To initiate breast feeding
• To make identification
• To make observation and documentation
FOUR basic needs at birth:

1. Warm chain - Thermal protection
2. Clean chain - Protection from infection
3. Normal breathing
4. Breast Feeding
1. WARM CHAIN

At delivery

➢ Ensure the delivery room is warm (25° C).
➢ Dry the baby immediately and remove the wet cloth.
➢ Wrap the baby with clean dry cloth.
➢ Keep the baby close to the mother with skin-to-skin contact ideally.
➢ Postpone bathing/sponging for 24 hours.
Care at birth…

Keeping the baby warm at birth is a priority

Dry the baby immediately after birth

Drying itself often provides sufficient stimulation for breathing to start
Care at birth…

Immediate skin-to-skin contact & breastfeeding
1. WARM CHAIN

After delivery

➢ Keep the baby clothed and wrapped with the head covered.
➢ Minimize bathing especially in cool weather or for small babies.
➢ Keep the baby close to the mother. This first skin-to-skin contact should last uninterrupted for at least one hour after birth or until after the first breastfeed.
➢ Use kangaroo care for stable LBW babies and for re-warming stable bigger babies.
➢ Show the mother how to avoid hypothermia and to recognize it.
ASSESSMENT OF TEMPERATURE BY TOUCH

- Baby’s temperature can be assessed with reasonable precision by touching his/her abdomen, hands and feet with the dorsum of your hand.
- If hands and feet are cold, baby is in cold stress.
- If hands, feet and abdomen are cold, baby is hypothermic.
Recording the axillary temperature

Wash your hands before taking a baby’s temperature.

Steps:
1. Make sure that the thermometer is clean.
2. Shake it down, so that it reads less than 35°C
3. Place the silver/red/bulb end of the thermometer under the baby’s arm, in the middle of the armpit
4. Gently hold the baby’s arm against the body.
5. Keep the thermometer in place for 5 minutes.
6. Remove the thermometer and read the temperature.
   DO NOT add 0.5 or 1 degree C to this.
7. Keep thermometer in a sterile container after cleaning with spirit.
8. Record the temperature in the baby’s case notes
2. CLEAN CHAIN

Clean delivery (WHO six cleans):
- Clean attendant's hands (washed with soap).
- Clean delivery surface.
- Clean cord-cutting instrument (i.e. razor, blade).
- Clean string to tie cord.
- Clean cloth to wrap the baby.
- Clean cloth to wrap the mother.
2. CLEAN CHAIN

**After delivery:**

- All caregivers should wash hands before handling the baby
- Feed only breast milk
- Keep the cord clean and dry; do not apply anything
- Use a clean cloth as a diaper/napkin
- Wash your hands after changing diaper/napkin
- Keep the baby clothed
Prevention of infection: Clean Chain

Clean delivery (WHO’s six cleans)

1. Clean attendant’s hands
2. Clean delivery surface
3. Clean cord and cutting instrument
4. Clean string to the cord
5. Clean cloth to cover the baby
6. Clean cloth to cover the mother
Hand washing is the single most important step to be emphasized.

Remember - Rinsing hands with alcohol is NOT A SUBSTITUTE for proper hand washing.
Assess baby’s breathing at the time of drying:

If the baby is crying vigorously or breathing adequately, then no intervention is needed.

If baby is not crying:

- Suction mouth & nose (if necessary)
- Stimulate the baby
- If the baby is not breathing or gasping, then skilled care/ resuscitation would be required
Acceptable methods of stimulation
**Helping Babies Breathe**

**Prepare for birth**

- See HMS Action Plans for mother

**Birth**

- Crying

**Dry thoroughly**

- Not crying

**Keep warm**

- Check breathing

**Breathing well**

- Not breathing

**Ventilate**

- Cut cord

**Breathing**

- Monitor with mother

**Not breathing**

- Clear airway if needed

**Stimulate**

- Breath?

**Keep warm**

- Cut cord

**Breathing**

- Improve ventilation

**Not breathing**

- Heart rate?

**Normal**

- Slow

**Not breathing**

- Continue ventilation

**Decide on advanced care**

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**Figure 10: Correct position of the head for ventilation**

**Figure 12: Correctly positioning the mask on the face**

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**Equipment to help a baby breathe**

- Blow
- Calms
- Suction device
- Ventilation bag/mask
- Stimulants
- Net/Plugs
- Gauze

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**Disinfect equipment immediately after use**
4. INITIATING BREASTFEEDING

➢ Keep the baby in skin-to-skin contact between mother’s breasts immediately after drying to stimulate early breastfeeding
➢ Help the mother in her first few attempts to breastfeed
➢ Explain and show her proper positioning and attachment
Care at birth

- Identify the sex of the baby and show to mother and attender
- Take footprint of the baby and attenders signature
- Place an identity label on the baby
- Cover mother and baby with warm cloth
- Put a cap on the baby’s head
- Give the baby a vitamin K injection 1.0 mg IM, to all newborns weighing >1500 gm and 0.5 mg to newborns weighing <1500 gm in the upper and outer thigh
Eye care

Do’s:
- Clean eyes immediately after birth with swab soaked in sterile water
- Use separate swab for each eye.
- Clean from medial to lateral side.

Don’ts:
- Putting anything else in baby’s eyes can cause infection.
Cord care

➢ Clamp and cut the umbilical cord in 1-3 minutes
➢ Apply a sterile tie tightly around cord at 2 cm and 5 cm from the abdomen
➢ Cut between the ties with a sterile instrument (e.g. blade).
➢ Observe for oozing blood every 15 minutes.
➢ If blood oozes, place a second tie between the skin and the first tie.
➢ Leave stump uncovered.
➢ **DO NOT APPLY ANY SUBSTANCE TO THE STUMP.**
➢ **DO NOT** bandage stump.
Monitoring the baby in the first hour after birth

Should monitor every 15 minutes in the first hour after birth

What to look for?

The two most important parameters to be monitored are:

1. **Breathing**
   - Listen for grunting
   - Look for chest in-drawing and
   - Fast breathing.

2. **Warmth**
   - Check to see if baby’s feet and abdomen are cold to touch

**DO NOT leave the mother and baby alone in the first hour after delivery**
How to Swaddle a Baby

1. Spread a blanket out flat and fold the top corner over

2. Lay your baby face-up with her head over the folded corner

3. Wrap the right corner over her and tuck it under her

4. Bring the bottom corner up over her feet

5. Wrap the left corner over her body and tuck it under her
DO NO HARM

Harmful Actions

1. Shaking
2. Slapping the back
3. Squeezing the rib cage
4. Head down position
5. Forcing thighs into abdomen
6. Dilating anal sphincter
7. Using hot or cold compresses or bath
8. Honey should not be given
9. No oil in nose, ear or other orifices
Danger signs – Shift for specialist care

1. Not taking feeds
2. Vomiting
3. Loose motions
4. Lethargy
5. Hypothermia
6. Breathing difficulty
7. Abdominal distension
8. Convulsions
9. No weight gain/Weight loss
10. Yellowish discoloration of eyes or skin
11. Bluish discoloration of lips
12. Congenital anomalies
## Check List for New born care

<table>
<thead>
<tr>
<th>Categories of newborn care</th>
<th>Criteria for observation</th>
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</thead>
<tbody>
<tr>
<td>Keeping the baby warm</td>
<td>1. Delivered baby on to mothers abdomen</td>
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<tr>
<td></td>
<td>2. Dried the baby immediately with a clean and dry cloth</td>
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<tr>
<td></td>
<td>3. Change the wet towel</td>
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<tr>
<td></td>
<td>4. Cover the baby’s body and head with a clean and dry towel</td>
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<tr>
<td>Helping the baby breathe</td>
<td>1. Check for breathing</td>
</tr>
<tr>
<td></td>
<td>2. Stimulating baby to breathe</td>
</tr>
<tr>
<td></td>
<td>3. Suctioning done when needed</td>
</tr>
<tr>
<td>Keeping Delivery procedure and baby clean</td>
<td>1. Cutting the cord with sterile scissors or blade</td>
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<tr>
<td></td>
<td>2. Applied nothing or only chlorhexidine to the cord</td>
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<tr>
<td></td>
<td>3. Washing hands before touching the newborn</td>
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<td></td>
<td>4. Cleaning the eyes with sterile saline gauze</td>
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<tr>
<td>Early initiation of breast feeding</td>
<td>1. Initiating breast feeding within one hour</td>
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<tr>
<td>Prophylactic Vit K and Eye care</td>
<td>1. Injection Vit K given</td>
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<tr>
<td></td>
<td>2. Eye drops as per hospital protocol</td>
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HEALTHY BABY-HAPPY MOTHER

THANK YOU