



FOGSI FOR ALL, ALWAYS

DHEERA

STOP VIOLENCE AGAINST WOMEN

FOGSI 2021-22

NAIPUNYA - SKILL FOR ALL

Course for Nurses & Paramedical Staff

17th November 2021 | 4:30 pm - 6:00 pm



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CARE OF A NORMAL BABY AT BIRTH DURING 1 HOUR AFTER BIRTH



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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

BASIC NEEDS OF A BABY AT BIRTH

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 hour

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

WHO-ABMS

Clean delivery (WHO's six cleans)



Clean attendant's hands



Clean delivery surface



Clean cord cutting instrument



Clean string to the cord



Clean cloth to cover the baby



Clean cloth to cover the mother

WHO - 6 steps of hand washing

Hand washing is the single most important step to be emphasized

Remember - Rinsing hands with alcohol is

NOT A SUBSTITUTE for proper hand washing



3. NORMAL BREATHING-

First golden minute

**Assess baby's breathing
at the time of drying:**

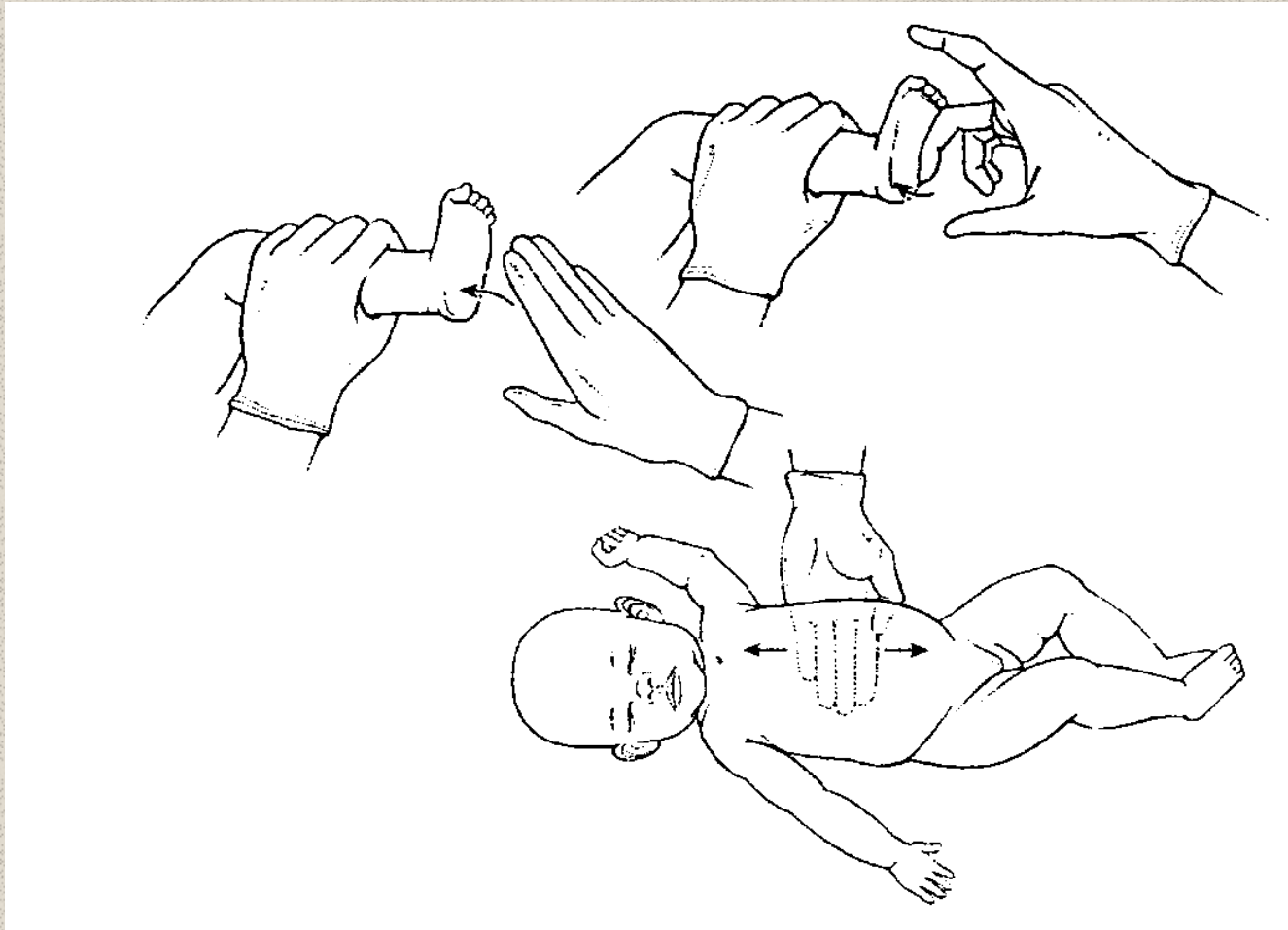


If the baby is crying vigorously or breathing adequately, then no intervention is needed

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

Dry thoroughly
Crying?



Not crying



Keep warm
Check breathing

Keep warm
Clear airway if needed
Stimulate



Breathing?



Breathing well

Not breathing



Ventilate
Cut cord

Cut cord



Monitor with mother
Essential Care for Every Baby
(See ECEB Action Plan)

Not breathing
No chest movement
Call for help



Improve ventilation

Not breathing
Heart rate?



Normal

Not breathing

Continue ventilation
Decide on advanced care

* Equipment to help a baby breathe



Disinfect equipment immediately after use

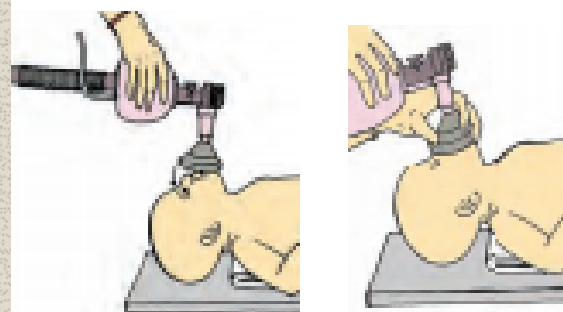
60 sec

The Golden Minute

Figure 10: Correct position of the head for ventilation



Figure 12: Correctly positioning the mask on the face

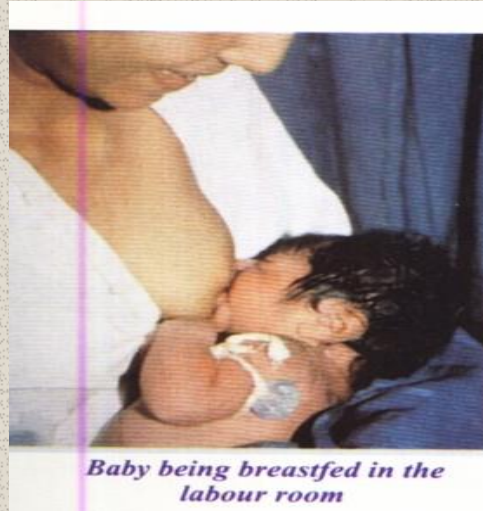


Ventilation with bag and mask



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 foot print 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

A medical form with handwritten notes and checkboxes. The form includes fields for 'Fresh Still Birth', 'Twin/Multiple', 'Birth weight (in kgs)', 'Inj. Vit. K1', 'Time', 'Immunization: BCG', 'OPV', 'HepB', 'Assisted', 'CS', 'Other (specify)', 'Referral during labour / Ref', 'Signature and designation of service provider', 'Phone No.', and 'Referral slip to case sheet'. Handwritten notes include 'Pl. show to Pt. A. Chhaya and male baby' and 'Pl. show to Pt. A. Chhaya and male baby'.

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

Categories of newborn care	Criteria for observation
Keeping the baby warm	<ol style="list-style-type: none"> 1. Delivered baby on to mothers abdomen 2. Dried the baby immediately with a clean and dry cloth 3. Change the wet towel 4. Cover the baby's body and head with a clean and dry towel
Helping the baby breathe	<ol style="list-style-type: none"> 1. Check for breathing 2. Stimulating baby to breathe 3. Suctioning done when needed
Keeping Delivery procedure and baby clean	<ol style="list-style-type: none"> 1. Cutting the cord with sterile scissors or blade 2. Applied nothing or only chlorhexidine to the cord 3. Washing hands before touching the newborn 4. Cleaning the eyes with sterile saline gauze
Early initiation of breast feeding	<ol style="list-style-type: none"> 1. Initiating breast feeding within one hour
Prophylactic Vit K and Eye care	<ol style="list-style-type: none"> 1. Injection Vit K given 2. Eye drops as per hospital protocol

HEALTHY BABY-HAPPY MOTHER



THANK YOU