



*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*

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Yellow

Try squishing their nose!



Sleepy

Reluctant to feed



Dry nappies

Clean nappies!



# *Identifying which babies need treatment*

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★ 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*

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★ Start phototherapy when:

$$\text{SBR} > (\text{gestational age} \times 10) - 100$$

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*

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## ★ 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*

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★ 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*

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