

Ticket to Enter:

A mother just delivered a healthy, full-term infant. The mother is concerned because her first child required phototherapy for jaundice. As the nurse, what education would you provide for the mother?

I would explain to the mother that the decision to move forward with and consider treatment is based on TSB levels, gestational age, and the presence of risk factors. The aim of treatment is to reduce unconjugated bilirubin. Phototherapy uses light energy to change the shape and structure of unconjugated (basically undeveloped) bilirubin, to a form that can be excreted through urine or stool. Risks include changes in temperature and dehydration, but these concerns will be carefully monitored and dealt with. Expect to see the baby with their eyes covered so as to not cause damage to the retina.