

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?

As the nurse, I would explain to the mother that jaundice is very common among newborns, and is caused by an immature liver and not being able to conjugate bilirubin. This causes a buildup of bilirubin, which causes the yellow coloration called jaundice. To correct jaundice, one method is phototherapy. This is when the baby is placed under a special light that helps to turn the bilirubin into a water soluble isomer that can then be excreted instead of continuing to build up. The baby will wear a diaper and eye covering to protect the eyes and genitals from harm from the light. Other than that the light is safe for the baby's treatment. The treatment can last a varied amount of time depending on the severity and reaction to treatment, so it could last hours to days.