

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 tell this mother that phototherapy is a common practice for newborns that are born with higher levels of bilirubin. This treatment has minimal complications or side effects, like skin rashes or loose stools- which are closely monitored. The duration of the therapy is completed when the levels drop to a safe therapeutic range. Breastfeeding is very important when the newborn is receiving phototherapy due to the excess levels of bilirubin being excreted through the stools and urine. This type of therapy itself does not harm the babies and turns out to be very successful a good amount of the time. It is essential for them to be showing as much skin as possible excluding the genitals and eye areas. It should be continuous unless feeding or providing skin-to-skin care.