

Class Preparation (Newborn Hepatic):

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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 about jaundice? What instructions are important to explain if the infant requires phototherapy? Are there ways to prevent the infant from developing jaundice?

Jaundice: buildup of bilirubin in the blood that gives skin/eyes a yellow color. Usually resolves within 1-2 weeks. Usually appears 2-4 days after birth starting at the face.

Prevention: adequate feeding. Breastfeed 8-12 times a day. Frequent feeding increases bowel movements which helps eliminate bilirubin. Proper hydration as well.

Phototherapy: educate that the infant will be under blue lights wearing only a diaper, exposing as much skin as possible while wearing eye protection. Feeding can be done as normally. Mother can still hold + breastfeed baby. Tx is usually for 1-3 days. Phototherapy is effective in tx jaundice.

Monitor bilirubin lvls, follow-up care, monitor wet diapers