

Class Preparation (Newborn Hepatic):

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?

It is common for an infant to have jaundice due to the immaturity of their liver. If the infant requires phototherapy, it is important that as much of their skin is exposed as possible. This will allow for more effective therapy. The only exception to this is the genitals should be covered and eye protection is essential during these sessions. Ways to prevent the infant from developing jaundice by encouraging breast milk to ensure the infant is getting adequate nutrition throughout meals.