

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?

As the nurse I would educate the mother about how jaundice is pathological or physiological. Pathological is within 24 hours of birth and physiological is 24 hours after birth. The liver is immature which causes bilirubin to be high. It is self limiting and can be diagnosed by bilirubin levels transcutaneous or serum. Treatment consists of feeding early and phototherapy. If phototherapy is required, it is important to expose the whole body to the light except to cover the eyes and genitals. To prevent the infant from developing jaundice, feeding is critical. There should be a good latch of breastfeeding and should feed about 10 times per day.