

**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?

Education that I would provide for the mother about jaundice is that it can be pathological or physiological. Jaundice is caused by an increase in bilirubin production and the phototherapy can help break down the bilirubin in the baby's skin. During phototherapy the newborn should be naked or only in a diaper for the best results and they should wear eye protection while under the light. The best way to prevent jaundice is to have frequent feedings to ensure adequate nutrition.