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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?

- A. The liver and intestines relatively immature at birth and something called bilirubin, a waste product of a red blood cell builds up in the body from inability to excrete it at fast enough rates. Sometimes the newborn is unable to break it down for the amount they produce, causing the skin to look yellow.

- B. While in phototherapy, it is important to keep the newborn's eyes & genitalia covered. They do not emit a large amount of UV radiation. The mask can be removed during feedings to assess. No ointments, creams, or lotions should be put on the newborn's skin as they can absorb & cause burns.

- C. Adequate feeding: early breastfeeding in 1-2hr after birth or at least 8-12x/day as colostrum acts as a laxative to get rid of excess bilirubin.
 - a. Preventing:
 - i. preterm birth
 - ii. Rhogam for Rh/ABO incompatibility
 - iii. Bruising r/t trauma