

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?

Jaundice:

What is jaundice?

- Yellowing of the skin and/or sclera that is very common with newborns. It can occur when there are high levels of bilirubin that the liver is unable to handle. It can appear within 24 hrs of birth and can resolve without treatment.

Risk factors:

- Premature (<37 weeks)
- Polycythemia
- Bruising from birth trauma
- Previous siblings who received phototherapy

Infant receiving phototherapy and what is it?

- Phototherapy is the use of light to change the structure and shape of the bilirubin so that it can be excreted through the babies urine and stool.
 - o Considerations: Only wearing a diaper and encourage skin to skin with parents. Monitoring temps and continuing strict I and O, adequate hydration and feeding- breast milk preferred.
 - o Also record number of stools and urine. Observe the color, loose green colored stools are normal and expected.
 - o Reposition Q 2 hrs.

How do I prevent jaundice?

- EARLY FEEDINGS! Breastfeed 12x a day.
- When at home monitor their skin and sclera for any yellowing. As well as any poor feedings or lethargy when feeding- come to hospital for check up.
- Also follow up with pediatrician, especially within the first 48-72 hrs of being discharged.