

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?

I would educate her that jaundice is very common in newborns due to the fact that their liver is still maturing/developing, which means it can have a hard time excreting bilirubin. Which is produced during the normal breakdown of red blood cells. Important instructions would be to keep the newborn under the light as much as possible, keep eye protection on the newborn at all times under the lamp, keep them in as little clothes as possible, and encourage frequent feedings. There is not much that can be done to prevent jaundice, but breastfeeding may help as it can encourage the excretion of bilirubin through bowel movements.