

## Handout

### Guidelines for Modes of Providing Fluids and Feeding for Newborns

Age	Classification of newborns		
Birth weight (gm)	Less than 1200	1200-1800	More than 1800
Gestation (weeks)	Less than 30	30-34	More than 34
Initial	IV fluids. Try tube feeds of expressed breast milk (EBM) if not sick	Tube feeds – EBM	Direct Breast Feeding (DBF). If poor feeding, give pallada or cup feeds
After 1-3 days	Tube feeds - EBM	Pallada/cup feeds - EBM	DBF
Later (1-3 weeks)	Pallada/cup - EBM	DBF	DBF
After some more time (4-6 weeks)	DBF	DBF	DBF

#### **Fluid Requirement for Newborns**

	More than 1500gms(1.5kgs)	Less than 1500gms (1.5kgs)
Day of Life	ml/kg/day	ml/kg/day
Day 1	60	80
Day 2	75	95
Day 3	90	110
Day 4	105	125
Day 5	120	140
Day 6	135	150
Day 7	150	150

## Calculating amount of feeds

### Case Scenario :

A stable LBW baby born at 36 weeks weighing 1950 grams

On day 1, 2, 3, 4:        1950    1930    1920    1910 grams

On day 8, 9, 10, 11:    1950    1990    2040    2080 grams

On day 14, 15, 16, 17    2160    2180    2200    2220 grams

- i.        Is the baby weight acceptable
- ii.       Calculate for each day (1, 2, 3, 4, 8) amount of feed to be given each time.
- iii.      How else would you assess adequacy of feeding? What will you ask the mother? What will you observe in the baby?

## Work sheet 3.1

### CASE SCENARIOS FOR CALCULATION OF FEED/FLUID REQUIREMENT FOR LBW BABIES.

(Facilitator's Copy)

#### Case Scenario :

A stable LBW baby born at 36 weeks weighing 1950 grams

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1. Is the baby weight acceptable

*Answer:*

- Approximately to lose 19-20 grams per day; thus Day 1, 2, 3, 4 good
- Approximately to gain 15-20grams per day: thus day 8, 9, 10, 11 good
- Approximately to gain 15-20 grams per day: still good

2. Calculate for each day (1, 2, 3, 4, 8) amount of feed to be given each time.

*Answer*

- Day 1 =  $60\text{ml} \times 1.950 = 117 = 10\text{ml}/\text{feed}$  (12 feeds)

*Use birth weight as long as current weight is less than birth weight*

- Day 2 =  $75\text{ml} \times 1.950 = 146 = 12\text{-}13\text{ml}/\text{feed}$
- Day 3 =  $90\text{ml} \times 1.950 = 176 = 14\text{-}15\text{ml}/\text{feed}$
- Day 4 =  $105\text{ml} \times 1.950 = 205 = 17\text{-}18\text{ml}/\text{day}$

*Use actual weight once birth weight has been reached or crossed.*


- Day 8 onwards  $150\text{ml}/\text{kg}/\text{day} = 150 \times 1.950 = 293 = 24\text{ml}/\text{day}$  (2ml/feed/100 grams gained above birth weight)
3. How else would you assess adequacy of feeding? What will you ask the mother? What will you observe in the baby?

**Handout****Infection control****Cleaning and disinfecting newborn care equipment and environment**

Equipment	Daily disinfection Method	Weekly Sterilization
Resuscitation face mask	Clean with soap and water	Soak in 2% gluteraldehyde for 20-30mts for disinfection and 4-6 hours for sterilization.
Resuscitation bag	Clean with soap and water	Soak in 2% gluteraldehyde for 20-30mts for disinfection and 4-6 hours for sterilization.
Thermometer	Wipe with alcohol swap before and after use	
Oxygen hood	Clean with soap and water	
Cots and mattresses	3% phenol or 5% lysol	
Suction apparatus -Suction bottles and tubing	Clean with soap and water. After cleaning soak the tubing and bottles in 2% gluteraldehyde for 20 mts daily. Flush the tubing by suctioning clean water after each use.	Soak in 2% gluteraldehyde
Feeding articles(Cup, spoon and pallada)	Clean with soap and water	Boiled for 15 mts
Radiant warmer - Bassinet - Probe	Clean with soap and water. Clean using alcohol swap.	Clean using 2% gluteraldehyde
Phototherapy unit	Clean with soap and water.	Clean with disinfectant once a week.
Pulse oximeter - Display panel - Body of pulse oximeter - Sensors	Clean with moist soft cloth Soap water followed by moist soft cloth. Clean using alcohol swap	
Infusion pump	Clean with Soap and water	

# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



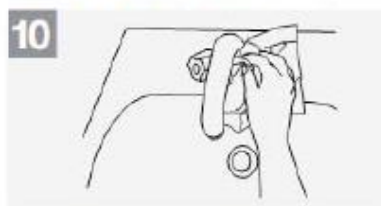
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



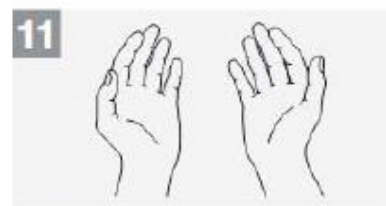
Rinse hands with water;



Dry hands thoroughly with a single use towel;

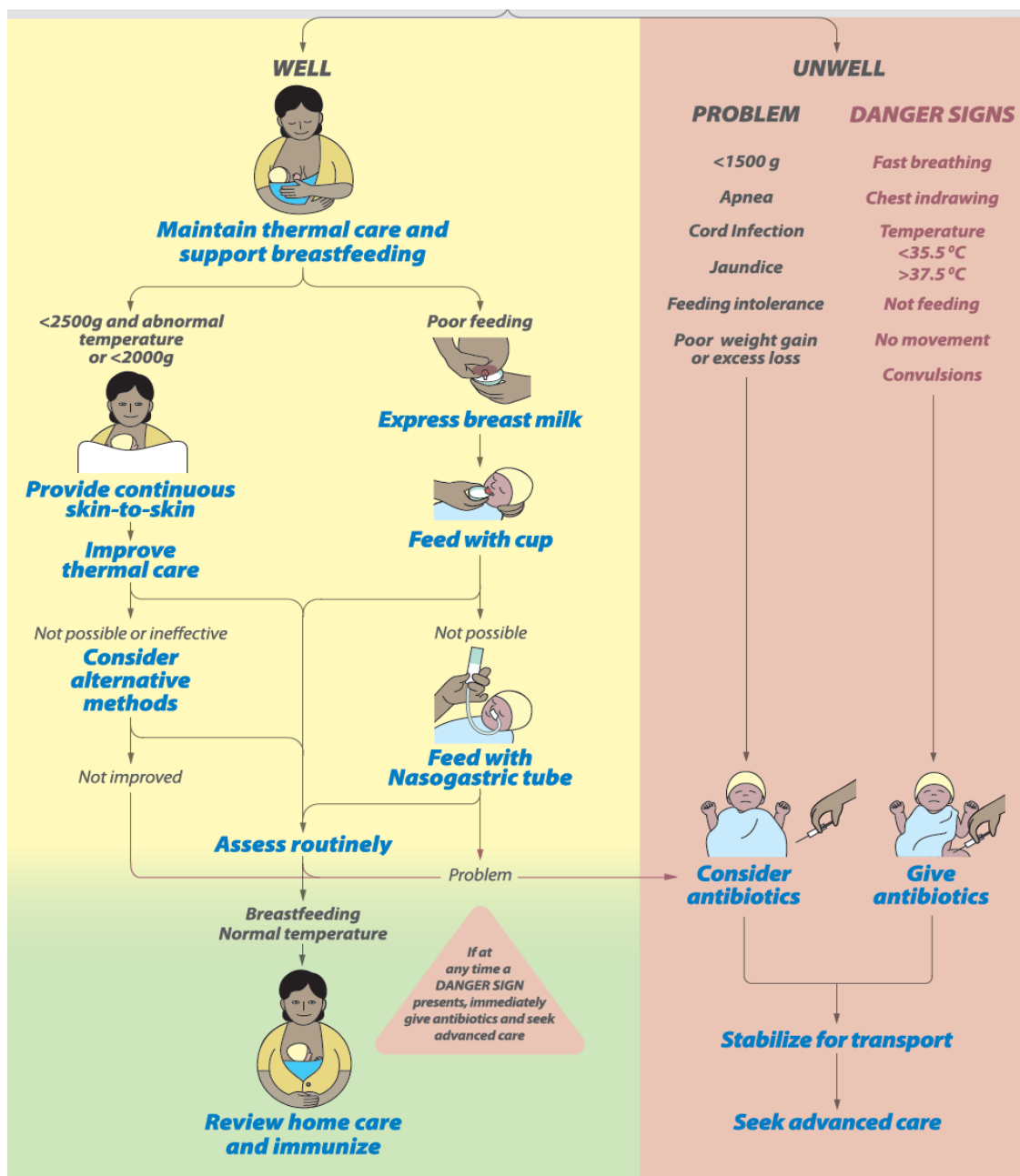


Use towel to turn off faucet;

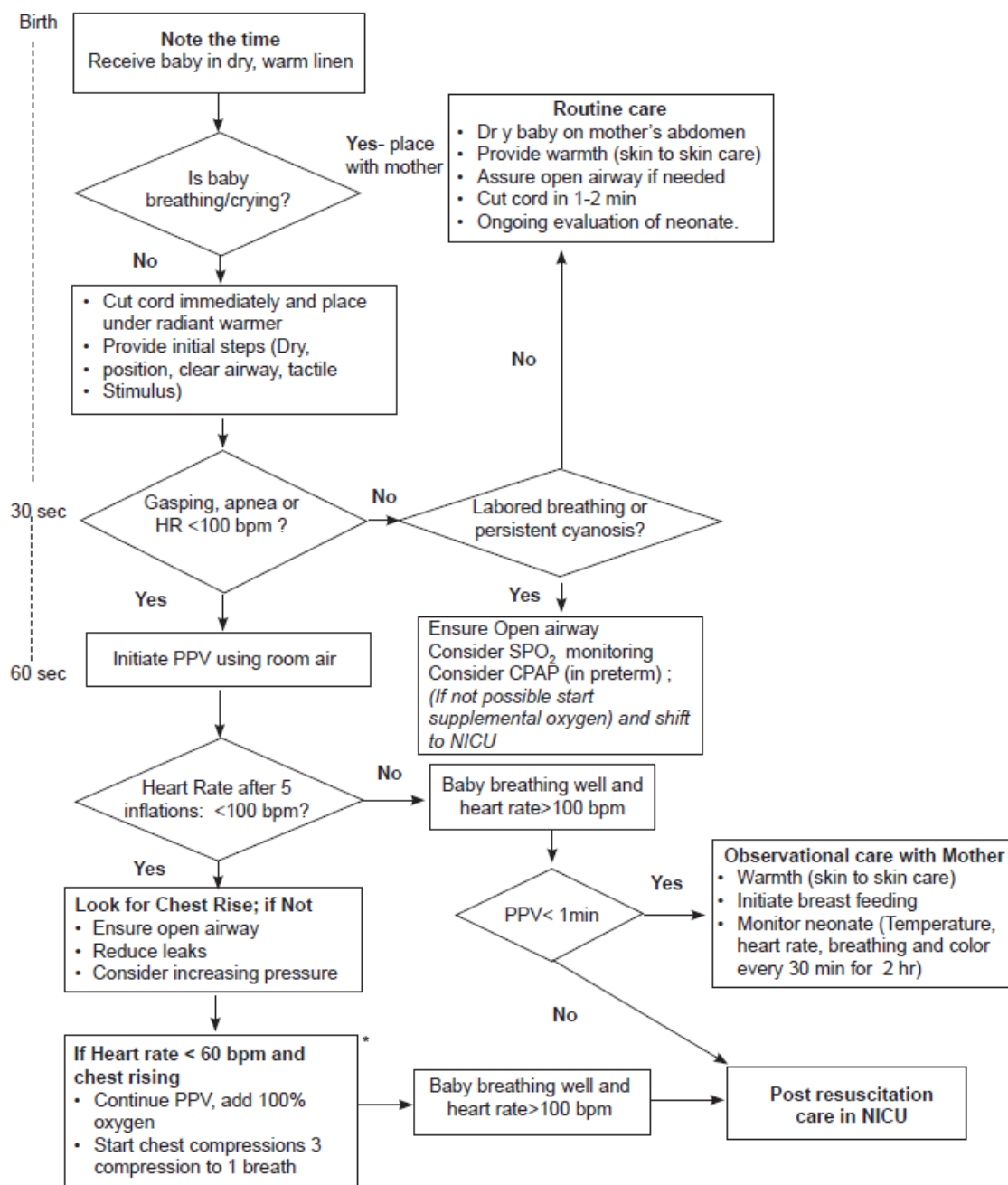


Your hands are now safe.

CLASSIFY A NEWBORN BABY AS WELL / UNWELL AND DECIDE ON APPROPRIATE CARE



## Neonatal resuscitation



## Objective assessment of severity of respiratory distress

Table 11.1 Downe's Score and its Interpretation

Score	Respiratory rate	Cyanosis	Air entry	Grunt	Retraction
0	<60/min	Nil	Normal	None	Nil
1	60–80/min	In room air	Mild decrease	Audible with Stethoscope	Mild
2	>80/min	In >40% FiO <sub>2</sub>	Marked decrease	Audible with unaided ear	Moderate