



Preventing Complications in Newborns

Tips for preventing hypothermia in newborns

- Regularly monitor the temperature of the baby. Temperature below 36.5 °C is a cause of concern
- Maintain temperature of labor room at around 25 °C
- Dry the baby immediately after birth and wrap the baby in a pre-warmed towel
- In case new-born resuscitation is required, always perform it under a heat source i.e., radiant warmer
- Keep the baby in skin to skin contact with mother as long as possible
- Initiate breast feeding as early as possible
- Keep the baby adequately covered (cap, socks, etc.)
- Postpone the bathing of baby for at least 24 hours and at least for seven days for preterm and LBW babies
- In case there is need for transportation, maintain warmth of the baby

Tips for preventing infection in newborns

- Appropriately manage maternal infections and use prophylaxis wherever needed
- Use of Partograph
- Do not do un-necessary PV examination
- Maintain “Six Cleans” during delivery
- Perform hand hygiene every time before handling the baby
- Early initiation of breast feeding and exclusive breast feeding, avoid pre-lacteal feeds
- Dry cord care
- Avoid unnecessary interventions for the baby like routine suctioning of every newborn

Tips for preventing asphyxia in newborns

- Monitoring the labor progress through plotting of partograph
- Emotional support with birth companions
- Use of ANCS in pre-term births
- Appropriate management of pre-eclampsia/eclampsia
- Avoid unnecessary augmentation of labor
- Maintain hydration of mothers at all times
- Allow mother to assume left lateral position during labor
- Ask mother to push only during contractions
- Ask mothers take deep breaths in between contractions
- Do not apply fundal pressure during labor