

# Keeping Babies Warm

## WHAT IS HYPOTHERMIA?

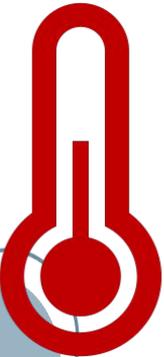
Newborn babies, especially premature or low birth-weight infants, are at risk of hypothermia after birth. Hypothermia occurs when a baby's temperature falls below 36.5°C.

## WHY IT MATTERS

Hypothermia can lead to serious illness in babies & avoidable admissions to the neonatal unit. They may be subject to invasive procedures due to hypothermia-associated problems such as:

- Low blood sugar, lethargy & poor feeding
- Breathing difficulties
- Infection

## SEVERITY OF HYPOTHERMIA



<b>Normal</b> Temp 36.5 – 37.5°C
<b>Cold Stress</b> Temp 36.0 – 36.4°C
<b>Moderate Hypothermia</b> Temp 32.0 – 35.9°C
<b>Severe Hypothermia</b> Temp < 32°C

## HOW TO PREVENT HYPOTHERMIA IN THE LABOUR WARD

### Keep “THE WARM CHAIN”

#### Before Birth

1. Maintain temperature in delivery room between 25°C – 28°C
2. Close windows & doors, turn off air conditioning & fans, set radiant warmer to prewarm mode
3. Prewarm 2 pieces of soft cotton cloths/towels and a woollen hat



#### At birth

4. When born, place skin to skin on mother's abdomen then dry and stimulate baby
5. Discard wet towel and cover baby with second prewarmed towel/cloth and a hat
6. Resuscitate following unit protocols under the prewarmed radiant warmer if needed



#### After birth

7. Maintain skin to skin with mother
8. Initiate breastfeeding within one hour of delivery
9. Delay weighing for 1 hour and delay bathing for 24 hours



#### During transfer to the newborn unit if needed

10. Keep mother and baby skin to skin in KMC position. Plastic wraps may be used for preterms if mother/caregiver is unavailable