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# Standardizing Approach of Low Temperatures in Newborns

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# **Standardizing Approach of Low Temperatures in Newborns**

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#### Background

- Currently, Mother Baby nurses do not have a standardized protocol on how to approach and stabilize low temperatures in the newborn, leading to lack of consistency among staff.
- It has been observed that nurses approach low temperatures in different ways such as skin to skin, warmers, swaddling, or changing the room temperature.
- Mother Baby nurses need a standardized pathway to approach the hypothermic newborn to make this practice more consistent.

#### **PICO Question**

• In Mother Baby nurses, does the use of a thermoregulation pathway compared to the lack of a pathway, help standardize the nurses' approach to low temperatures in newborns?

- P: Mother Baby Nurses
- I: Use of thermoregulation pathway
- C: Lack of pathway
- O: Standardizes approach of low temperatures in newborns

#### **Evidence**

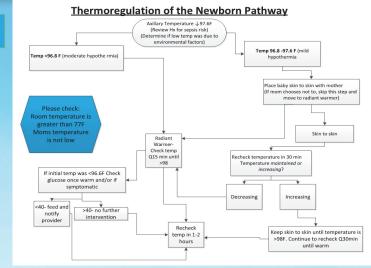
- Warming methods such as skin to skin utilized for mild temperatures (Vilinsky, A., & Sheridan, A. 2014).
- The background information as to why it is important to warm the baby appropriately and if not done correctly could cause further health problems (Soll RF. 2008).
- The mild, moderate, and severe temperatures and the appropriate temperature to do each intervention such as calling the doctor and putting the baby on the radiant warmer (WHO, 1997).
- Appropriate time to draw a blood sugar in relation to temperature (Karlsen, K. 2013).

#### Methods

- Collected pre-data on how MBU staff regulates low temperatures in newborn for 2 weeks without the use of a standardized pathway.
- Nurses responsible for writing down low temperatures, and interventions needed to stabilize temperature on data sheet posted in nursery.
- Acquired existing thermoregulation practice as well as research to create a standardized pathway for all MBU RN to follow regarding low temperatures in newborn.
- Email sent out to staff educating on piloting pathway for two weeks.
- Copies of new pathway given to RN staff and posted throughout unit for all MBU RN staff to utilize.
- MBU RN staff responsible for writing down low temperatures, interventions, and repeat temperatures for post-data.
- Pre-Data and Post-Data collected and analyzed to see if standardized pathway help consistently regulate temperatures in newborns.

#### Outcome

- Thermoregulation of the newborn pathway has created a more standardized approach for nurses.
- After implementing the pathway, post data shows nurses are following a more standardized approach.
- A standardized approached has allowed for infants to room in with mothers more often by doing skin to skin instead of taking the infant to the nursery and warming under the radiant warmer.
- The pathway also provides an evidenced based time frame for a temperature recheck and when to check a blood sugar.



# Conclusion

- In conclusion, a hypothermia pathway is beneficial to create a standardized approach to warming newborns.
- Providing a pathway for nurses allows a clear and concise format to follow.

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